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功夫
打拳
太极
气功
沉思

Wushu Grading Duans

The following grading is open to all Teachers, Disciples and Students, and this Black belt grading will be conferred by a Grading Council which will be set up for each and every grading, in the same way as a Jury is set up, and such Grading Council will comprise of Three Members: a Professional Teacher of Traditional Kungfu, a Vowed in Disciple and a Student carrying no less than Green Belt with a minimum of Five Years Study. This Grading Council will ensure the Candidate has actually complied with the requirements, and after successful assessment, the Grading Council will Grant the Candidate the Dan. Should any one member of the Grading Council disagree with the findings or find the Candidate Morally lacking then the Dan will NOT be conferred, and the Candidate may re-apply after no less than six calendar months has passed. The Fights, Competitions and Judging have to be run by a Fully Registered Body that is sanctioned by the IWuF International Wushu Federation.

1st Dan Requirements

Traditional Kung Fu (Studying/Teaching):

Minimum Rank: Green Belt (Grade 3) (Intermediate)

Number of Hours (Studying/Teaching) Kungfu:

Not Less than 195 Hours, (Actual Class hours, fitness time not allowed to be included)

Competitive Wushu National Level (Competing/Judging):

Minimum 1 National Level Competition Competed

or

Minimum 2 Provincial Level Competitions Competed

or

Fight in 2 National Level San Shou or 4 Provincial Sanshou Level Fights.

Required Study (Minimum):

TaoLu: Yang Taiji 1st set, 24 Taiji, Wudang Chu Quan, Chen Broadsword,

Sanshou: Sanshou Sparring course

Theory:

Basic Chinese Language 1

2nd Dan Requirements

Traditional Kung Fu (Studying/Teaching):

Minimum Rank: Blue Belt (Grade 4) (Senior)

Number of Hours (Studying/Teaching) Kungfu:

Not Less than 312 Hours, (Actual Class hours, fitness time not allowed to be included)

Competitive Wushu National Level (Competing/Judging):

Minimum 2 National Level Competitions competed or Minimum 1 National Level Competition Judged

or

Minimum 4 Provincial Level Competitions Competed or Minimum 2 Provincial Level Competitions Judged

or

Fight in 4 National Level San Shou or 8 Provincial Sanshou Level Fights.

Required Study (Minimum):

Taolu: Yang Taiji 2nd set, 24 Taiji, Wudang Chu Quan, Chen Broadsword, Chen Long Sword,

Sanshou: Light Sparring course

Theory:

Basic Wushu Theory

中國武術

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3rd Dan Requirements

Traditional Kung Fu (Studying/Teaching):

Minimum Rank: Red Dan 1 Belt (Grade 5) (Advanced)

Number of Hours (Studying/Teaching) Kungfu:

Not Less than 524 Hours, (Actual Class hours, fitness time not allowed to be included)

Competitive Wushu National Level (Competing/Judging):

Minimum 3 National Level Competitions competed or Minimum 2 National Level Competitions Judged
or

Minimum 4 Provincial Level Competitions Competed/ Minimum 4 Provincial Level Competitions Judged
or

Fight in 6 National Level San Shou or 12 Provincial Sanshou Level Fights.

Required Study (Minimum):

Yang Taiji 1,2 sets, 24 Taiji, Wudang Chu Quan, Chen Broadsword, Chen Long Sword, Ming Quan
Sanshou: Medium Power Sparring course

Theory:

1 Hour Wushu Theory Exam or Qualified as C Class Judge

4th Dan Requirements

Traditional Kung Fu (Studying/Teaching):

Minimum Rank: Red Dan 2 Belt (Grade 4) (Senior)

Number of Hours (Studying/Teaching) Kungfu:

Not Less than 680 Hours, (Actual Class hours, fitness time not allowed to be included)

Competitive Wushu National Level (Competing/Judging):

Minimum 4 National Level Competitions competed or Minimum 2 National Level Competitions Judged
or

Minimum 8 Provincial Level Competitions Competed or Minimum 4 Provincial Level Competitions Judged
or

Fight in 8 National Level San Shou or 16 Provincial Sanshou Level Fights.

Required Study (Minimum):

Yang Taiji 1,2,3 sets, 24 Taiji, Wudang Chu Quan, Chen Broadsword, Chen Long Sword, Ming Quan, Chen 56
Sanshou: Full Power Sparring Course

Theory:

Basic Chinese Language 2

中國武術