

Rising Dragon Forms Curriculum

	<u>Adult Tai Chi</u> 15+	<u>Adult Kung Fu</u> 15+	<u>Adult Kenpo</u> 15+	<u>Junior</u> 11-14	<u>Little</u> 7- 10	<u>Peet V</u> 4-6
Yellow	Chi Kung I & II	Tiger & Crane Short Set	Tiger & Crane Short Set	Tiger Short	Tiger Short	Bow
Orange	Chi Kung III & IV	Leop, Snake, Drag & Elbow	Leop, Snake, Drag, & El.	Crane & Leop	Crane Short	Tiger
Purple	Chi Kung V & VI	Pai Lim	Pai Lim	Sn, Dr, & Elbow	Leop. & Snake	Crane
Blue	Yang Short Form	Tiger Goes Hunting	Eight Triagram	Pai Lim	Drag. & Elbow	Leop
Green	Penetrate & 5 Elem.	White Swan & W. Monkey	Hung I-II & Flowing Seas	Tiger GH /8 Tri	Pai Lim I	Snake
Brown	Ghost Walking	Flowing I or Shi Pa & Lingw	3 Tiger & Cat P or Ch Soft F	Swan / Hung I- II	Pai Lim II	Dragon
Gray	Yang Long I & II	Moi Fa San or Lohan San	Outer Tiger or Dragon Dance 1&2	Monkey / Fl Seas	TGH I / 8 Tri I	Elbow
Black	Yang Long III & IV	Pa Hok or Pai Lum & Silent D	Golden Fist or Supple Dragon	Flowing I / CSFist	TGH II/8 Tri II	Elbow

Black Higher

	<u>Adult Tai Chi</u>	<u>Adult Kung Fu</u>	<u>Adult Kenpo</u>
Black II	Pai Yang Form & Vital Breath	Flowing II & III	Thousand Step & Iron Body
Black III	Long Form V & VI & 1 Elective	Drunken Monk & 2 Electives	6 Man Tiger Defense & 2 Electives
Black IV	Buddhist Palm & 3 Electives	Mighty Wings & 3 Electives	Tiger/Dragon 2 Person & 3 Electives