

# Curriculum Reference

## Traditional Kung Fu (4-Year Program)

### BASIC

- 1 WUSHU (KUNG FU) BASICS
- 2 TAN TUI
- 3 BEGINNING LONG FIST

### INTERMEDIATE

- 4 PI GUA QUAN
- 5 CHUO JIAO QUAN
- 6 BA JI QUAN

### ADVANCED

- 7 EAGLE CLAW
- 8 PRAYING MANTIS

## Traditional Kung Fu Weapons (4-Year Program)

- 1 PRAYING MANTIS BROAD SWORD
- 2 PRAYING MANTIS STAFF
- 3 XING YI STRAIGHT SWORD
- 4 XING YI STRAIGHT SWORD FIGHTING SET
- 5 TAI-CHI STICKY STAFF FIGHTING SET
- 6 SHAOLIN BROKEN GATE SPEAR

## Tai-Chi

- 1 YANG 18
- 2 YANG 24
- 3 YANG 42
- 4 YANG FIGHTING SET
- 5 YANG SWORD
- 6 YANG BROAD SWORD



## Contemporary Wushu

### BASIC

- 1 TAN TUI
- 2 BEGINNING LONG FIST

### ADVANCED

- 3 COMPULSORY WUSHU LONG FIST
- 4 BROAD SWORD
- 5 STRAIGHT SWORD
- 6 STAFF
- 7 SPEAR

## Select Courses

### XING YI

- 1 FIVE ELEMENTS
- 2 12 ANIMALS
- 3 AN SHEN PAO FIGHTING SET
- 4 XING YI BROAD SWORD

### SIX PLUM FLOWER MANTIS

- 1 WHITE MONKEY STEALING PEACH
- 2 1ST ZHAI YAO
- 3 ELBOW (BA ZHOU)
- 4 KICKING (BA TUI)

### DUAN BING (SWORD SPARRING) 1-4

### QIN NA 1-4

### BA GUA ZHANG 1-4

General Note: If two or more programs are taken back-to-back, it is not necessary to duplicate forms. Multiple programs may be taken simultaneously. Forms and/or order taught are subject to change at the discretion of the Sifu.



**BEIJING TAI-CHI & KUNG FU ACADEMY**  
**A modern approach to teaching**  
**traditional kung fu excellence.**

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