

Grades	2 nd Pan	1 st Pan	1 st Tengchi	2 nd Tengchi	3 rd Tengchi	4 th Tengchi	5 th Tengchi	6 th Tengchi
Shou Bei Fa	50	60	70	80	90	110	130	140
Stances/steps	Cross leg	Scissor	Zig zag	Side steps	Rotary steps	Frog	Crane	
Tu Shou	7	8	9	10	11	12	13	14
Ward Offs	Crane	Crab	Tiger	Knee-elbow	SunPalm/adv	Crane/adv	Tigers Head/adv	
Wrist Locks	14	16	18	20	22	24	28	30
Wrist Twists	14	16	18	20	22	24	28	30
Arm Locks	8	9	10	12	14	16	18	20
Arm Control	16	18	20	22	24	26	28	30
Press Downs	16	18	20	22	24	26	28	30
Foot Flows	38	46	54	66	79	93	110	131
Defence-single	4	4	5	5	6	6	6	6
Defence-mass	4	4	5	5	6	6	6	6
Defence-kicks	3	3	4	4	5	5	6	6
Defence-weapons	0	0	2	3	4	5	6	6
Stick set Form	36	54	65	80	90	120	135	Full Set
Sword set form	0	0	20	40	60	80	120	Full Set
2 section whip	0	0	0	36	60	80	110	Full Set
Chop stick Form	0	0	0	10	30	60	100	Full Set
Evasions	2	3	4	5	6	7	8	
Sticky Hand	Rear	Rear	Down	Down	Up	Up	All Directions	with steps
T'ai Chi form	0	0	40	60	80	100	120	Full Set
Whirling Hands	Left	Left	Right	Right	Down	Down	Up	Up
Whirling Arms	Left	Left	Right	Right	Down	Down	Up	Up
Chi Shu	Break Outs	Break Outs	Hand Throw	Arm Throws	Leg Throws	Hip Throws	Shoulder Throw	Double Grips
Active Mist	0	0	1	2	3	4	5	6
Ping On fist set	0	0	1	2	3	4	5	6
Clubs	0	0	1	2	3	4	5	6