



PWA Kung Fu Curriculum Overview

Beginner

WHITE

Forms:

- **Wu Bu Quan**
(五步拳)

Basics:

- **5 basic Stances**
- **Stance transitions**
- **Basic Stretch Kicks**
- **Striking**

YELLOW

Forms:

- **Lian Huan Quan**
(连环拳)

Basics:

- **Stances**
- **Other Stretch Kicks**
- **Intro to Kickboxing**

ORANGE

Forms:

- **Ba Bu Lian Huan Quan**
(八步连环拳)
- **Luo Han Quan - Basic**
(基本罗汉拳)

Basics:

- **Intro to staff and swords**

Intermediate

GREEN

Forms:

- **Wushu Long Fist**
(基本长拳)
- **Wushu Staff**
(基本棍术)
- **Wushu Broad Sword**
(基本刀术)

Basics:

- **Intro jump kick**
- **Wushu basics**

BLUE

Forms:

- **Tong Bei**
(通臂拳)
- **Qi Xing**
(七星拳)
- **Elementary Straight Sword**
(基本剑术)

Basics:

- **Lotus kick**
- **Straight sword**

RED

Forms:

- **Xiao Hong Quan**
(小洪拳)
- **Ying Shou Gun**
(阴手棍)
- **Elementary Spear**
(基本枪术)

Basics:

- **Tornado kick**
- **Intro to spear**

Advance

PURPLE

Forms:

- **Da Hong Quan**
(大洪拳)
- **Mei Hua Dan Dao**
(梅花单刀)

Basics:

- **Intro front and back sweeps**

BROWN

Forms:

- **Luo Han Quan**
(罗汉拳)
- **Dharma Straight Sword**
(达摩剑)

Basics:

- **Intro animal styles**
- **Butterfly jump**

BLACK

Forms:

- **Chang Hu Xin Yi Men**
(长护心意门)
- **Tai Zu Chang Quan**
(太祖长拳)
- **Animal form of choice**
(象形拳)
- **Weapon of choice** (武器)

Notes

- Testing will be quarterly
- Forms are blueprints to applications of kickboxing/ self-defense, they are built into curriculum
- Sparring weeks are scheduled every 3-4 weeks