

梁守渝武術氣功太極學院
SYL Wushu Qigong Taiji Institute

外家拳 (武術) 班段位課程
External Wushu Class
Curriculum



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武術班考試升級規定
Wushu Class Test Qualification Contents

1. Level 1 – White Belt
第一段 白帶
2. Level 2 – Green Belt (Wood)
第二段 綠帶 (木)
3. Level 3 – Red Belt (Fire)
第三段 紅帶 (火)
4. Level 4 – Yellow Belt (Earth)
第四段 黃帶 (土)
5. Level 5 – Golden Belt (Metal)
第五段 金帶 (金)
6. Level 6 – Golden-Purple Belt (Water)
第六段 紫金帶 (水)
7. Sanshou Dao Black Belt Level 1 – Assistant Instructor Level
散手道黑帶一段 - 助理教練級
8. Sanshou Dao Black Belt Level 2 – Instructor Level
散手道黑帶二段 - 教練級
9. Sanshou Dao Black Belt Level 3
散手道黑帶三段
10. Sanshou Dao Black Belt Level 4 – Master Level 1
散手道黑帶四段 - 大師第一級
11. Sanshou Dao Black Belt Level 5 – Master Level 2
散手道黑帶五段 - 大師第二級
12. Sanshou Dao Black Belt Level 6 – Master Level 3
散手道黑帶六段 - 大師第三級
13. Sanshou Dao Black Belt Level 7 – Master Level 4
散手道黑帶七段 - 大師第四級
14. Sanshou Dao Black Belt Level 8 – Honorary Level 1
散手道黑帶八段 - 榮譽段位
15. Sanshou Dao Black Belt Level 9 – Honorary Level 2
散手道黑帶九段 - 國際武術散手道最高榮譽段位

1. Level 1 (White Belt) Curriculum
第一段 (白帶) 課程

Wushu Basic Techniques
武術基本功

Reference (參考書): Kung Fu Elements 中國武術

1) Stances 步法	
Bow stance - 弓步 Half-squat stance - 仆步 Empty stance - 虛步 Half horse stance - 半馬步	Horse stance - 馬步 Resting stance - 歇步 Crossed legged sitting stance - 坐盤 T stance - 丁步
2) Kicks 腿法	
Forward front kick – 正踢腿 Slap toe kick – 正飛腳 Outside crescent (Lotus) kick – 外擺腿 (擺蓮) Spring (snap) kick – 彈腿	Side front kick – 側踢腿 Inside crescent kick – 裡合腿 Heel kick – 蹬腿 Side kick with heel – 側蹬腿
3) Wushu movements 武術動作	
Swing the arms – 掄臂 Spear palm while in half-squat stance – 仆步穿掌 Horse stance punch fist – 馬步冲拳	Turn waist over – 翻腰 Bow step punch fist – 弓步冲拳
4) Forms 套路	
Six Combination Form (Liu He Quan) 六合拳 Five Stances Form (Wu Bu Quan) 五步拳	

2. Level 2 (Green Belt - Wood) Curriculum
第二段 (綠帶- 木) 課程

Wushu Basic Techniques
武術基本功

Reference (參考書): Kung Fu Elements 中國武術

1) Stances 步法	
Cross behind step – 插步 Beat step – 擊步	Cross over step – 蓋步 Circular walking step – 弧行步
2) Kicks 腿法	
Back arc kick – 後撩腿 Forward floor sweep kick – 前掃堂腿 Side spring kick – 側彈腿 (鞭腿) Tornado kick – 簡易旋風腳	High back sweep kick – 後高掃腿 Backward floor sweep kick – 後掃堂腿 Jump flying kick – 二起腳
3) Wushu movements 武術動作	
Balance with one knee up – 提膝平衡 Balance with one leg crossed behind – 勾腿平衡	Balance with one leg crossed over – 盤腿平衡
4) Forms 套路	
Yan Qing Quan 燕青拳 Kun Wu Jian 崑武劍	

3. Level 3 (Red Belt - Fire) Curriculum 第三段 (紅帶- 火) 課程

Wushu Basic Techniques

武術基本功

Reference (參考書): Kung Fu Elements 中國武術

1) Punches 拳法	
Front fist jab – 前手冲拳 Front fist side hook – 前手貫拳 Front fist upper cut - 前手抄拳 Hammer fist – 劈拳 Planting fist – 栽拳 Lifting fist – 挑拳 Spearling fist – 耳後穿拳 Spinning horizontal back fist – 鞭拳, 轉身反背鎚	Rear fist jab – 後手冲拳 Rear fist side hook – 後手貫拳 Rear fist upper cut - 後手抄拳 Vertical strike with heart fist – 蓋拳 Inserting fist – 插拳 Scooping fist – 撩拳 Drilling fist – 鑽拳 Spring horizontal back fist – 彈拳, 崩拳
2) Kicks 腿法	
Low hook kick – 勾踢腿 Spinning lotus kick – 轉身擺蓮 Jump side kick - 騰空側踹	Jump spring kick – 騰空箭彈 Jump heel kick – 騰空蹬腿
3) Wushu movements 武術動作	
Forward roll – 前滾翻 Shoulder roll – 搶背 Black dragon wraps around the post – 烏龍絞柱	Backward roll – 後滾翻 Carp flip – 鯉魚打挺
4) Forms 套路	
Sanshou Dao Long Fist 散手道長拳 Sanshou Application Form (Xiao Yao Quan) 逍遙拳 (散手實用拳)	
5) Applications 實用技術	
3 take down (shuai jiao) techniques 3 grappling (qin na) techniques 3 combination fighting techniques 1 ground fighting technique	3個摔倒技術 3個擒拿技術 3個散手組合技術 1個地面控制技術

4. Level 4 (Yellow Belt - Earth) Curriculum
第四段 (黃帶- 土) 課程

Wushu Basic Techniques

武術基本功

Reference (參考書): Kung Fu Elements 中國武術

1) Wushu movements 武術動作 (choose any 10 from the following techniques 完成以下任何10 個基本動作)	
Pubu lunbi – 仆步掄拍 Pubu chuan zhang – 仆步穿掌 Turn body into crossed leg sitting stance – 翻腰坐盤 Balance with one knee up – 提膝亮掌平衡 Balance with one leg crossed behind – 勾腿平衡 Balance with the back leg hooked up – 望月平衡 Swallow while leaning forward and extending one leg – 燕式平衡 Jumping flying kick – 騰空飛腿 Spinning outward crescent kick - 騰空擺蓮 Splits – 劈叉 Cartwheel – 側手翻	
2) Forms 套路	
Hong Quan 紅拳 or Cha Quan 查拳 Tian Gang Quan 天罡拳 Any two weapon forms 任何兩套器械套路	
3) Applications 實用技術	
5 take down (shuai jiao) techniques	5個摔倒技術
5 grappling (qin na) techniques	5個擒拿技術
5 combination fighting techniques	5個散手組合技術
2 ground fighting techniques	2個地面控制技術
Basic sanshou training	初級散手練習

5. Level 5 (Golden Belt - Metal) Curriculum
第五段 (金帶- 金) 課程

Wushu Basic Techniques

武術基本功

Reference (參考書): Kung Fu Elements 中國武術

<p>1) Wushu movements 武術動作 (choose any 15 from the following techniques 完成以下任何 15 個動作 Traditional group can choose any 12 techniques 傳統組完成任何 12 個動作)</p>	
<p>Forward floor sweep kick (full circle) into jumping front kick – 前掃堂腿接二起腳 Backward floor sweep kick (full circle) into file palm in bow stance – 後掃堂腿接弓步挑掌 (推掌) Grinder kick (Mo pan tui) – 磨盤腿 Step kick (Cai tui) – 踩腿 Low cut kick – 下踹腿 Horse kick – 厥子腿 Low hook kick – 勾踢腿 Shoulder roll – 搶背 Forward drop – 栽碑 Side drop – 側跌 Carp kip-up – 鯉魚打挺 Forward head flip with hands – 頭手翻 Jump flying kick with right leg landing – 騰空飛腳 Jump side kick - 騰空側踹腿 Tornado kick with two legs landing at the same time – 旋風腿 (雙腳同時落地) Spinning outside crescent kick with two legs landing at the same time - 騰空擺蓮 (雙腳同時落地) Butterfly kick – 旋子 Inside crescent falling kick – 盤腿跌 Aerial cartwheel – 側空翻</p>	
<p>2) Forms 套路</p>	
<p>Praying Mantis 螳螂拳 or Tong Bei Quan (Long arm ape form) 通臂拳 Fan Zi Quan 翻子拳 or Eagle Claw 鷹爪拳 Any two person set 任何一套對練</p>	
<p>3) Application 實用技術</p>	
<p>7 take down (shuai jiao) techniques 7 grappling (qin na) techniques 7 combination fighting techniques 3 ground fighting techniques Free style sanshou combat training</p>	<p>7個摔倒技術 7個擒拿技術 7個散手組合技術 3個地面控制技術 自由散手對坑練習</p>

6. Level 6 (Golden-Purple Belt – Water) Curriculum
第六段 (紫金帶– 水) 課程

Wushu Basic Techniques

武術基本功

Reference (參考書): Kung Fu Elements 中國武術

<p>1) Wushu movements 武術動作 (choose any 15 from the following techniques 完成以下任何 15 個動作 Traditional group can choose any 10 techniques 傳統組完成任何 10 個動作)</p>
<p>Balance with one leg extended behind – 臥雲平衡 Balance while leaning back and extending one leg – 仰身平衡 Balance while leaning forward and extending one leg – 探海平衡 Balance on the shoulder and arms – 肩倒立 Head stand – 三角倒立 Reverse arch kick – 倒踢 Lean back kick (dian tui) – 點腿 Lean back heel kick (yang shen deng tui) – 仰身蹬腿 Fish jump (yu yue) – 魚躍 Forward head flip (tou fan) – 頭翻 Back roll over – 挺身向後肩頸翻 Black dragon coils around the pillar and stand up – 烏龍絞柱 Jump flying kick (kick higher than shoulder and land on right leg) – 騰空飛腳 (右腿必須踢高過肩, 右腳起, 右腳落地) Jump both legs spring kick forward – 騰空雙打 Jump both legs side kick - 騰空雙腳側踹 Tornado kick (land on right leg) – 旋風腳 (右腳落地) Tornado kick into splits - 旋風腳接劈叉 Spinning outside crescent kick into splits - 騰空擺蓮接劈叉 Jump double forward heel kick - 騰空雙蹬腿 Butterfly twist – 旋子轉體 360 °</p>
<p>2) Forms 套路</p>
<p>A. Contemporary wushu group 現代武術組 (Must complete all required movements 必須完成套路的所有動作)</p> <p>International competition forms:</p> <ol style="list-style-type: none"> 1. Chang Quan 長拳 or Nan Quan 南拳 2. Broadsword 刀術 or Sword 劍術 3. Staff 棍術 or Spear 槍術

<p>B. Traditional wushu group 傳統武術組</p> <p>1. Any form below 以下任何一套拳術: Wu Song Hand Cuff Form 脫铐拳, Chuo Jiao (kicking) Form 戳腳拳, Snake Style 蛇拳, Drunken Style 醉拳, Monkey Style 猴拳, Pi-gua Quan 劈掛拳</p> <p>2. Chuan Lin Jian 穿林劍</p> <p>Any form using double weapon or flexible weapon or long weapon 任何一套雙器械 或 軟器 或 長器械</p>	
<p>3) Applications 實用技術</p>	
<p>9 take down (shuai jiao) techniques</p> <p>9 grappling (qin na) techniques</p> <p>9 combination fighting techniques</p> <p>4 ground fighting techniques</p> <p>Free style sanshou combat training</p>	<p>9個摔倒技術</p> <p>9個擒拿技術</p> <p>9個散手組合技術</p> <p>4個地面控制技術</p> <p>自由散手對坑練習</p>

7. San Shou Dao Black Belt Levels 散手道黑帶段位

Reference (參考書): Kung Fu Elements 中國武術

黑帶第一段 First Level Black Belt (Kung Fu Elements pg. 464)

黑帶第二段 Second Level Black Belt (Kung Fu Elements pg. 464)
(SYL Wushu Institute instructor Level 教練級)

黑帶第三段 Third Level Black Belt (Kung Fu Elements pg. 465)

黑帶第四段 Fourth Level Black Belt (Kung Fu Elements pg. 466)
(Master Level 1 大師級一段)

黑帶第五段 Fifth Level Black Belt (Kung Fu Elements pg. 466)
(Master Level 2 大師級二段)

黑帶第六段 Sixth Level Black Belt (Kung Fu Elements pg. 467)
(Master Level 3 大師級三段)

黑帶第七段 Seventh Level Black Belt (Kung Fu Elements pg. 467)
(Master Level 4 大師級四段)

黑帶第八段 Eighth Level Black Belt (Kung Fu Elements pg. 467)
(Honorary Level 1 榮譽段位)

黑帶第九段 Ninth Level Black Belt (Kung Fu Elements pg. 467)
(Honorary Level 2 最高榮譽段位)