

Entry Level 入門班

Passing mark : 55%

柔順關節功：七法
7-Section Joint Warm Up

調氣理血養心功
Internal & Circulation

壓彈腿功：四法
4 Leg Stretches

柔腿操：兩法
2 Swing Kick Exercises

定步溜腿：六法
6 Stationary Stretch Kicks

手架拳法：手四法
4 Empty Hand Techniques

練馬功：五輪馬
5 Basic Stance Training Set

五輪腰馬功
5 Body Wheel Waist Training

直拳：五法
5 Basic Punching Techniques

五部圓律功(初)
Fundametnal Orbit Training

初級獅藝班
Fundametnal Cultural Martial
Lion Dance

千斤大力功
Super Force Total Power Training

Basic Level 初級

Passing mark : 65%

套路 Forms

技藝 Techniques & Skills

功力 Power & Endurance

走馬功：九法
9-Movement Footwork Training

腿法：十式
10 Fighting Kick Techniques

八寶丹田功
8 Treasure Dan Teen Exercise

走馬拳：九法
9-Movement Punching Training

拳法：十式
10 Punching Techniques

中華養生椿
Longevity Post

兩移佛手
Liang Yi Buddha Palm

兩移佛手散把操
Practical Liang Yi Buddha Palm

三線放鬆養生功
3 Lines Relaxation Health Exercise

五法拳
5-Shapes Training Set

五法散把操
Practical 5-Shapes Training Set

五部圓律功(中)
Intermediate Orbit Training

南北少林八步
8 Steps of Northern Southern
Shaoling Training Set

少林八步散把操
Practical Shaoling Baat Bo

人體關節修補功法
Human Joints Recovery Exercise

五輪步
Five-Wheel Step

活步溜腿：六法
6 Moving Stretch Kicks

五馬椿
5-Stance Training

中級獅藝班
Intermediate Cultural Martial
Lion Dance

Grade 1 一年級

Passing mark : 75%

套路 Forms	技藝 Techniques & Skills	功力 Power & Endurance
五輪扯拳 5 Wheel Fist Set	五輪拳散把實作對解 Practical 5 Wheel Fist	小金鐘內壯法 Small Golden Bell Martial Internal Skill
精武潭腿拳 Jing Wu Tan's 12-Row Form	潭腿拳散把實作對解 Practical Tan's 12-Row Form	三盤內外功法 3-Section Foundation Skill
入門棍 Entry Staff Form	棍法散招組合 Staff Fundamental Technique	四象祛病動功 Four-Method Sickness Alleviating Chi Kung
入門槍 Entry Spear Form	槍法散招組合 Spear Fundamental Technique Training	五部圓律功(高) Advance Orbit Training
入門刀 Entry Broadsword Form	刀法散招組合 Broadsword Fundamental Technique Training	抗打功法對練 Partner Conditioning Training
入門劍 Entry Longsword Form	劍法散招組合 Longsword Fundamental Technique Training	天地八法 8 Methods Of Sky & Land
南門棍 Southern Staff	南棍散招組合 Southern Staff Fundamental Technique Training	百把行功拳架操 Martial Power Punching Training
南方刀 Southern Broadsword	南刀散招組合 Southern Broadsword Fundamental Technique Training	
單刀進槍 Spear VS Broadsword Combat Form	拳腳實作對解 Fundamental Punching And Kicking Techniques	
	折拳 2-Person Combat Set (Chaak Kuen)	
	龍獅藝進修班 Advance Cultural Martial Dragon & Lion Dance	
	三路腿法 3-Section Kicking Technique	

Grade 2 二年級

Passing mark : 85%

套路 Forms	技藝 Techniques & Skills	功力 Power & Endurance
陰陽匕首 Ying Yang Single Dagger	攻防技法實作 Self-Defense Training	大型發力修証 Super Power Generation Training
蛇頭鼠尾棍 Snake Head Mouse Tail Short Stick	敏感反應訓練 Martial Sensitivity & Reaction Training	實力強化修証 Martial Force Development
迎手鞭杆 Over Hand Tiger Tail Hard Whip Staff	擒拿手法實作 Locking & Grappling Training	排打抗擊功 Martial Body Conditioning Training
形意五行拳 Ying Yi Five-Element Fist	手擊散招三十六勢 Form Application Single Movement Training	補助外內功法操作 Martial Power & Endurance Conditioning Training
先天八掌 Original Eight Diagrams Plam	五峰技法實作 5 Points Combat Technique Training	人體拳學椿功結構 Human Potential Internal Post Exercise
武當太一拳 Wu Dong Tai Yee Fist	摔跌技法實作 Fast Throwing Technique Training	人體生命運動八勢 8 Motions fo Human Wellness and Recuperation
截根拳 Tai Chi Praying Mantis Jie Gen Fist	交手實作修証 Contact Sparring Training	生命臟腑內補功法 Internal Organ Recovery Exercise
精武拳 Jing Wu Kuen	長兵實戰對練修作 Long Weapons Combat And Free-Fighting	
合戰對拳 2-Person Combat Set (Hap Jin Dui Kuen)	中兵實戰對練修作 Medium Weapons Combat And Free-Fighting	
武當劍 Wu Dong Longsword	短兵實戰對練修作 Short Weapons Combat And Free-Fighting	
少林棍 Shaolin Doublehead Staff	滾仆實作 Groundwork Skills Training	
楊家槍 Yang Family Spear	地踉戰術實作 Ground Fighting Combat Training	
柳葉刀 Willow Leaf Broadsword		