



Tier 1 Grading

Fitness and Flexibility	Notes
5x push up, crunch, squat	
Knees high, standing burpee, bum kick x15 sec	
Stretch- quad, hamstring x2, ma bu, gong bu x2	
Ma bu and plank 20 seconds each (at end)	
Technique	Assess upper and lower body separately
10x Ma bu punch	
10x Gong bu-Gong bu punch	
5x 2x Ma bu-Gong bu punch	
5x 2x Ma bu block	
Zheng ti tui (relaxed and powerful)	
Application	
Use of stances	
Safe/proper punching technique	
Jab	
Cross	
Hair brushing block	
Mobility	
Ma bu walk sideways	
Gong bu walk	
10x Ma bu 180	
Comments	