

Requirements for Graduation



T.I.A. Qi Gong Kung Fu Sweden

Based on official requirements dated 2013-08-08, valid from 2014-01-01.

Grade 1

Red belt, one black stripe

Techniques

- Jat kyun (straight punch) w. step Heoi bou
- Ping kyun (horizontal punch) w. step Gung bou
- Ngao gok kyun (horizontal hook) w. step Heoi bo
- Waan tek teoi (round kick)
- Waan cung tek teoi (side kick)
- Cin tek teoi (straight kick)

Pair Exercises

- Hip throw
- Neck hold
- Defense against Jat kyun (block, punch and swipe)
- Defense against Ngau gok kyun (twist, block and punch)
- Defense against Waan cung tek teoi (deflect and counter)
- Defense against Waan tek teoi (block and catch)

Required Equipment

- Mouth guard

Grade 2

Red belt, two black stripes

Techniques

- Combination w. lower arm punch
- Combination w. outside arm block
- Combination w. elbow block
- Combination w. inside arm block
- Cin tek teoi, Hau faan tek teoi (backwards kick)
- Waan tek teoi, round kick
- Waan tek teoi, waan cung tek toi

Pair Exercises

- Defense against wrist hold

Form

- Gei seot

Required Equipment

- Mouth guard
- Black uniform with T.I.A. patch, correct belt for current grade
- Boxing gloves, leg and cup protection (may be provided by the club)

Grade 3

Yellow belt, three black stripes

Techniques

- Chun dang teoi (heel kick), Waan cung tek teoi
- Waan tek teoi, Waan cung tek teoi, Chun dang teoi
- Waan cung tek teoi, Chun dang teoi, Waan cung tek teoi

Pair Exercises

- Cat sing kyun (seven stars)
- Defense against straight knife stab
- Defense against sideways knife stab
- Defense against hold from behind
- Defense against hair hold

Sparring

- 1 min Sanshou or TIA rules

Form

- Ng jing kyun (1/2)

Required Equipment

- Mouth guard
- Training knife
- Black uniform with T.I.A. patch, correct belt for current grade
- Boxing gloves, leg and cup protection (may be provided by the club)

Grade 4

Yellow belt, four black stripes

Techniques

- Paaу kуun (leopard)
- Hоk kуun (bird)
- Fu kуun (tiger)
- Lung kуun (dragon)
- Se kуun (snake)
- Zeui kуun (drunken)
- Hau kуun (monkey)

Pair Exercises

- Defense against outside baton swing
- Defense against inside baton swing
- Defense against baton stab

Form

- Ng jing kуun (2/2)
- Lo han sap baat gwan (staff)

Sparring

- 2 min Sanshou or TIA rules

Required Equipment

- Staff
- Mouth guard
- Black uniform with T.I.A. patch, correct belt for current grade
- Boxing gloves, leg and groin protection (may be provided by the club)

Grade 5

Green belt, five black stripes

Techniques

- Waan tek teoi (whip like)
- Waan cung tek teoi (whip like)
- Outside block, Waan cung tek teoi
- Crane style kick combination
- Surrounding movement and punch combination (“L” steps)

Pair Exercises

- Kam naa; elbow, wrist, shoulder
- Hung kyun (bear routine)
- Ci sau (sticky hands)

Form

- Bou faat kyun (1/2)

Sparring

- Kam naa (wrestling)

Required Equipment

- Mouth guard
- Black uniform with T.I.A. patch, correct belt for current grade
- Groin protection (may be provided by the club)

Grade 6

Green belt, six black stripes

Techniques

- Bhaak fu tau sam (white tiger takes heart)
- Sau tjynn (block/punch routine)
- Fui long baai mei (dragon whips tail)
- Soeng long tjot hai (two dragons over the sea)
- Ji long zaang zyu (two dragons wrestles for pearl)
- Soeng ngau gok kyun (double ngau gok kyun)
- Daan dou techniques 1 through 9 (broadsword)

Pair Exercises

- Defense against hip throw
- Defense against leg swipe
- Defense against neck hold

Form

- Bou faat kyun (2/2)

Sparring

- 2 min Sanshou

Required Equipment

- Broadsword
- Mouth guard
- Black uniform with T.I.A. patch, correct belt for current grade
- Boxing gloves, leg and groin protection (may be provided by the club)

Grade 7

Blue belt, six gold stripes

Techniques

- Saam faa sao (flower fist)
- Tjynn san hoj bo kao sao (locking hands)
- Waan sao (circle technique)
- Tiger combination
- Daan dou baat gwaa 1 through 4

Pair Exercises

- Lo han sap baat gwan (staff routine)

Form

- Kaam na seot

Sparring

- TIA rules, two opponents

Required Equipment

- Staff
- Broadsword
- Mouth guard
- Black uniform with T.I.A. patch, correct belt for current grade
- Grappling gloves, leg and groin protection (may be provided by the club)

Grade 8

Blue belt, six gold stripes, gam lung on left shoulder

Techniques

- Baat gwaa
- Knife combination 1 and 2
- Defense against knife attacks
- Defense against baton attacks

Pair Exercises

- Hau fu kyun (monkey / tiger routine)
- Sword attack / defense

Form

- Ng jing bou faat gung gaa kyun
- Daan dou seot

Sparring

- 2×2 min Sanshou, 5 min grappling / chin na

Required Equipment

- Broadsword (steel and wooden)
- Training knife
- Baton
- Mouth guard
- Black uniform with T.I.A. patch, correct belt for current grade
- Boxing gloves, grappling gloves, leg and groin protection (may be provided by the club)