

Wu Tan Kung Fu & Tai Chi Institute

Beginning Kung Fu Curriculum

Warm up

- *Ankle, knee, waist, wrist, elbow, shoulder rotations.*
- *Body slaps - horse stance, arrow stance*
- *Arm swings - one direction & two directions*
- *Leg swing - left and right*
- *Stretches - front leg, side to side, flat, center split, sitting & bow stance*

Stance training

- *Horse stance - Ma Bu*
- *Sitting stance - Zuo Pan*
- *Forty Sixty stance - Si Liu*
- *Arrow stance - Gon Bu*
- *Single leg stance - Du Li*
- *Empty leg stance - Xi Shi*
- *Thirty Seventy stance - San Chi*
- *Stretching stance - Pu Tuei*

Basic punches and kicks

- *Horse stance punch - Ma Bu Tsuei*
- *Arrow stance punch - Gon Bu Tsuei*
- *Moving punch - Tuo Bu Tsuei*
- *Moving palm strike - Tuo Bu Jang*
- *Forty sixty punch - Si Liu Bu Fa Jing*
- *Direction punches*

This level of practitioners needs to study the following lines and forms before moving to Intermediate level of Kung Fu practice.

- *Six basic lines of Praying Mantis*
- *Ten lines of Tan Tui*
- *Tsa Tsui form - Praying Mantis*
- *Ben Bu form - Praying Mantis*
- *Miao Dao - Willow leaf saber*
- *Fung Mo Guon - Crazy Windmill Staff form*