

# Rising Dragon - Forms & Weapons

A partial list of the forms, techniques, and specialized training taught at Rising Dragon Martial Arts.

## Student Level Forms:

### Pai Lum Kung Fu

Tiger & Crane Short Sets  
Leopard, Snake, Dragon Sets  
Pai Lim  
Tiger Goes Hunting  
White Monkey  
Flowing Motion I  
Moi Fa San  
Pak Hok

### Pai Yang Tai Chi

Kwan Nien Chi Kung ee & er  
Kwan Nien Chi Kung san & su  
Kwan Nien Chi Kung wu & lieu  
Yang Short Form  
Penetrate the Wind  
Ghost Walking Form  
Yang Long Form 1-2  
Yang Long Form 3-4

### Bok Leen Pai Kenpo

Tiger & Crane Short Sets  
Leopard, Snake, Dragon Sets  
Flowing Seas  
Eight Triagram  
Flowing Seas  
Chinese Soft Fist  
Outer Tiger  
Golden Fist

## Other Forms Available:

### Pai Lum Kung Fu

Flowing Motions 2  
Flowing Motions 3  
Tan Tar Pu Shen ee  
Tan Tar Pu Shen er  
Tan Tar Pu Shen san  
Silent Dragon  
Short Crane  
Large Tiger Swallow  
Dragon Prince\*  
Flowing Motions I\*  
Large Tiger Swallow  
Pai Lum Heritage  
Drunken Monk  
Lingwood Chuan  
Shi Pa Lohan So  
Lohan San  
Elbow Sequence  
White Swan

### Pai Yang Tai Chi

Vital Breath  
Pai Yang Long Form  
Buddhist Palm  
Dragon Leaves the Cave  
Chi San Sao  
Black Northern Tiger  
Flowing Motion II Internal  
Plum Blossom Flowers  
Chinese Tea Ceremony+  
Chakra Training+  
Yoga Postures+  
Floor Walking Sets+  
Hsing Mind Boxing +  
Monk Boxing 1-6+  
Chi Kon Pai Meditation+  
Temple Exercises +  
5 Element Form

### Bok Leen Pai Kenpo

Iron Body  
Iron Palm IV  
Short Tiger\*  
Movements of the Tiger\*  
6 Man Tiger Defense  
Twist of the Tiger\*  
Movements of the Tiger\*  
Twist of the Tiger\*  
Tiger –Dragon 2 Person  
Outer Tiger\*  
Flowing Seas\*  
Hung 1\*  
Hung 2\*  
Butterfly\*  
Elbow Sequence\*  
Hung 1-2  
Supple Dragon  
Pai Lum  
White Dragon  
Dragon Dance

## Weapons:

### Pai Lum Kung Fu

Lohan Staff  
Nine Step Saber 1&2  
Plum Flower Saber 1  
Plum Flower Saber 3  
Monk Spade  
Tiger Fork  
Chinese 2 Handed Sword  
Double Crescent Moon  
Lance  
Nine Link Chain  
Hook Swords  
Kwan Dao

### Pai Yang Tai Chi

Iron Fan Basics+  
Iron Fan Form  
White Crane Sticks  
Gim Wind Form  
Gim Yang Form  
Tai Chi Saber  
Three Powers Sword

### Bok Leen Pai Kenpo

Staff Box Sets  
Nine Step Staff Forms 1-3  
White Lotus Staff  
Nunchaku Form 1  
Katana 7 Ways (1-2)  
Katana Battle Set  
Twin Ring Daggers  
Butterfly Swords  
Two Sticks  
Kama  
Sai  
Nunchaku Fury Form

*\*Previous Pai Lum Family Style  
+Specialized Training*