



**Silent River Kung Fu**  
**Senior Yellow/Orange Belt Requirements**

Curriculum	Yellow Belt	Orange Belt
Rotating Traditional	Combinations	Techniques
Rotating Forms	Awakening the Dragon Da Mu Hsing	Kempo I
Self Defense	Wrist Escapes & Locks	Sticky Hands
Shield Work (Warmup Techniques)	Accuracy	Speed & Timing
Power Training	Centre	Board Breaking (Warmup Techniques)
Fitness	10 Push Ups 10 Sit Ups 10 Squat Thrusts 10 Roundhouses per leg in 1 minute	10 Push Ups 10 Sit Ups 10 Squat Thrusts 10 Roundhouses per leg in 30 seconds
Theory	Yellow	Orange



## Silent River Kung Fu Senior Yellow/Orange Belt Requirements

### WARMUP - ODD WEEKS DAY 1

front thrust kick  
inside cyclone kick  
outside cyclone kick  
side heel thrust  
front snap kick  
fallout technique  
crane stance  
bow stance  
open X stance

### WARMUP - ODD WEEKS DAY 2

sound focus  
high rising block  
downward foot block  
inside hooking block  
reverse hooking block  
downward forearm block  
outside forearm block  
riding horse stance  
pushed in horse stance

### WARMUP - EVEN WEEKS DAY 1

crane stance to 3 point position  
roundhouse kick  
combative kicks  
snap punch  
vertical punch  
drop kick  
narrow kneel stance  
wide kneel stance  
broken bow stance (fighting stance)

### WARMUP - EVEN WEEKS DAY 2

thrust punch  
back fist strike  
palm heel strike  
high, low, centre thrust punch  
low back stance  
power of the instep - 90 degrees  
butterfly breathing  
cat stance  
high back stance  
juggling 2 bean bags/1 hand

## Rotating Traditional

### Combinations

- (a) jab-reverse punch-thrust kick-punch
- (b) jab-combative side heal-elbow thrust
- (c) jab-reverse punch-inside cyclone kick
- (d) jab-jab-reverse punch-thrust kick-plant-back kick with opposite leg turn through
- (e) step back to high back with lead knife hand-reverse punch-hook punch
- (f) combative front thrust-jab-reverse punch-elbow hook-upper cut
- (g) low downward cross block-hidden leg technique-jab-reverse ridge hand-weave

- (h) combative side heal-back fist-thrust punch-palm heal strike
- (i) side kick followed by a back fist
- (j) spear hand-combative side kick to knee-spinning back kick

### Techniques

- (a) neutral position
- (b) opening the horse stance
- (c) closing the horse stance
- (d) back hand strike stepping into a horse stance
- (e) break falls - forward, backward
- (f) double arm block-spinning back kick vs. roundhouse
- (g) tiger's hip



## Silent River Kung Fu Senior Yellow/Orange Belt Requirements

### Self Defense

#### Wrist Escapes

- (a) same arm wrist escape
- (b) opposite arm wrist escape (arm bar)
- (c) opposite arm wrist escape (duck under)
- (d) double wrist escape (outside wrist-grab ears)
- (e) double wrist escape (2 into 1)
- (f) double wrist escape (groin, stomp, smash)

- (g) opposite arm wrist escape (arm bar-wrist lock)
- (h) opposite arm wrist escape (wrist break)

#### Sticky Hands

- (a) sticky hands 1 (reverse hooking)
- (b) sticky hands 2 (outside forearm)
- (c) cat leaping with sticky hands 1
- (d) two man sticky hand exercise
- (e) chi sao two man sequence

### Power Training

#### Centre

- (a) turning 180 deg. from a horse stance
- (b) turning 90 deg. from a horse stance
- (c) turning 180 deg. from a bow stance
- (d) turning 90 deg. from a bow stance
- (e) flying basics (cat leaping, flying)
- (f) kneel walking
- (g) ball of foot, heel, ball walking
- (h) slide/side stepping in bow stance

- (i) slide/side stepping in horse stance
- (j) stance stability display
- (k) horse stance with breathing
- (l) shoulder rolls forward/backward
- (m) cross stepping (increasing/closing distance)
- (n) following foot training
- (o) projection step-reverse punch
- (p) butterfly punch

### Theory

#### Yellow

- (a) what kung fu teaches
- (b) definition of kung fu
- (c) where kung fu originated
- (d) why we wear black
- (e) what is sifu
- (f) 5 animals of kung fu
- (g) why bow before entering/leaving training hall
- (h) why bowing in/out ceremony
- (i) most important thing to remember in self defense

#### Orange

- (a) breathing basics
- (b) kempo - define and explain
- (c) chuan fa - define and explain
- (d) students' responsibilities
- (e) instructors' vs responsibilities
- (f) firm but relaxed stance
- (g) high, low, centre thrust - why?
- (h) three reasons behind sound focus
- (i) concept of centre
- (j) four advantages of neutral position
- (k) offensive / defensive positions
- (l) meditation basics



## Silent River Kung Fu Senior Yellow/Orange Belt Requirements

### Other Requirements

#### Equipment

- (a) Yellow
  - (b) traditional uniform with Ging Wu and Silent River patch
  - (c) duo-tang folder containing all student material
  - (d) equipment bag

#### (b) Orange

- (a) sparring pads for hands and feet
- (b) athletic cup and supporter
- (c) rubber knife
- (d) focus shield

#### 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**  
**Senior Green/Blue Belt Requirements**

Curriculum	Green Belt	Blue Belt
Rotating Traditional	Combinations	Techniques
Forms	Long I Hsieh Chein Hung I	Kempo II Long II
Self Defense	Knife Defense	Choke Escapes
Sparring	1 Step Sparring 2 Step Sparring 3 Step Sparring Free Sparring	Point Sparring
Power Training (Warmup Techniques)	Shield work	Board Breaking
Fitness	20 Push Ups 20 Sit Ups 20 Squat Thrusts 20 Roundhouses per leg not timed	20 Push Ups 20 Sit Ups 20 Squat Thrusts 20 Roundhouses per leg in 1 minute
Theory	Green	Blue



## Silent River Kung Fu Senior Green/Blue Belt Requirements

### WARMUP - ODD WEEKS/DAY 1

double kick (front thrust-side heel)  
hidden leg technique  
roundhouse kick  
reverse roundhouse kick  
multiple kicks (front, back, side)  
front snap kick  
side heel thrust  
inside cyclone kick  
outside cyclone kick  
front thrust kick  
fallout technique  
crane stance  
bow stance  
open X stance

### WARMUP - ODD WEEKS/DAY 2

nail punch  
inside hammer fist  
outside hammer fist  
vertical punch  
dragon fist  
tiger claw  
downward foot block-high rising-counter  
high rising block  
downward foot block  
inside hooking block  
reverse hooking block  
downward forearm block  
outside forearm block  
riding horse stance  
pushed in horse stance

### WARMUP - EVEN WEEKS/DAY 1

dragon whip  
spinning back kick  
inside crescent kick  
outside crescent kick  
roundhouse-spinning reverse roundhouse  
flying roundhouse kick  
flying side kick  
flying front kick  
crane stance - 3 point position  
combative kicks  
drop kick  
narrow kneel stance  
wide kneel stance  
broken bow stance (fighting stance)

### WARMUP - EVEN WEEKS/DAY 2

temple punch  
reverse temple punch  
crane's beak  
panther fist  
snap punch  
thrust punch  
back fist strike  
palm heel strike  
high-low-centre thrust punch  
low back stance  
power of the instep (180 deg.)  
butterfly breathing  
cat stance  
high back stance  
juggling - 3 bean bags/2 hands

## Other Requirements



### Equipment

- (a) Green
  - (b) heavy bag (optional but strongly recommended)
- (b) Blue
  - (a) staff
  - (b) weapon bag



### 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.)**



## Silent River Kung Fu Senior Green/Blue Belt Requirements

### Rotating Traditional

#### Combinations

- (a) side kick-spinning back kick-downward foot block-high rising block-counter
- (b) combative roundhouse to thigh-combative reverse roundhouse-spinning back kick
- (c) combative double kick-spinning back kick-straight pushing back kick- back fist-reverse punch-palm heel strike
- (d) roundhouse to thigh-combative reverse roundhouse to head
- (e) jab-reverse punch-back leg roundhouse-combative side kick
- (f) tiger's hip-spinning back kick-low hooking back kick-double hammer fist (high/low) turning through
- (g) double punch-pivot outside hammer fist to groin-spin with outside hammer fist to leg
- (h) jab fake-combative front thrust-jab-reverse punch-hook punch-helmet crusher
- (i) jab fake-vertical punch to torso-knee to midsection
- (j) dragon's whip-spinning back kick-combative reverse roundhouse-

combative side heel-back fist-thrust punch-palm heel strike

- (k) back hand block-palm block-vertical punch-elbow with stepping in horse stance

#### Techniques

- (a) blocking side heel thrust
- (b) turning stepping blocks (bell blocks)
- (c) palm block
- (d) back hand block
- (e) temple punch jab-reverse temple punch jab
- (f) outside forearm block with inverted back hand
- (g) double punch
- (h) seven knife hands
- (i) six elbows
- (j) nail punch (serpent's mace)
- (k) running flying side kick
- (l) helmet crusher
- (m) dragon's breath (double hammer fist break)
- (n) knee attacks
- (o) ankle blocks
- (p) fast stepping techniques
- (q) flexible hip with hidden distance

### Self Defense

#### Knife defense

- (a) bell block vs knife thrust
- (b) downward cross block vs knife thrust
- (c) upward cross block vs knife stab
- (d) cat leaping knee attack vs knife thrust
- (e) swinging leg vs knife thrust
- (f) vertical hammer fist vs knife thrust
- (g) rising shoulder lock vs knife stab
- (h) crescent kick vs knife thrust
- (i) defense vs knife slash

#### Choke defense

- (a) forearm roll-throat strike-neck submission vs choke
- (b) kempo III frontal choke application (parting the water)
- (c) dragon application vs choke
- (d) tiger application vs choke
- (e) crane application vs choke
- (f) snake application vs choke
- (g) leopard application vs choke
- (h) iron thumb defense vs choke (gouge)



## Silent River Kung Fu Senior Green/Blue Belt Requirements

### Theory



#### Green

- (a) kung fu history
- (b) weight distribution of bow stance
- (c) weight distribution of cat stance
- (d) combative kicks - why?
- (e) open and closed techniques
- (f) weight distribution of pushed in horse stance
- (g) weight distribution of horse stance
- (h) knife defense theory
- (i) weight distribution of broken bow stance
- (j) committed moves
- (k) weight distribution of open x stance

- (l) translation of Hsieh Chein
- (m) why styles are based on animals
- (n) weight distribution of high back stance



#### Blue

- (a) importance of oxygen in the blood
- (b) under stepping and over stepping
- (c) position play while fighting
- (d) teaching
- (e) flow concepts
- (f) training as a pyramid
- (g) choking vs strangulation
- (h) breaking basics

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**  
**Senior Brown 3/Sihing Belt Requirements**

Curriculum	3rd Degree Brown Belt	Sihing
Rotating Traditional	Combinations	Techniques
Forms	Kempo III Hung II Stick I Stick II	Stick III 18 Temple Motions
Self Defense	Close Combat/Takedown Basics	One Steps
Sparring	Weapon Basics	Multiple opponent
Power Training (Warmup Techniques)	Shield work	Board Breaking
Fitness	30 Push Ups 30 Sit Ups 30 Squat Thrusts 30 Roundhouses/leg not timed	50 Push Ups 50 Sit Ups 50 Squat Thrusts 50 Roundhouses/leg in 3 minutes
Theory	3rd Degree Brown	Sihing



## Silent River Kung Fu Senior Brown 3/Sihing Belt Requirements

### WARMUP - ODD WEEKS/DAY 1

flying inside crescent kick  
flying outside crescent kick  
inside crescent-combative side heel  
inside crescent-spinning outside crescent  
outside crescent-flying dragon whip  
flying double crescent kick  
forehand slap  
backhand slap  
double kick (front thrust-side heel)  
hidden leg technique  
roundhouse kick  
reverse roundhouse kick  
multiple kicks (front, back, side)  
front snap kick  
side heel thrust kick  
inside cyclone kick  
outside cyclone kick  
front thrust kick  
fallout technique  
crane stance  
bow stance  
open X stance

### WARMUP - ODD WEEKS/DAY 2

monkey blocks (mantis)  
mantis claw  
eagle talon  
false hammer fist (inside nail punch)  
serpent's gaze (iron thumb)  
phoenix eye  
nail punch  
inside hammer fist  
outside hammer fist  
vertical punch  
dragon fist  
tiger claw  
downward foot block-high rising-counter  
high rising block  
downward foot block  
inside hooking block  
reverse hooking block  
downward forearm block  
outside forearm block

riding horse stance  
pushed in horse stance

### WARMUP - EVEN WEEKS/DAY 1

tiger's tail  
inside axe kick  
outside axe kick  
flying reverse roundhouse kick  
flying spinning back kick  
dragon whip  
spinning back kick  
inside crescent kick  
outside crescent kick  
roundhouse-spinning reverse roundhouse  
flying roundhouse kick  
flying side kick  
flying front kick  
crane stance - 3 point position  
combative kicks  
drop kick  
narrow kneel stance  
wide kneel stance  
broken bow stance (fighting stance)

### WARMUP - EVEN WEEKS/DAY 2

low hooking back kick  
straight pushing back kick  
stiff swinging back kick  
high rising back kick  
temple punch  
reverse temple punch  
crane's beak  
panther fist  
snap punch  
thrust punch  
back fist strike  
palm heel strike  
high-low-centre thrust punch  
low back stance  
power of the instep (360 deg.)  
butterfly breathing  
cat stance  
high back stance  
two man juggling exercise



## Silent River Kung Fu Senior Brown 3/Sihing Belt Requirements

### Rotating Traditional

#### Combinations

- (a) back leg inside crescent kick-spinning  
outside crescent kick-ridge hand jab-  
tiger's tail
- (b) jab-reverse ridge hand-back leg double  
roundhouse
- (c) jab-jab-reverse punch-reverse hooking  
block-rear leg outside axe kick
- (d) high back stance, lead low, reverse  
high-indicate intention to close-fake  
reverse-vertical jab lunge
- (e) spear hand jab-combative side heel  
thrust-flying scissors
- (f) spin-back fist-rear leg inside axe kick-  
high rising back kick-rear leg front  
thrust kick-drop kick
- (g) ankle block-high downward cross block-  
rear leg inside crescent kick-combative  
side heel thrust

#### Techniques

- (a) poison hands
- (b) running flying side heel thrust kick
- (c) stiff swinging kick to spine
- (d) iron cross
- (e) flying scissors
- (f) double hand block-knee to ribs
- (g) applications of dragon fist, phoenix  
eye, iron thumb
- (h) snake's coil (trap)
- (i) sole sweeps
- (j) head butting basics
- (k) vertical elbow block
- (l) horizontal elbow block
- (m) four counters to back kicks

### Self Defense

#### Close Combat/Takedown Basics

- (a) flying shoulder roll
- (b) triangle stepping pattern
- (c) palm sweeping block with inverted back  
hand
- (d) pushing resistance with takedown
- (e) takedown situation
- (f) high back stance with throw
- (g) body checking
- (h) hip throws
- (i) counter to throws/takedowns
- (j) sleeper escape
- (k) head lock escape
- (l) full nelson escape
- (m) bear hug escape (raised/normal)
- (n) defense vs pin
- (o) full mount
- (p) side mount
- (q) guard
- (r) arm bar to shoulder lock takedown to  
wrist lock submission
- (s) pull down to arm submission vs frontal  
push (from kneeling position)
- (t) downward cross block-knee lock take-  
down and submission vs thrust kick
- (u) mantis palm to bicep-wrist lock throw  
with eagle talon to throat counter to  
holding punch
- (v) palm sweeping block with vertical punch  
and helix stance-swap hands break el-  
bow on body-elbow throat-shoulder lock
- (w) key block-wrist lock-elbow lock-  
shoulder lock vs punch
- (x) outside forearm with dragon's breath,  
rotate and lock elbow-trap arm-  
stepping over head breaking shoulder



## Silent River Kung Fu Senior Brown 3/Sihing Belt Requirements

### Self Defense (continued)



#### One Steps

- (a) hammer fist defense vs flying kick
- (b) cat leaping defense vs flying kick
- (c) calming the ocean applications
- (d) palm sweeping-closing ridge hand to bicep-half nelson submission
- (e) reverse hooking-elbow lock vs hay maker (club defense)
- (f) snake roll-back fist vs hay maker
- (g) upward cross block-roll to arm lock vs punch
- (h) inside duck-arm submission vs hay maker
- (i) inside double palm block-arm lock vs hay maker
- (j) backhand block-axe kick vs punch
- (k) palm sweeping block-knife hand to groin-open with knife hand to throat vs punch
- (l) reverse hooking to groin vs punch
- (m) downward foot block-knee to thigh vs thrust kick
- (n) single arm mantis block and counter vs punch
- (o) double palm block closing to shoulder lock to wrist lock to hip leading technique

### Sparring



#### Weapon Basics

- (a) staff figure eight (one & two hand)
- (b) staff off body (up-down)
- (c) staff off body (side to side)
- (d) staff: strike down roll around taking down guard striking shoulder
- (e) staff over shoulders (nunchakus)
- (f) staff around hand
- (g) staff around thumb (pen spinning)
- (h) stick: close opponent strike knee-strike head
- (i) bokken basics

### Theory



#### Brown

- (a) stick basics (holding, striking, etc.)
- (b) joint lock basics & precautions (alignment, elbow/shoulder/wrist, 7 lbs, etc.)
- (c) patience, trust, and progressing wisely
- (d) kung fu vs tae kwon do, karate, aikido, ju jitsu, judo, boxing, wrestling
- (e) lu ping an - define and explain
- (f) leadership
- (g) what is chi
- (h) truthfulness and purity to the art
- (i) neck submission basics (break, choke, strangle)



#### Sihing

- (a) false openings
- (b) mental vs physical attack
- (c) respect vs discipline
- (d) timing vs speed (real vs apparent speed)
- (e) anatomy and physiology basics
- (f) internal vs external/soft vs hard
- (g) desire
- (h) commitment
- (i) the void
- (j) paradox: humility vs ego
- (k) paradox: martial arts vs peace & harmony



## Silent River Kung Fu Senior Brown 3/Sihing Belt Requirements

### Other Requirements

- 🕒 **Minimum number of classes attended**
  - (a) Blue - 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.