**Kung Fu Forms and Sash Level Competition Guidance**

Shaolin forms are “Northern” style.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Novice** | **Beginner** | **Intermediate** | **Advanced** |
| **Sash color** | **Black, White** | **Yellow, Orange** | **Green, Blue, Red** | **Purple, Brown, Golden Black** |
| Wushu Combos | 1 & 2 | 3 & 4 | 5 & 6 | 7, 8 & 9 |
| Shaolin 1 | X | X |  |  |
| Shaolin 2 | X | X |  |  |
| 5 steps  of Shaolin Basic Wushu |  | X | X |  |
| Lo Han 18 hands (Short Lohan) |  | X | X |  |
| Lohan 18 Duilian |  | X | X |  |
| Lian Huan Quan |  | X | X |  |
| Prenatal Lohan |  | X | X |  |
| Babu Lian Huan Quan |  | \_\_ | X | X |
| Traditional Long Fist |  |  |  | Full form |
| Xiao Hong Quan |  |  | X | X |
| Basic Staff |  | Basic flowers & Pre Basic | Basic Staff/GASC | Full form |
| Wushu Basic /Yin Shou Gun |  |  | x | x |

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