

Chinese Martial Arts Shuai Jiao Association

Examining list of ranking promotion

- A. Body relaxation methods
- B. Fundamental footwork
- C. Fundamental grips
- D. Fundamental falling methods
- E. Fundamental movements
- F. Standing poses
- G. Training equipments
- H. practice in pairs(3 kinds are appointed by judge, 5 kinds are chosen freely)
- I. Competition (when jie 1 promotes to deng 9) (i.e. level 1 to grade 9)

One: beginning (level to level 3)

A. Body relaxation methods:

«Arms»

1. **Quan Chao Shuai Yin** (part 1) –Circle, Cross, Horizontal throw, Lead,-
2. **Fen Gai Tan Luo** (part 1) –Separate, Cover, Spread, Pull/ Twist,-

«Legs»

1. **Qian tan** (front tan) –Front flicking kick-
2. **Qian deng** (front deng) –Front heel kic-
3. **Ce deng** (side deng) –Front knife kick-

B.Fundamental footwork:



1. **Da ma bu** (large ma bu) –Wide horse stance



2. **Xiao ma bu** (little ma bu) –Narrow horse stance-



3. **Qian jin gong bu** (move forward gong bu) –Step forward bow stance-



4. **Hou Zhuan Gong Bu** (turn around gong bu) –Turnaround bow stance-



5. **Tse Shiang Gong Bu** (side gong bu) –Side step bow stance-



6. **Zuo Pan Bu** (sitting coiling stance)-



7. Qian jin Xiu Bu (empty stance)-

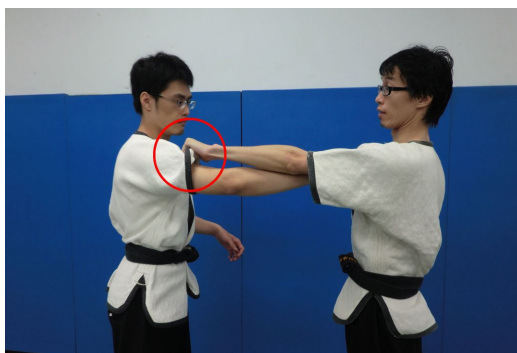
C. Fundamental grips:

1. Shan Ba 上把-Upper collar grip –



2. Se-Zi Xiu-Kou-Gripping the Cuff of the sleeve at 4 points (Front, Rear, Inside Outside)

袖口 (上); Xiu-Kou



袖口 (下); Xiu-Kou



袖口 (内); Xiu-Kou



袖口 (外); Xiu-Kou



D. Fundamental falling methods: Tao Ti-Fa

1. Qien-Scie (front rotation falling method)
2. Cien-Pu (face upward falling method)
3. Hou Ian (face downward falling method)
4. Cao-tu Tan-ue (height jump over falling method)
5. Chang tu Zuan-ue (length cross over falling method)
6. Suen zhou (height and length cross over falling method)

E. Fundamental movements:



1. **Gao ai su dong** (High low fast moves)



2. **Xie da** (Oblique hits)



3. **Huan zhou** (Looping elbow)



4. **Suo zhou** (Locking elbow)



5. **Diao lou** (Pulling and twisting)



6. **Tsuai** (Bowling)

F. Standing Poses: Tai-Pao



1. **San Ping Shi** (3 horizontal stance)



2. **Xian Ren Zhao Jing** (Celestial being looking at a mirror)



3. **Li kui Mo Fu** (Li Kui grinding same line)

G. Training equipments

Hua zhuan (Standing postures with bricks) Tai Pao con mattoni

H. Practice in pairs:

Tsuai (Bowling)

1. Jia bi chuai (Gia bi tsuai)
2. Ye shou chuai (Ie shou tsuai)
3. Na bi chuai (Na bi tsuai)
4. Zhi men chuai (Zi men tsuai)
5. Zou wai chuai (Zuo wai tsuai)

Two: jie 3 to jie 2 (level 3 to level 2)

A. Body relaxation methods:

«Arms»

1. **Quan Chao Shuai Yin** (part 2) (Circle, cross, horizontal throw, lead)
2. **Fen Gai Tan Luo** (part 2) (Separate, cover, spread, pull/twist)

«Legs»

1. **Qian huai** (front huai) -front knee lift-
2. **Ce huai** (side huai) -side knee lif-

B. Fundamental footwork:



1. **Kou bu** (Hooking step)



2. **Gai bu** (Covering step)



1



2

3. **Pu bu** (Falling step) move the body on the leg



1



2

4. **Wo bu** (Lying step) move the leg from the body

C. Fundamental grips (belt grips): 1-Qian Yao-Dai, 2-Hou Yao-Dai, 3-Ce Yao-Dai.

1. (Front) - 前腰帶; Qian-yao-dai

2. (Rear) - 後腰帶; Hou-yao-dai



3. (Lateral) -側腰帶 Ce-yao-dai



2. **Di-jin** bottom collar grips – **Qian di jin** front, **Ce di jin** side, **Hou di jin** back

前底襟; Qian-di-jin -Lower Lapel Grips – Front



側底襟; Ce-di-jin - Lower Lapel Grips (lateral)



後底襟; Hou-di-jin- Lower Lapel Grips (rear)



D. Fundamental falling methods :

1. grabbing objects falling method
2. putting objects falling method
3. height grabbing objects falling method

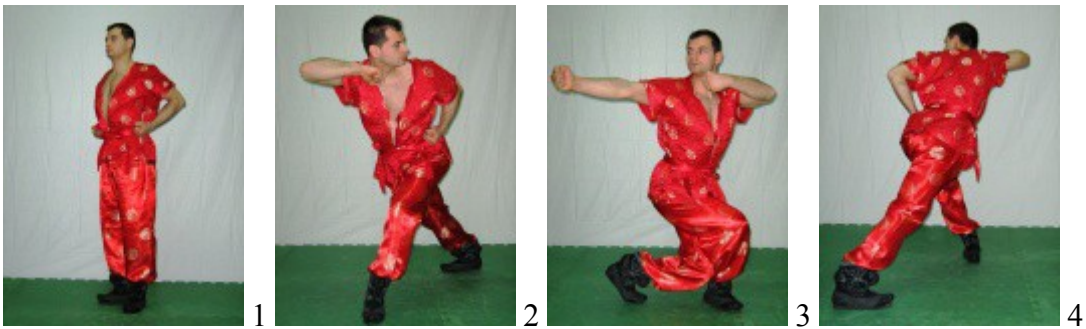
E. Fundamental movements:



1. Xia Ba Qian Jin Hou Zhuan (Lower grip step forward backward spin)



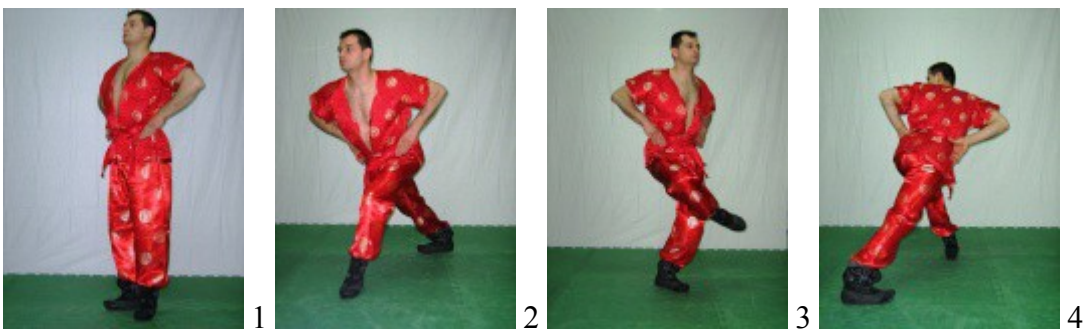
2. Xia Ba Qian Jin Hou Tuei (Lower grip step forward backward kick)



3. Shang Ba Qian Jin Hou Tuei (Upper grip step forward backward kick)



4. Qian Jin Tuei (Step forward kick)



5. Qian Jin Hou Tuei (Step forward backward kick)

F. standing Poses: Tai-Pao



1. **He wo dang** (Combined lying stance)



2. **Yan zi chao shui** (Wild geese skimming the water)



3. **Kui xing dian dou** (Kui xing pose)

G. Training equipments:



1



2



3

Da Ban-Ze -stand freely,(1-Gong bu, 2-Wo bu, turn about 3-Zuo pan bu)

H. practice in Pairs:

Wen (Bending forward)

1. Xia ba wen (Hsia ba wen)
2. Quan bi wen (Ciei bi wen)
3. Qian bi wen (Cien bi wen)
4. Jia bei wen (Gia bi wen)
5. Xiang bi wen (Zhuan bi wen)

Three: jie 2 to jie 1 (Level 2 to level 1):

A. Body relaxation methods:

«Arms»

1. **Quan Chao Shuai Yin** (part 3) –Circle, Cross, Horizontal Throw, Lead
2. **Fen Gai Tan Luo** (part 3) –Separate, Cover, Spread, Pull/Twist

«Legs»

3. **Zuo tui** (Kicking one's own leg with the tendon of the upper instep at the ankle joint)
4. **Wai tui** (Spooning out kick) (Kicking one's own leg with the sole of the foot)
5. **Dun kao hou tui** (Squat lean against)

B. Fundamental footwork:



1



2

1. **Che Bu** (Rear step bow stance)



2. **Du Li Bu** (Standing on single leg)



3. **Qian Jin San Dian Bu** (Step forward san dian bu)



4. **Hou Tui San Dian Bu** (Step backward san dian bu)

C. Fundamental grips:

Chest grips: (straight, middle, side)

支門; Zhi Men #Zhi in **first tone** - Front Upper Gate



中門; Zhong Men - Double Front Gate (Cross, Straight)



偏門; Pian Men - Cross Grip



D. Fundamental falling methods :

1. **Gao di cha** falling methods (high low difference falling methods)
2. **Zuo Hui-shen, You Hui-shen** falling methods (left or right rotation falling methods)

E. Fundamental movements:



1. **Bong** (Cracking)



1



2



3



4

2. **La** (Pulling)



1



2



3



4

3. **Yuen Ti Bao** (Embracing)



1



2



3



4

4. **Fen Shou Bie** (Separating hands)



1



2



3



4

5. **Luo Shou Bie** (Puling/Twisting hands rear kick)

F. Standing Poses: Tai-Pao



1. **Dun lian ge gu** (Dull sickle reaping the rice)



2. **Luo han wang yue** (Luo han watching the moon)



3. **Xi niu wang yue** (Rhino watching the moon)

G. Training equipments:

Sand Bags -

single : left right switch hands , jin dang with the same hand

two people : rao yao? bei zhuan? Bei zhuan (Rearward turning) pei shen (circle around waist?)

rotate back? pie shen (tossing across body)

H. Practice in Pairs:

Tuei (kick)

1. Sou Zhou ti (Suo zoo ti)
2. Mou bo ti (Moo bo ti)
3. Jian liang ti (Cian lian ti)
4. Ba jian ti (Ba cien ti)

5. Ba yao ti (Ba iao ti)

Four: jie 1 to deng 9 (level 1 to grade 9):

A. Body relaxation methods:

«Arms»

1. **Quan Chao Shuai Yin** (part 4) –Circle, Cross, Horizontal throw, Lead-
2. **Fen Gai Tan Luo** (part 4) –Separate,Cover, Spread, Pull/Twist-

«Legs»

1. **Lou tui** (hold up legs):shuttlecock style not surpassing thigh, pendulum style (outside of thigh), move forward with hand style , zuo pan bu rotation style (sitting coiling step)
2. **Gou tui** (hook legs): hand move style, head down forward style, move forward with hand style, zuo pan bu hooking style-

B. Fundamental footwork:

San Huan Bu Left right linking-(3 exchange step) transition from **Zuo Pan Bu** (Sitting coiling step) to **Ma Bu** (Horse stance) to **Qian Gon Bu** (Front bow stance), to side **Gong Bu** (Side bow stance)

C. Fundamental grips:

1. Upper collar grips
 2. Sleeve cuff grips
 3. Belt grips
 4. Bottom collar grips
 5. Chest grips
- «mixing applications of the above grips»

D. Fundamental falling methods :

None (not necessary)

E. Fundamental movements: the first “Jiao Quan” sets 1 (Tao lu)



01.yu bei shi(Ready stance)



02.mo yun shi



03. **gai shou dun wan** (right gai hand and dun wrist)



04. **gao ai su dong** (high low fast moves)



05. **shuang lou shou** (double lou shou)



06. **xie da** (right oblique hits)



07. **huan zhou** (looping elbow)



08. **suo zhou**(locking elbow)



09. **diao luo**



10. **da lun bi za quan** (right large swing arm pounding fist)



11. **chao tian gai**



12. **hong dang**



13. **lan shou**



14. **gai shou you zhuan bi**



15. **xia ba hou tui** (lower grip back kick)



16. **dian bu**



17. **shang ba qian jin hou tui** (Upper grip move forward back kick)



18. **fen gai tan**



19. **xu bu shuang luo shou**



20. **zuo pan bu duo shou**



21. **zhuan shen da tui** (turn about and hit leg)



22. **la** (step forward left kou shou)

23. **ce you shi zi feng shou** (left side right cross hands)



24. **da tui** (hit leg)



25. **pan tui beng**



26. **kou bu bo shou bao**



27. **tuo sho ding zhou**



28. **fan shen za quan** (turn about bounding fist)



29. **xu bu tong shou**



30. **wo bu tong shou**



31. **fan shen na bi** (turn about grabbing arms)



32. **chuai** (hong dang)



33. **ti chui**



34. turn about salute



35. finisch

F. Standing poses: Tai-Pao



1. **She shen tan hai** (Leaning forward on a cliff looking at the sea)



2. **Hei long xi shui** (Black dragon playing in water)



3. **Tuo ta shi** (Supporting the pagoda)

G. Training equipments:

Dou Dai (Belt Cracking) – San Huan Bu Left/Right Linking (3 point step)

H.Practice in Pairs:

(1) Bie (Rearward downward kicking)

1. Xia ba bie (Hsia ba bie)
2. Shang ba bie (Shan ba bie)
3. Pien men bie (Pien men bie)
4. Luo pi bie (Lou bi bie)
5. Ba yao bie (Ba iao die)

(2) La (Pulling)

1. Kou shou la (Kou soo la)
2. Luo shou la (Lou soo la)
3. Beng bi la (Bong bi la)
4. Kou wan cheng chang la (Cou van ceng zang la)
5. Shou bien fan la (shou bie fan la)