



Silent River Kung Fu

Black Dragon Yellow/Orange Belt Curriculum

Curriculum	Yellow Belt	Orange Belt
Rotating Traditional	Techniques	Self Defense Conflict Avoidance
Rotating Forms	Awakening The Dragon	Kempo I
Dynamic Performance Flying Front Thrust Flying Roundhouse Flying Side Heel	Targeting: Must hit target at chosen height	Creative Combination: Must perform all 3 kicks in intense combination with dynamic intensity.
Sport Training Kickboxing Combination	Combo 1 - 8	Combo 1 - 16
Board Breaking Traditional Combative	Traditional Breaking: 1 point hand and foot break (as per breaking chart)	Combative Progressive Breaking: 1 point technique on 4 stations (as per breaking chart)
Physical Development Push-ups Sit-ups Squat Thrusts Roundhouse Kicks	10 push-ups 10 sit-ups 10 squat thrusts 10 roundhouse kicks in 1 minute	10 push-ups 10 sit-ups 10 squat thrusts 10 roundhouse kicks in 30 seconds
Rotating Mental Development	Courtesy and Respect	Success

Techniques

- Blocks with fists and knife hands
 - High Rising
 - Inside Hooking
 - Reverse Hooking
 - Downward Foot
 - Outside Forearm
 - Double Arm Block
- Stances
 - Bow Stance
 - Offensive
 - Defensive
 - Horse Stance
 - High Back Stance
 - Low Back Stance
 - Crane Stance
 - Neutral/Defense Stance
 - Crane Posture
- Strikes
 - Thrust Punch
 - Jab
 - Reverse
 - Hook Punch
 - Upper Cut
 - Back Fist
 - Hammer Fist
 - Inside
 - Outside
 - Knife Hand Strike
- Kicks
 - Front Thrust
 - Roundhouse kick
 - Side Heel Thrust
 - Cyclone kick

Self Defense

- Understand the A,B,C's of conflicts:
 - a. Conflicts can be verbal (name calling, threats, or orders) or physical (intentional bumping, pushing, or hitting)
 - b. Conflicts begin when someone feels threatened or wants to have more power over another.
 - c. Verbal and/or physical attacking is not the solution to conflict avoidance.
- Learn 3 anger management and nonviolent conflict resolution techniques:
 - a. 10 deep breaths
 - b. the cool down
 - c. set physical and verbal boundaries and getting to a portal of safety
- Know the proper steps to take if a conflict does get out of hand:
 - a. Inform an adult immediately
 - b. Speak with your parents about the situation
 - c. Work on a positive solution

Sport Training

1. Jab
2. Jab
3. Reverse
4. Lead hook
5. Reverse uppercut
6. Bob & weave
7. Lead elbow block
8. Reverse elbow block
9. Jab
10. Reverse
11. Rear roundhouse
12. Rear roundhouse
13. Duck
14. Jab
15. Duck
16. Reverse

Mental Development

- Courtesy and respect
 - a. Bow when entering training hall
 - b. Bowing in/out ceremony
 - c. Hands behind back
 - d. Eye contact
 - e. Polite greeting
 - f. Immediate and polite response
 - g. Polite departure with gratitude
 - h. Importance of punctuality
- Success
 - a. The 3 rules of concentration
 - a. focus your eyes
 - b. focus your mind
 - c. focus your body
 - b. How to prepare for and take an exam
 - a. Creative repetition
 - b. Consistent review
 - c. Relax
 - a. Breath
 - b. Pressure point

Other Requirements

- Equipment
 - a. Yellow
 - a. Uniform with Silent River and Ging Wu patches
 - b. Orange
 - a. Foam sparring pads for hands and feet
 - b. Athletic cup & supporter
- Intent to promote letter completed
- Minimum number of classes attended
 - a. Yellow - 28
 - b. Orange - 42
- Grading application letter requesting a specific testing date (1st Saturday of every month at 1400 hrs.)

Yellow represents the colour of a seed buried in the earth beneath the winter snow. It is the seed from which the roots of a glorious plant will sprout. These roots will anchor the plant and serve to support it through wind and weather for the rest of its life.

Orange represents the colour of the sun rising to meet the morning sky. Melting the last of the frost, it nurtures the gracious earth, encouraging the young plant to flourish.



Silent River Kung Fu

Black Dragon Green/Blue Belt Curriculum

Curriculum	Green Belt	Blue Belt
Rotating Traditional	Techniques	Self Defense Breakaways
Rotating Forms	Kempo II	Hsieh Chien Stick I
Dynamic Performance Spinning Back Kick Spinning Reverse Roundhouse Inside/Spin Outside Crescent	Targeting: Must hit target at chosen height	Creative Combination: Must perform all 3 kicks in intense combination with dynamic intensity.
Sport Training Sparring	Freestyle Sparring	Point Sparring
Board Breaking Traditional Combative	Traditional Breaking: 2 point hand and foot break (as per breaking chart)	Combative Progressive Breaking: 2 point technique on 4 stations (as per breaking chart)
Physical Development Push-ups Sit-ups Squat Thrusts Roundhouse Kicks	20 push-ups 20 sit-ups 20 squat thrusts 20 roundhouse kicks not timed	20 push-ups 20 sit-ups 20 squat thrusts 20 roundhouse kicks in 1 minute
Rotating Mental Development	Teamwork	Perseverance

Techniques

- Blocks with fists and knife hands
 - Downward forearm block
 - Bell block
 - Downward cross block
- Stances
 - Cat Stance
 - Open X stance
 - Broken Bow stance (sparring stance)
 - Leopard Posture
 - Snake Posture
 - Tiger Posture
 - Dragon Posture
 - Narrow Kneel Stance
- Strikes
 - Ridge Hand
 - Spear Hand
 - Tiger Claw
 - Dragon Fist
 - Leopard Fist
 - Snake Fist
 - 7 Knife Hands
- Kicks
 - Crescent Kick
 - a. Inside
 - b. Outside
 - Reverse Roundhouse kick
 - Hidden Leg Technique

Self Defense

- Wrist Escapes
 - a. Single
 - a. Same arm
 - b. Opposite arm
 - b. Double
 - a. Outside Strip
 - b. 2 into 1
 - c. Groin - Stomp - Smash
- Break Falls/Shoulder Rolls
 - a. Forward
 - b. Backward
- Single hand front shoulder grab
- Two hand front shoulder grab
 - Leopard application
 - Snake application
- Single hand back shoulder grab
- Two hand back Shoulder grab
- Head lock escape
- Bear hug escape
 - a. Raised
 - b. Lowered
- Full nelson escape

Mental Development

- Teamwork
 - a. How to work with a partner
 - a. Junior sets pace
 - b. Progressive cooperation
 - c. Control
 - b. How to work with a team
 - a. Common goal
 - b. Know your job
 - c. Team outcome over individual glory
 - c. How to play games
 - a. Sportsmanship
 - b. Always have fun
- Perseverance
 - a. The 100 times theory
 - b. Concept of healthy competition
 - c. The black belt success cycle
 - a. set a goal
 - b. have a plan and a success coach
 - c. take consistent action
 - d. review your progress
 - e. review your goal

Other Requirements

- Equipment
 - a. Focus shield
 - b. Rubber Knife
 - c. Staff
 - d. heavy bag (optional but highly recommended)
- Intent to promote letter completed
- Minimum number of classes attended
 - a. Green - 42
 - b. Blue - 56
- Grading application letter requesting a specific testing date (1st Saturday of every month at 1400 hrs.)

Green represents the colour of the seedling venturing clear of the protective earth into the tender light of a calm spring day. Each day brings wondrous growth and change as the young seedling matures and strives to prosper.

Blue represents the colour of the cloudless summer sky beckoning the thriving plant ever closer to its soothing hue. Strengthening its ward with a gentle breeze, forever reminding it of this precarious tranquility.



Silent River Kung Fu

Black Dragon Brown Belt and Sihing Rank Curriculum

Curriculum	Brown Belt	Sihing Rank
Rotating Traditional	Techniques	Self Defense Joint submissions and ground fighting
Rotating Forms	Stick III	Kempo III
Dynamic Performance Flying spinning inside crescent Flying spinning back kick Flying spinning reverse roundhouse	Targeting: Must hit target at chosen height	Creative Combination: Must perform all 3 kicks in intense combination with dynamic intensity.
Sport Training Competitive Kickboxing	Target Work	Cardio Kickboxing
Board Breaking Traditional Combative	Traditional Breaking: 3 point hand and foot break (as per breaking chart)	Combative Progressive Breaking: 3 point technique on 4 stations (as per breaking chart)
Physical Development Push-ups Sit-ups Squat Thrusts Roundhouse Kicks	30 push-ups 30 sit-ups 30 squat thrusts 30 roundhouse kicks not timed	50 push-ups 50 sit-ups 50 squat thrusts 50 roundhouse kicks in 3 minutes
Rotating Mental Development	History	Leadership

Techniques

- Blocks with fists and knife hands
 - Turning stepping block
 - Upward cross block
- Stances
 - Goju Ryu stance
 - Broken horse stance
 - Fast stepping technique
- Strikes
 - Elbow Strikes
 - Horizontal
 - Vertical
- Kicks
 - Palm Heel Strike
 - 6 Elbows
 - Eagle Claw
 - Mantis Claw
 - Poison Hands
 - Temple/Reverse Temple Punch
 - Helmet Crusher
 - Axe Kick
 - a. Inside
 - b. Outside

Self Defense

- Joint Manipulation
 - a. Wrist lock
 - b. Elbow lock
 - c. Shoulder lock
- Take Downs
 - a. Triangle Stepping Pattern
 - b. Hip Throw
 - c. Take down situation
- Ground Fighting
 - a. Side Mount
 - b. Guard
 - c. Full Mount
- Defense vs. pin
 - a. Hands pinning arms
 - b. Legs pinning arms

Mental Development

- History
 - a. Where kung fu originated
 - b. How kung fu came to Canada
 - c. Definition of Kempo
 - d. Definition of Chuan Fa
 - e. Lineage
 - f. What does kung fu mean?
 - g. What does kung fu teach?
- Leadership
 - a. Qualities of a champion
 - a. Eye for detail
 - b. Follow through
 - b. Qualities of a leader
 - a. Passion
 - b. Focus
 - c. Integrity
 - d. Empathy
 - e. Effort
 - c. Types of leadership
 - a. Lead through charisma
 - b. Lead by example

Other Requirements

- Intent to promote letter completed
- Minimum number of classes attended
 - a. Brown - 70
 - b. Sihing - 70
- Grading application letter requesting a specific testing date (1st Saturday of every month at 1400 hrs.)

*Brown represents the colour of the autumn plant anticipating winter's shrill
caress. Burdening no longer, its shriveled leaves enrich the soil of its origin,
paying homage to a humble heritage. The stark landscape but a reminder of
the impermanence of all that is.*