**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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