

Rising Dragon Basics Curriculum

YELLOW Adult

Stances

Neutral
Ready
Break Fist
Square Horse
Side Horse
Long Bow

Blocks (Gong Chuan)

Upwards
Inwards
Outwards
Downwards

Punches

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

Kicks

Front Snap
Side Heel
Knife Edge
Dragon Tail Snap

ORANGE Adult

Stances

Crane
Cat
Reverse Cat
One Knee Set

Blocks (Gong Chuan)

Upwards Crossing
Downwards Crossing
Twin Pines
Outwards Crossing

Punches

Double Ram's Head
Twin Ram's Head
Hammer Fist
Upper Cut

Kicks

Inside Crescent
Outside Crescent
Roundhouse

Yellow Junior

Neutral
Ready
Break Fist
Square Horse
Side Horse

Upwards
Inwards
Outwards

Reverse Ram's Head
Sun Fist
Back Knuckle

Front Snap
Side Heel
Knife Edge

Orange Junior

Long Bow
Crane
Cat

Downwards
Upwards Crossing Wings
Downwards Crossing Wings

Ram's Head
Double Ram's Head
Twin Ram's Head

Dragon Tail Snap
Inside Crescent
Outside Crescent

Yellow Children

Neutral
Ready
Break Fist
Square Horse

Upwards
Inwards

Reverse Ram's Head
Sun Fist

Front Snap
Side Heel

Orange Children

Side Horse
Long Bow

Outwards
Downwards

Back Knuckle
Ram's Head

Knife Edge
Dragon Tail Snap

Yellow Pee Wee

Neutral
Ready
Break-Fist

Upwards

Reverse Ram's Head

Front Snap

Yellow Star Pee Wee

Square Horse

Inwards

Sun Fist

Side Heel

PURPLE Adult**Stances**

Back Setting Tiger
 Stretching Tiger
 Short Bow
 Monkey

Blocks (Yuan Chuan)

Upwards
 Downwards
 Inwards
 Outwards

Punches

Outward Crane Wing
 Inside Crane Wing
 Knife Hands
 Butterfly Palms

Kicks

Front Stomp
 Snap-Knife-Rear
 Inside Crescent-Side Heel
 Dragon Spin Tail & Thrust

Purple Junior

Reverse Cat
 One Knee Set
 Back Setting Tiger

Twin Pines
 Outwards Crossing Wings
 Upwards (Yuan)

Hammer Fist
 Upper Cut
 Outward Crane Wing

Roundhouse
 Wheel
 Front Stomp

Purple Children

Crane
 Cat

Upwards Crossing
 Downwards Crossing

Double Ram's Head
 Twin Ram's Head

Inside Crescent
 Outside Crescent

Orange Pee Wee

Side Horse

Outwards (Gong)

Back Knuckle

Knife Edge

BLUE Adult**Stances**

Crouching
 Buddha
 Lotus
 Low Cat

Blocks (Animal-Crane)

Crane Crossing Wings
 Twin Brushing Palms
 Blowing Windmill
 Crane's Head

Punches

Crane's Head
 Pecking Crane's Beak
 Heel Palm Thrust
 Tiger Claw

Kicks

Hook Kick (3 zones)
 Flip Kick (2 zones)
 Scooping Monk's Spade
 Front Snap- Wheel

Blue Junior

Stretching Tiger
 Short Bow
 Monkey

Downwards (Yuan)
 Inwards (Yuan)
 Outwards (Yuan)

Inside Crane Wing
 Knife Hands
 Butterfly Palms

Snap-Knife-Rear
 Inside Crescent-Side Heel
 Dragon Spin Tail & Thrust

Blue Children

Reverse Cat
 One Knee Set

Twin Pines
 Outward Crossing

Hammer Fist
 Upper Cut

Roundhouse
 Wheel

Orange Star Pee Wee

Long Bow

Downwards (Gong)

Ram's Head

Dragon Tail Snap

GREEN Adult**Stances**

Pigeon
 Inward Horse
 Twisted Horse
 Rising Horse

Blocks (Animal)

Monkey Paw
 Thundering Hammers
 Retreating Elbow
 Inw Crane Wing Snap

Punches

Multiple Short Wings
 Falcon's Claw
 Spear Hand
 Leopard's Paw

Kicks

Rising Earth
 Knee Strikes
 Chicken Kick
 Tornado Kick

Green Junior

Crouching
 Buddha
 Lotus

Crane Crossing Wings
 Twin Brushing Palms
 Blowing Windmill

Crane's Head
 Pecking Crane's Beak
 Heel Palm Thrust

Hook Kick (3 zones)
 Flip Kick (2 zones)
 Scooping Monk Spade

Green Little

Back Setting Tiger
 Stretching Tiger

Upward Yuan
 Downward Yuan

Outside Crane Wing
 Inside Crane Wing

Front Stomp
 Snap-Knife-Rear

Purple Pee Wee

Crane

Upwards Crossing

Double Ram's Head

Inside Crescent

BROWN Adult**Stances**

Scissors
 Coiled Snake
 Dragon Lean
 One Legged Monk

Blocks (Series)

Tan Tar Pu Shen ee
 Eight Triagram

Punches

Dragon Head
 Vertical Elbow Jab
 Lunging Fist
 Twin Dragon's Search

Kicks

Iron Broom Sweep
 Dragon Tail Sweep
 Back Thigh Trap
 Tiger Kick

Brown Junior

Low Cat
 Pigeon
 Inward Horse

Crane's Head
 Monkey Paw
 Thundering Hammers

Tiger Claw
 Multiple Short Wings
 Falcon Claw

Front Snap-Wheel
 Rising Earth
 Knee Strikes

Brown Little

Short Bow
 Monkey

Inward Yuan
 Outward Yuan

Knife Hands
 Butterfly Palms

Inside Crescent- Side Heel
 Dragon Spin Tail & Thrust

Purple Star Pee Wee

Cat

Downward Crossing

Twin Ram's Head

Outside Crescent

GREY Adult**Stances**

Ma Bo
Gung Bo
Ding Bo
La Ma Bo

Blocks (Series)

Tan Tar Pu Shen er
Sticking Snake

Punches

Mantis Claw
Eagle Claw
White Ape Claw
Shark Head

Kicks

Combination Wheel
Dragon Spins Tail-Wheel
Wheel – Hook
Spinning Dragon–Rd House

Grey Junior

Twisted Horse
Rising Horse
Scissors

Retreating Elbow
Inward Crane Wing
Tan Tar Pu Shen ee

Spear Hand
Leopard Paw
Dragon Head

Chicken Kick
Tornado Kick
Tiger Kick

Grey Little

Crouching
Buddha

Crane Crossing Wings
Twin Brushing Palms

Crane's Head
Pecking Crane's Beak

Hook Kick (3 Zones)
Flip Kick (2 Zones)

Blue Pee Wee

Reverse Cat

Twin Pines

Hammer Fist

Round House

BLACK Adult**Stances**

5 Animal Walking Patterns

Blocks (Series)

Tan Tar Pu Shen san
Shadow Techniques

Punches

Corkscrew
Fanning the Clouds
Willow Palms
Cutting Series (Gong)

Kicks

Jumping Tornado
Axe Splits the Log
Chicken – Wheel
Cutting Series

Black Junior

Coiled Snake
Dragon Lean
One Legged Monk

Eight Triagrams

Vertical Elbow Jab
Lunging Fist
Twin Dragon Search for Pearls

Iron Broom Sweep
Dragon Tail Sweep
Back Thigh Trap

Grey Star Little

Lotus
Low Cat

Blowing Windmill
Crane's Head

Heel Palm Thrust
Tiger Claw

Scooping Monk Spade
Front Snap - Wheel

Blue Star Pee Wee

One Knee Set

Outside Crossing

Upper Cut

Wheel