



HERITAGE TAI CHI & KUNG FU BROWN BELT TEST SHEET



Name:

Age

Date:

Category	Score	Comments:
KICKS		
Straight Leg		
Diagonal		
Reverse Circle		
Stepping Circle Kick		
Front Heel Kick		
Jump Fan Kick		
Jump Front Kick		



HERITAGE TAI CHI & KUNG FU BROWN BELT TEST SHEET



FORM: NORTHERN STYLE Brown Belt Level

The Ten Fighting Methods of the Northern Shaolin 'Ma Family' System

Category	Score	Comments:
CANNON FIST		
RAINING FIST		
GRABBING FIST		
SWEEPING & TRIPPING FIST		
LOCKING FIST		
GROUND FIST		



HERITAGE TAI CHI & KUNG FU BROWN BELT TEST SHEET



APPLICATIONS: NORTHERN STYLE

Category	Score	Comments:
CANNON FIST		
RAINING FIST		
GRABBING FIST		
SWEEPING & TRIPPING FIST		
LOCKING FIST		
GROUND FIST		



HERITAGE TAI CHI & KUNG FU
BROWN BELT TEST SHEET



FORM : SOUTHERN STYLE
Brown Belt Level

Animal – 5 Energy Tiger Crane

Category	Score	Comments:
POISON HANDS		
IRON BODY		
LEOPARD		
SNAKE		
TIGER		
CRANE		
DRAGON		



HERITAGE TAI CHI & KUNG FU BROWN BELT TEST SHEET



APPLICATIONS: SOUTHERN STYLE

Category	Score	Comments:
POISON HANDS		
IRON BODY		
LEOPARD		
SNAKE		
TIGER		
CRANE		
DRAGON		



HERITAGE TAI CHI & KUNG FU BROWN BELT TEST SHEET



WEAPONS		
WEAPON	PRINCIPLES	Comments
STAFF SOLO		
STAFF – 2 PERSON		
STAFF LONG		
TIGER TORNADO BROADSWORD		

SINGLE FINGER POINTS TO CHINA: 150 COUNT	
Score	Comments:



HERITAGE TAI CHI & KUNG FU BROWN BELT TEST SHEET



NORTHERN STYLE APPLICATIONS: SURAJH'S NOTES

Category	APPLICATIONS	Score & Comments:
CANNON FIST	Chop, palm, punch	
	In, down, backfist, punch	
RAINING FIST	Falling Hammers	
GRABBING FIST	Rising block, kick/break, fall in, hook push	
	Tame the Tiger, Old man Comes out of the Cave	
SWEEPING & TRIPPING FIST	Pull Sweep	
LOCKING FIST	Wrist lock Buddha Palm	
GROUND FIST	Sweep, Kick, Kick	



HERITAGE TAI CHI & KUNG FU BROWN BELT TEST SHEET



**SOUTHERN STYLE
APPLICATIONS: SURAJH'S NOTES**

Category	APPLICATIONS	Score & Comments:
POISON HANDS	Down, out, in rake, in , palm	
	Chop, palm elbow, palm	
IRON BODY	Forearm, elbow, strike	
	Pull in Throw	
LEOPARD	Counter grab, break (x2) Counter grab, smother	
SNAKE	Block Uppercut	
	Jump, catch, smother	
TIGER	Raking Tiger	
	Five Star Tiger	
CRANE	Catch, Break / Catch, Hit	
DRAGON	Dragon Fist 1,2	



HERITAGE TAI CHI & KUNG FU BROWN BELT TEST SHEET



Poison Hands

INCLUDES COMMENCEMENT:

- Block
- Catch
- Step Out Twisted
- Tiger
- Crane
- Elbows
- Double Back Fist (Dragon Presents Pearl)
- Ready
- Toes out – Heels out

- Down
- Out
- In
- Rake
- In
- Palm
- 1,2,3
- Eyeflick
- In, Out, In
- Circle Chop
- Palm,
- Elbow
- Palm
- Down,
- Backfist
- Repeat with other arm
- Punch 1,2,3
- Breathe In
- Breath Out

Cannon Fist

1. Stand Straight
2. Kung Fu Salute
3. Ready
4. Look Left
5. Step Right
6. Circle Chop
7. Circle Palm
8. Punch
9. Iron Arms
10. Draw The Bow
11. Shoot The Arrow
12. In, Down, Back Fist, Punch
13. Dragon Spits A Pearl
14. Kick
15. Shoot The Arrow
16. Palm
17. Punch
18. Step Behind
19. Turn Catch
20. Punch
21. Kick/Punch (same time)
22. Side Punch
23. Enter In- Punch
24. Enter Out- Punch

Raining Fist

1. Falling Hammer
2. Bring It Back
3. Falling Hammer 1,2
4. Step 1 – 2 – 3
5. Step 1 – 2 – 3
6. Ride the Tiger
7. Rolling Hammers 1,2
8. Dragon Spits A Pearl
9. Kick
10. Splash, Splash
11. Step Splash
12. Block
13. Hammer, Hammer
14. Kick Hammer
15. Hammer
16. Rolling Cannon Fist

Grabbing Fist

1. Iron Arms Grab
2. Shoot The Arrow
3. Rising Grab
4. Kick/Break
5. Fall In
6. Hook Push
7. Dragon Spits A Pearl Grab
8. Kick
9. Shoot The Arrow
10. Lift The Guard Punch
11. Tame The Tiger
12. Old Man Comes Out Cave
13. Enter In Grab Punch
14. Enter Out Grab Punch

Sweeping And Tripping Fist

1. Hook, Push
2. Kick sweep
3. Kick Sweep
4. Push
5. 180 Back Sweep
6. 180 Front Sweep
7. Shoulder Strike
8. Fall back
9. Scoop And Kick
10. Pull Sweep, Push Sweep
11. Pull Sweep, Push Sweep
12. Scoop, Sweep And Kick
13. 180 Front Sweep
14. Step Behind To Ride The Tige



HERITAGE TAI CHI & KUNG FU BROWN BELT TEST SHEET



Locking Fist

1. Wrist Lock
2. Elbow Lock
3. Buddha Palm
4. Straight Arm Bar
5. Old Man Comes Out Of Cave
6. Monk Chops A Log
7. Serving Tea Cups
8. Twist The Water From The Rag
9. Snake
10. Mantis
11. Eagle
12. Buddha Climbs A Pillar
13. Stand Tall

Ground Fist

1. Dive and Roll
2. Roll
3. Chest Dive
4. Jump In
5. Kick, Kick
6. Scissor Sweep
7. Kick, Kick
8. Scissor Sweep
9. Roll Back
10. Plum Flower Roll 6x
11. Roll Back
12. Flip Over
13. Kick
14. Roll Up
15. Palm The Ground
16. Stand Tall In Crane