



# Rising Dragon Martial Arts

## San Shou

### Yellow



### Yellow Requirements

Congratulations for beginning a cherished traditional method of health, discipline, self defense and peace through the system of San Shou Kickboxing in Pai Lum (White Dragon) at Rising Dragon Martial Arts.

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. During this journey in martial arts a student will learn at each level *basics*, (stances, blocks, punches, kicks); also *Swai Jow* (take downs) and *Ground Fighting* (from the Gracie Jujitsu system) as well as *conditioning, sparring, theory and information*.

While some students take the San Shou to learn the fighting techniques and get in the best shape of their lives – others may wish to enter the full contact ring of competition in which our system and school has produced many champions. Welcome to training!

### STRIKING

#### O Bows

Kwoon  
Break Fist

#### O Stances

Neutral  
Ready  
Break Fist  
On Guard  
Short Bow

#### O Blocks

Upper Cover  
Mid Cover  
Lower Cover  
Downwards

#### O Punches

Jab  
Cross  
Hook

#### O Kicks

Front Snap  
Round House

#### O Combinations

Jab – Cross  
Jab – Cross – Hook

#### O Foot Patterns

Single Strike Forwards  
Multiple Strikes Forwards

### CONDITIONING

#### O Conditioning

4 Stretches  
Hand Striking & Forearm Striking  
Weekly Punch/Kick Training (300 Reps)  
4 x 4 (10 reps)  
10 minute mile

#### O Sparring

1-2 Step Gap Drills  
Bridging – Stutter & Long Range  
10 School Matches (Medium Contact)

### TAKE DOWNS

#### O Swai Jow (Take Downs)

Front Fall  
Back Fall  
Rolling Front Fall

### GROUND FIGHTING

#### O Jujitsu (Ground Fighting)

Trap and Roll Escape  
Americana Armlock  
Positional Control (Mount)  
Take the back (Mount)

### INFORMATION

#### Name of School

"Rising Dragon Martial Arts"

#### Name of Association

"White Lotus Association"

#### Name of Style

"Pai Lum" or "White Dragon"

#### Name of the Art

San Shou Kickboxing

#### 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

#### Fighting Theories

5 Stance Formulas  
5 Punch Formulas

#### Training Gear Checklist

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

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