

Level 6	White Belt	6 months
Luó Hàn Quán Mǔ	羅漢拳母	Mother of Luohan Quan

Level 5	White Belt	6 months
Tùn Jiǎ Shuāng Jié Gùn	褪甲 雙節棍	Shed off the Shell Nunchaku

Level 4	White Belt	6 months
Sǎo Lián Dá Mó Gùn Bā Guà Dǐ	掃蓮 達摩棍八卦底	Sweep Away Lotus Damo Staff: The Eight Trigrams

Level 3	White Belt	6 months
Fēi Yìn Dá Mó Gùn Shàng Xià Tī Dǒu	飛印 達摩棍上下踢斗	The Mark of Flight Damo Staff: Kick the Seven Stars

Level 2	White Belt	6 months
Dào Tà Sān Jiǎo Shuāng Dāo	倒踏三角 雙刀	Step Back on Triangle Double Knives

Level 1	White Belt	6 months
Piàn Jiàn Guān Dāo	騙箭 關刀	Deceitful Arrow Guandao

1st Degree (minimum age: 16)	Black Belt 1 Stripe	2 years
Shuāng Kuāng (Dá Zūn)	雙框 (達尊)	Double Frame (Dazun)
Léi Zhēng (Dá Zūn)	擂掙 (達尊)	Hammering Fists (Dazun)
Měng Hǔ Xià Shān	猛虎下山	Ferocious Tiger Descends the Mountain
Xiǎo Luó Mǎ	小羅馬	Small Luohan Horse Step
Lián Huán Sǎo Jiǎo	連環掃腳	The Continuous Sweeping Leg
Sān Zhàn	三戰	Three Battles
Sān Zhàn Héng Tí	三戰橫提	The Three-Battle Sideway Strike
Sān Zhàn Fǎn	三戰反	The Three-Battle Counterattack
Dá Mó Gùn Hù Shēn Zhào Jiàn	達摩棍護身照箭	Damo Staff: Body-Protecting Radiation of Arrows
Tiě Chǐ	鐵尺	Sai

<i>2nd Degree (minimum age: 18)</i>	<i>Black Belt 2 Stripes</i>	<i>3 years</i>
Èr Lóng Zhàn	二龍戰	Battle of Two Dragons
Yīn Yáng Zhàn	陰陽戰	Battle of Yin and Yang
Sì Mén	四門	Four Gates
Tóng Zǐ Guò Guān	童子過關	Boy Passes the Strategic Pass
Fēi Huán Sǎo Jiǎo	飛環掃腳	The Flying-Ring Sweeping Leg
Luó Hàn Jiù Zhǔ	羅漢救主	Luohan Saves His Master
Sì Mén Luó Mǎ	四門羅馬	The Four-Gate Luohan Horse Step
Zhuāng Hǔ (Dá Zūn)	椿虎 (達尊)	Tiger Stance (Dazun)
Tiāo Qiè (Lou Loong)	挑切	Pick and Cut: Lou Rong form
Shuāng Jiàn	雙鎗	Double Iron Rod
Gōu Lián Qiāng	鉤鐮槍	Hook Sickle Spear (2018)

<i>3rd Degree (minimum age: 21)</i>	<i>Black Belt 3 Stripes</i>	<i>4 years</i>
Yīn Yáng Bài	陰陽拜	Greeting of Ying and Yang
Lián Huán Shuāng Jiǎn Jiǎo	連環雙剪腳	The Continuous Double Scissors Leg
Dào Pāo Qí Lín	倒拋麒麟	Throw Back the Qilin
Lián Huán Fēi Tuǐ	連環飛腿	The Continuous Flying Kick
Luó Hàn Huá Jì	羅漢化技	Formulation of the Luohan Technique
Hēi Lóng Zhàn Shuǐ	黑龍戰水	Black Dragon Battles the Waters
Dào Pāo Shī	倒拋獅	Throw Back the Lion
Tiě Chā	鐵叉	Iron Fork
Gōu Lián Qiāng 2	鉤鐮槍	Hook Sickle Spear 2

<i>4th Degree (minimum age: 25)</i>	<i>Black Belt 4 Stripes</i>	<i>5 years</i>
Tóng Zǐ Tàn Guān	童子探關	Boy Explores the Strategic Pass
Lián Huán Pǎo Jiǎo	連環塔腳	The Continuous Forward Step
Tóng Zǐ Bài Guān	童子拜關	Boy Greets the Strategic Pass
Zhàng Èr Chuí	丈二槌	12 Ft Long Staff
Zhǎn Mǎ Dāo	斬馬刀	Horse Chopping Knife

<i>5th Degree (minimum age: 30)</i>	<i>Black Belt 5 Stripes</i>	<i>6 years</i>
Research, teaching, and in-depth study of Shun Wu Tang		

<i>Complementary Syllabus</i>

Tai Ji Quan		
Shí Sān Shì Tài Jí Quán	十三式太極拳	13 Step Tai Chi
Èr Shí Sì Shì Tài Jí Quán	二十四式太極拳	24 Step Yang Style Tai Chi
Zhāng Dūn Xī Bā Shí Bā Shì Tài Jí Quán	張敦熙八十八式太極拳	88 Step Yang Style Tai Chi
Tài Jí Jiàn	太極劍	Tai Chi Sword

<i>Qi Gong</i>		
Zhàn Zhuāng Qì Gōng	站樁氣功	Standing Qigong
Tài Jí Qì Gōng	太極氣功	Tai Chi Qigong
Bā Duàn Jīn	八段錦	Eight-Section Brocade Qigong
Wǔ Qín Xì	五禽戲	5 Animal Qigong
Jìng Lì Liù Gōng	靜立六功	6 Static Qigong
Yì Jīn Jīng	易筋經	Muscle/Tendon Change Classic Qigong
Jiǎn Yì Lā Jīn	簡易拉筋	Simple stretching Qigong
Jìn Jiē Wǔ Qín Xì	進階五禽戲	Advanced 5 Animal Qigong

<i>Fundamentals</i>		
Jī Běn Gōng	基本功	Essential technique and basic skills
Sū Jīn Miǎo Shí Jī Běn Gōng	蘇金淼十基本功	Grand Master Su Ten Basic Skills
Yìng Gōng	硬功	Body conditioning and reinforcement
Gōng Fáng	攻防	Skill of attack and defense
Qín Ná	擒拿	Seize and control techniques
Shuāi Jiāo	摔跤	Wrestling, grappling, throwing skills
Wǔ Shù Zhàn Zhèn	武術戰陣	Martial Arts Battle Formation
Sàn Shǒu	散手	Controlled combat practice
Sǎn Dǎ	散打	Full-contact combat practice

<i>Supplementary training in multiple Kung Fu styles</i>		
Fú Jiàn Wǔ Shī	福建舞獅	Hokkien Lion Dance
Guǎng Dōng Wǔ Shī	廣東舞獅	Cantonese Lion dance
Wǔ Lóng	舞龍	Dragon Dance
Zhōng Yì Quán	忠義拳	Fist of the Loyal and Faithful
Xiǎo Hǔ Yàn	小虎燕	Small Tiger Swallow
Shào Lín Lián Huán Quán	少林連環拳	Shaolin Continuous Fist
Jīn Luó Hàn Shào Lín Lián Huán Quán	金羅漢少林連環拳	Golden Luohan Shaolin Continuous Fist
Sān Lù Cháng Quán	三路長拳	3rd Road Long fist
Shào Lín Chāi	少林拆	Shaolin Dismantling
Wǔ Xíng Lián Huán Quán (Xíng Yì)	五形連環拳 (形意)	Xing Yi: 5 Fist continuous movement
Hǔ Hè Shuāng Xíng Quán (Hóng Jiā)	虎鶴雙形拳 (洪家)	Hung Gar: Tiger / Crane (Cantonese)
Hǔ Hè Shuāng Xíng Quán (Hóng Jiā)	虎鶴雙形拳 (洪家)	Hung Gar: Tiger / Crane (Taiwanese)
Yǐ Zǔ Dāo	乙組刀	Broad Sword
Shào Lín Gùn	少林棍	Shaolin Long Staff
Yǐ Zǔ Gùn	乙組棍	Northern Shaolin Long staff
Yǐ Zǔ Jiàn	乙組劍	Straight Sword
Běi Fāng Tiě Chǐ	北方鐵尺	Northern Sai
Duǎn Bàng	短棒	Short Stick
Gōng Fū Shàn	功夫扇	Kung Fu Fan
Pū Dāo	仆刀	Servant Knife
Bā Duàn Qiāng	八段槍	Spear
Qián Tuǐ Huǒ	前退後	Step Forward, Draw Back
Guān Dāo 2	關刀2	Guandao 2 (short version)