

## Tier 1 Grading

Sx push up, crunch, squat	Fitness and Flexibility	Notes
Knees high, standing burpee, burn kick x15 sec Stretch- quad, hamstring x2, ma bu, gong bu x2 Ma bu and plank 20 seconds each (at end)  Technique 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	5x push up, crunch, squat	
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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 and punch Sx 2x Ma bu Gong bu punch  5x 2x Ma bu block Sx 2x		
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technique  Jab  Cross  Hair brushing block  Mobility  Ma bu walk sideways  Gong bu walk  10x Ma bu 180	Use of stances	
technique  Jab  Cross  Hair brushing block  Mobility  Ma bu walk sideways  Gong bu walk  10x Ma bu 180	Safe/proper punching	
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