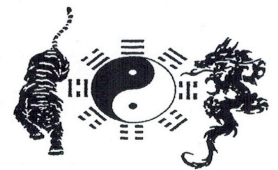


HERITAGE TAI CHI & KUNG FU
KUNG FU for KIDS
BELT TESTS: REQUIREMENTS
NORTHERN & SOUTHERN STYLE



UPDATED October 13, 2023

	BELT LEVEL							
	LEVEL 1		LEVEL 2		LEVEL 3			
	WHITE	YELLOW	ORANGE	BLUE	GREEN	RED	BROWN	BLACK
KICKS								
Straight Leg	X	X	X	X	X	X	--	--
Diagonal	X	X	X	X	X	X	--	--
Reverse Circle	X	X	X	X	X	X	--	--
Front Heel Kick	X	X	X	X	X	X	--	--
Stepping Circle Kick	--	--	X	X	X	X	--	--
Jump 180	--	--	--	--	--	X	--	--
Jump Front Kick	--	--	--	--	--	X	--	--
Tornado Kicks - 3	--	--	--	--	--	--	X	X
PUNCHES								
Single	X	X	X	X	X	X	--	--
Double	X	X	X	X	X	X	--	--
Two Low, One High	--	--	X	X	X	X	--	--
Kick Punch-Drop Punch	--	--	--	X	X	X	--	--
GROUND WORK								
Iron Arm Rolls	X	--	--	--	--	--	--	--
Standing Iron Arm Rolls	--	X	X	X	--	--	--	--
Running Iron Arm Rolls	--	--	--	--	X	--	--	--
Somersaults	--	X	X	X	X	--	--	--
Shoulder Rolls 1 side	--	--	X	--	--	--	--	--
Shoulder Rolls 2 sides	--	--	--	X	X	--	--	--
Back Roll	--	--	--	--	X	--	--	--
SINGLE FINGER	30	30	50	75	100	125	150	250

	BELT LEVEL							
	LEVEL 1		LEVEL 2		LEVEL 3			
SOUTHERN STYLE	WHITE	YELLOW	ORANGE	BLUE	GREEN	RED	BROWN	BLACK
POISON HANDS	X	X	X	X	X	X	X	X
IRON BODY	--	X	X	X	X	X	X	X
LEOPARD	--	--	X	X	X	X	X	X
SNAKE	--	--	--	X	X	X	X	X
TIGER	--	--	--	--	X	X	X	X
CRANE	--	--	--	--	--	X	X	X
DRAGON	--	--	--	--	--	--	X	X
APPLICATIONS	Demonstrate and explain the essence of the applications for each section of the Southern Style Form							X
NORTHERN STYLE	WHITE	YELLOW	ORANGE	BLUE	GREEN	RED	BROWN	BLACK
CANNON FIST	--	--	--	--	X	X	X	X
RAINING FIST	--	--	--	--	X	X	X	X
GRABBING FIST	--	--	--	--	--	X	X	X
SWEEPING & TRIPPING FIST	--	--	--	--	--	X	X	X
LOCKING FIST	--	--	--	--	--	X	X	X
GROUND FIST	--	--	--	--	--	--	X	X
CROSSING FIST	--	--	--	--	--	--	X	X
ATTACK & EVADE FIST	--	--	--	--	--	--	X	X
PLUM FLOWER FIST	--	--	--	--	--	--	--	X
FLYING KICKS	--	--	--	--	--	--	--	X
APPLICATIONS	Demonstrate and explain the essence of the applications for each section of the Northern Style Form							X
WEAPONS	WHITE	YELLOW	ORANGE	BLUE	GREEN	RED	BROWN	BLACK
2 PERSON STAFF SOLO	--	--	--	--	Side A	Side A & B	Side A & B	---
2 PERSON STAFF WITH PARTNER	--	--	--	--	Side A	Side A & B	Side A & B	Side A & B
STAFF – LONG	--	--	--	--	--	--	X	Complete
TIGER TORNADO BROADSWORD	--	--	--	--	--	--	X	complete