

## Wu Tang Center for Martial Arts: External Style Curriculum

Belt	White	Yellow	Orange	Green	Blue	Red
Etiquette	Bowing					
	Addressing Sifu					
	Addressing Grand Master					
Warm-ups	7-Star Stretch					
	Side Lunge Stretch					
	Hurdler Stretch					
	Seated Double Leg Stretch					
	Seated Straddle Stretch					
	Seated Butterfly Stretch					
	High Kick Gāo Tī / 高踢					
	Outside Crescent Kick					
Inside Crescent Kick						
Kicks	Front Snap	Axe Fū	Front Snap (Low-High)	Front Sweep	Half Tornado	Five
	Front Heel	Side Snap	Axe, turn, Side Heel	Back Sweep	Tornado	Double, Tornado
	Side Heel	Double	Inside Crescent, Front Snap	Axe, jump, Side Heel other leg	Front Sweep, Back Sweep	Front Heel, Front Heel, Tiger Tail
		Front Heel, Spin, Back Heel	Inside Crescent-Outside Crescent Spinning	Inside Crescent, Front Snap, Side Heel (in place)	Inside Crescent, Front Snap, Side Heel (with jump)	Double Kick, Front Sweep, Tornado Kick
		Inside Crescent -Outside Crescent, Same Leg				Double Kick, Front Sweep, Back Sweep, Double Kick
Stances	(Riding the) Horse: <b>0:45</b> Mǎ Bù / 馬步	Horse: <b>0:45</b> Mǎ Bù / 馬步	Horse: <b>1:00</b>	Horse: <b>1:00</b>	Horse: <b>1:30</b>	Horse: <b>1:30</b>
	Bow (and Arrow)	7-Star Qī Xīng Bù / 七星步	Reverse Bow (and Arrow)	Half Horse - Half Bow	Snake	Praying Mantis / Táng Láng Bù / 螳螂步
	(Open) Cat	Dragon Lóng Bù / 龍步	Tiger			
	White Crane Bái Hè Bù / 白鶴步	Monkey Hóu Bù / 猴步				
Applications	Bow and Arrow, 1 punch moving	San Chai Bu w/ Punch - Single Movement	One Punch	San Chai Bu - Two Person	San Chai Bu with Kick	Gan Jing Bu
	Bow and Arrow, 3 punches moving	Tui Bu - Single Movement	Fan San Chai Bu - Single Movement	Fan San Chai Bu - Two Person	Gou Lou Shou	5-Kick Two-Person
	Horse Stance to Bow Punch Mǎ Bù Gōng Chúi	Monkey Stance, 2 Punches		One Punch - Two Person		
	Horse Stance punches Mǎ Bù Chúi					
	Monkey Fighting Stance Forward					
	Monkey Fighting Stance Backward					
Praying Mantis Basics	1st Set, 1-3, Form Side	1st Set, 4-6, Form Side	2nd Set, 1-3, Form Side	2nd Set, 4-6, Form Side	3rd Set, 1-3, Form Side	3rd Set, 4-6, Form Side
	1st Set, 1-3, Fight Side	1st Set, 4-6, Fight Side	2nd Set, 1-3, Fight Side	2nd Set, 4-6, Fight Side	3rd Set, 1-3, Fight Side	3rd Set, 4-6, Fight Side
Praying Mantis Form	Seven Hand Qī Shǒu / 七手	Crushing Step Bèng Bù / 蹦步	Big Spinning Wheel / Dà Fān Chē / 大翻車	Pull the Helmet / Zhāi Kuī / 摘盔	8-Step Vital Elements / Bā Bù Zhāi Yào / 八步摘要	Interception / Lán Jié / 攔截
Weapon	Single Movement: Basic Broadsword Jī Běn Dāo / 基本刀	Form: Basic Broadsword Jī Běn Dāo / 基本刀	Single Movement: Windmill Staff / Fēng Mò Gùn / 風磨棍	Form: Windmill Staff / Fēng Mò Gùn / 風磨棍	Single Movement: Praying Mantis Sword / Táng Láng Jiàn / 螳螂劍	Form: Praying Mantis Sword / Táng Láng Jiàn / 螳螂劍
Strength Training	Push-ups: <b>10</b>	Push-ups: <b>10</b>	Push-ups: <b>20</b>	Push-ups: <b>30</b>	Push-ups: <b>40</b>	Push-ups: <b>50</b>
	Abdominal Crunches: <b>10</b>	Abdominal Crunches: <b>10</b>	Abdominal Crunches: <b>20</b>	Abdominal Crunches: <b>30</b>	Abdominal Crunches: <b>40</b>	Abdominal Crunches: <b>50</b>
	Calf Jumps: <b>20</b>	Calf Jumps: <b>20</b>	Calf Jumps: <b>40</b>	Calf Jumps: <b>60</b>	Calf Jumps: <b>80</b>	Calf Jumps: <b>100</b>