



Rising Dragon Martial Arts

Kung Fu & Kenpo

Yellow



Yellow Requirements

Congratulations for beginning a cherished traditional method of health, discipline, self defense and peace through the White Dragon Fist style of Pai Lum Kung Fu and Kenpo.

White is the level of "faith" as you envision of a new journey in your life. Yellow the level of "courage" which is needed for facing the new and sometimes difficult challenges along this path of training in Pai Lum at Rising Dragon Martial Arts.

During this journey in martial arts a student will learn at each level *basic* stances, blocks, punches and kicks, *forms* or "kuens," self defense called "*fist sets*," as well as *conditioning*, *weapons*, *sparring* and *information*.

Students are expected to write in a notebook all forms and fist sets. They must keep a record of their sparring matches. They should purchase a Rising Dragon portfolio to record their training. Again congratulations!

BASICS

O Bows

Kwoon
Break Fist
Pai Lum Ceremonial

O Stances

Neutral
Ready
Break Fist
Square Horse
Side Horse
Long Bow

O Blocks (Gong Chuan)

Upwards
Inwards
Outwards
Downwards

O Punches

Reverse Ram's Head
Sun Fist
Back Knuckle
Ram's Head

O Kicks

Front Snap
Side Heel
Knife Edge
Dragon Tail Snap

FORMS

O Forms

Tiger Short Set
Crane Short Set

SELF DEFENSE

O Fist Sets

Thunder and Earth
Pushing the Circle
Escaping Sparrow
Blocking the Kick
Escaping Tiger
Gentle Thunder
Removing the Jewels
Penetrating Earth

O Sparring

4 Basic Step & Punches
10 School Matches

WEAPONS

O Weapons – Staff I

Salutations
Holding the Staff
Block Box Sets
Horizontal Strikes
Six Star Hit (2 Person)

INFORMATION

The following information a student should know by heart

Name of School

"Rising Dragon Martial Arts"

Name of Association

"White Lotus Association"

Name of Style

"Pai Lum" or "White Dragon,"

Name of Arts

"Pai Lum Kung Fu"
"Bok Leen Pai Kenpo"

Pai Lum Family Creed

"Seek peace always, but if threatened then let the soul become a warrior"

Rising Dragon Training Creed

Seven times down,
eight times up."

Titles

Si Gung: "Master"
Si Mo: "Mother of school"
Si Fu: "Teacher"
Si Hing: "Senior Student"
Si Di: "Student"

Numbers

1 ee 2 er 3 san 4 su 5 wu 6 lieu 7
chi 8 pa 9 chew 10 shi

Training Gear Checklist

Membership	O
Uniform	O
School Patch	O
Portfolio	O
Yellow Training DVD	O

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