



Shunlian Shenghuo
Kungfu Academy
for Physical and Mental training

SHUNLIAN SHENGHUO KUNGFU ACADEMY

UNITS OF COMPETENCY FOR BELT DEGREE

	Brown Belt 褐色	Purple Belt 紫色	Red Belt 红色
Ji Degree 級	Xin sheng Novice 心生	Xue sheng Student 学生	
Liu bu quan Basic stances 六步拳	(10 seconds per stance)	(20 seconds per stance)	(30 seconds per stance)
Zaji de Acrobatics 杂技的	—	二	三
Dao lu Sequences 道路	Lian Huan Quan Chained Fist Boxing 连环拳	Tong Bei Quan Power from Back 连环拳	Qi Xing Quan Seven Star Boxing 七星拳
Fang yu xing* Shaolin Weapons 防禦性	Gun** Long staff (spinning) 棍	Yin Shou Gun** Long staff 因手棍	Xunlian Tie chi Sai 训练铁尺
Baji quan 8 Extremities Boxing 八极拳	✗	Small frame Baji Xiao ja 八极小架	Long frame Baji Da ja 八极达架
Taiji quan Supreme fighting Art 太极拳	✗	✗	Er shi si 24 form 二十四
Qi gong Breathing techniques 气功	Basic meditation 禅	Nei gong (first level) 内功	Pan gen (second level) 磐根
Qin na Self defense 擒拿	✓	✓	✓
Yin gong Bone & Muscle Conditioning (BMC) TM 阴功	✓	✓	Mu ren zhuang wooden dummy 木人椿
Xingqi Xunlian Weekly training 星期训练	Er xiaoshi 2 hours 二时	San xiaoshi 3 hours 三时	Si xiaoshi 4 hours 四时

*Optimal learning progression displayed. After the first year, Students are free to choose the weapon they like (except for weapons requiring a new style to be learned (i.e. Drunken Staff or Baji Sword) **gun as in Chinese “棍”, Pinyin “gun”, pronounced “goon”

	Yellow Belt 黃色	White Belt 白色	Instructor 教練
Ji Degree 級	Zhuan jia Expert 專家		Jiao Lian Instructor 教練
Liu bu quan Basic stances 六步拳	(40 seconds per stance)	(1 minute per stance)	
Zaji de Acrobatics 杂技的	✓	✓	
Dao lu Sequences 道路	Zui quan Drunken fist 醉拳	Zui Gun* Drunken staff 醉棍	
Fang yu xing Shaolin Weapons 防禦性	Shuang jie gun "Nunchucks" 雙節棍	San jie gun Three section staff 三節棍	
Baji quan 8 Extremities Boxing 八极拳	Muzi quan Mother and son 母子拳	Baji quan Long sword 八极劍	
Taiji quan Supreme fighting Art 太极拳	Taiji Jian Long sword 太极劍	Tui shou Pushing with hands 推手	
Qi gong Breathing techniques 气功	Ji ben (third level) 基本	Iron Shirt (hard qigong) 鐵衫	
Qin na Self defense 擒拿	✓	✓	
Yin gong Bone & Muscle Conditioning (BMC) TM 阴功	✓	✓	
Xingqi Xunlian Weekly training 星期训练	Liu xiaoshi 6 hours 六时	Ba xiaoshi 8 hours 八时	

Note: To obtain Recognition of Completed Training for a full Certificate, applicants must provide evidence to demonstrate competency in all units from the related Belt degree. Student's progress may be randomly checked during any class, although for higher grade belts (red, white and instructor) a **full test** is required, in which case Students will be contacted well in advance to plan their test (the Academy has set Saturday as test-day). Students under examination may be asked to perform a specific Unit with no particular order. High-grade Students need to perform all Units for a specific belt before Certificate/Belt is granted. Students can refuse the **final score** at the end of the examination session, although exam fee won't be refunded. **Attempts** are virtually infinite: once accepted, scores are officially registered and marked on both Academy Registry and Student Certificate. The Academy Master, or any of his qualified Instructors, may invite the Contestant to apply for his or her own test day to the achievement of a sufficient athletic level. This is at the discretion of the Master/Instructor in charge. **Final score**, along with any concerning comment, both from the Master or his qualified Instructors during and at the end of the examination session, are unquestionable.