Pre Amble:
This is the TRADITIONAL KUNG FU EXAMINATION REQUIREMENTS. This is in NO MEANS the SYLLABUS or a list of everything taught in the schools operating under the Chinese Kung Fu Association (C.K.A.). This is merely the list of the absolute minimum requirements to pass a specific grade. This document is purely for:

a. Guiding the candidate preparing for an examination
b. Assisting the Grading Examiner to maintain and not deviate from the Set Examination Standard

Should you be operating outside of the Ming Kung Fu Association, but would like to enter yourself and/or your students, then this document is the definitive list of what is actually required to successfully pass and be awarded the relevant grade.

We have documented, separately, (and thus not contained in this document) the following:

The C.K.A. Traditional Syllabus
Usage for teachers and students wanting to qualify in Traditional Kung Fu

The C.K.A. Kiddies Development & Foundation Syllabus (& Grading Guidelines)
Usage for teachers of Young children from 4 Years to about 9 Years of age

The C.K.A. Group Exercise Instructors’ (GEI) Syllabus
Usage for Instructors and Master Instructors teaching Chinese Movement Exercise (CME) in a Health Club or similar environment

The C.K.A. Wushu Sport Dan Grading Requirements
Usage for Professionals and Amateurs, Athletes and Judges of the Competitive Sporting Arena

UPDATE 2014:
This is the biggest update in ten years. The update was needed to facilitate the development in teaching techniques, the eagerness of the senior students to absorb greater amounts and the general improvement of the quality of content in the examinations offered by our Association.

This update has added Chinese Characters, and the corresponding PinYin equivalents. The actual descriptions under each category is now only in English, and not Pinyin and English as before, thus making easier reading. The columns have now been colour coded to improve finding items with greater ease. Some of the items have been moved up or down, some items removed and new items have been added. Although changes to some disciplines have been made, we have ensured that the Traditional Focus remains fully intact.
DESCRIPTION:
This grading system provides a survey of the methods of the theory and application of Kung Fu from the Internal Schools.
Kung Fu from the Internal Schools includes, combat, exercise of combat, meditation, energy work and weapons.

GOALS of training Traditional Disciplines and thus expected outcomes:
- Strengthening the connective tissue system & muscles of the practitioner.
- Increased longevity and improved health.
- Good solid self defence methods.
- Better range of movement.
- Improved confidence and discipline, followed by strong methodical self-discipline.

REQUIREMENTS:
All Candidates will participate in a formal examination that will assess if the student owns the skills needed for the grade attempted. The student will be required to show a minimal set of skills as outlined in the tables below.
The ELECTIVES are not mandatory. For Grade 6, a minimum of Twenty Five (25) Teaching hours must be completed before the examination may be taken. Exceptions may be made, conferring a grade 6 to an adolescent, and will be at the discretion of the Ming Kung Fu Examiner/s.

Anyone may attempt the examination/s, irrelevant of whether the skills were attained, from full time, part time or self study, but the grade will only be conferred if the student has the skill and knowledge to do so. The Examination fee will not be refunded if the candidate is not successful. As some candidates have worked harder than others, we do not limit examinations to those having a minimum amount of years of study. The average student should be able to attain Grade 2 before a year is complete and could get to grade 7 in anything from 5 to 12 years of continuous part time study, but since we fully recognise not everyone is average, the only limits will be the candidate actually knowing and being able to demonstrate the required items.

EVALUATION METHOD:
Grade 2 (Yellow Belt or Sash): Focus is on correct posture and very basic taiji ability.
Grade 3 (Green Belt or Sash): Focus is on movement between the postures, and very good taiji ability.
Grade 4 (Blue Belt or Sash): Focus is on fast and slow, high and low, understanding & exceptional physical skills.
Grade 5 (Red 1 Belt or Sash): Excellent physical skills & basic teaching ability to assist in teaching others.
Grade 6 (Red 2 Belt or Sash): Good teaching ability to conduct unsupervised classes, high level of theory.
Grade 7 (Red 3 Belt or Sash): Ability to teach other teachers, grade students and teachers.
Grade 8 (Black Belt or Sash): Mastership of Kung fu.

SCORING METHOD:
GRADES 2-4:
- Pass and Grade Conferred =100%-50%
- No Grade Conferred =below 50%

GRADES 5-8:
- Honours Conferred =100%-91%
- Highly Recommended =90%-85%
- Recommended =84%-75%
- Pass and Grade Conferred =74%-60%
- No Grade Conferred =below 60%
### Belt / Sash

<table>
<thead>
<tr>
<th>Belt / Sash</th>
<th>Yellow</th>
<th>Green</th>
<th>Blue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pinyin LEVEL</td>
<td>BEGINNER</td>
<td>INTERMEDIATE</td>
<td>SENIOR</td>
</tr>
<tr>
<td>Grade Level</td>
<td>Grade 2</td>
<td>Grade 3</td>
<td>Grade 4</td>
</tr>
</tbody>
</table>

### Héxīn jīnèng

- Silk Reeling One Arm
- Silk Reeling Two Arms
- Taiji Symbol Reeling
- Fajin Palm
- Fajin Fist

### Lóng jīnèng

- Yang jiā Yang Family
- Yang 108 1/3 (Square)
- Yang 108 2/3 (Round)
- Yang 108 3/3 (Fast)
- Wūdāng pài Wudang School
- Basic Fist

### Hǔ qíng

- Qǐnlā Locks & Holds
- 2 Locks & Holds
- 4 Locks & Holds
- 6 Locks & Holds
- Shuāijīào Throwing & Wrestling
- 1 Throwing Technique
- 2 Throwing Techniques
- Cāiyòng Applications
- Yang 108 1/3 Apps
- Yīng qì gōng Hard QiGong

### Wǔqì

- Jiàn Straight Sword
- Chen Jian 49 1/3
- Chen Jian 49 2/3
- Dāo Broadsword
- Chen Dao 23 1/2
- Zhāng gùn Staff
- Qìng Spear

### Duìshǒu

- Yānxi Drills
- Drill 2
- Drill 3
- Drill 4
- Tūshǒu Push Hands
- Basic, Side, Centre
- RollBack, Change Hands x 2
- Splitting
- Tú jīào Leg Pushing
- Fold Opponent
- Pull Opponent
- Pēiliàn Sparring
- Wave Hand Speed Drill
- Traditional Light 15 Mins

### Guān jīnèng

- Qìgōng Energy Work
- Supple as Snake
- Stand Like Tree
- Míngxiāng Mediations

### Lìlún

- Chinese Basic Words 1

### Kè xuǎn

- Competitive TaoLu
- Competitive SanShao

---

Ming Kung Fu Examination Requirements - UPDATED 2014, Copyright © 2014
<table>
<thead>
<tr>
<th>腰带 / 带子</th>
<th>红 1</th>
<th>红 2</th>
<th>红 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>中国</td>
<td>Pinyin</td>
<td>LEVEL</td>
<td>ADVANCED 1</td>
</tr>
<tr>
<td>级别</td>
<td>Grade Level</td>
<td>Grade 5</td>
<td>Grade 6</td>
</tr>
</tbody>
</table>

**核心技能**

<table>
<thead>
<tr>
<th>Héxín jinéng</th>
<th>CORE SKILLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taiji Symbol Partnered</td>
<td>Taiji Horiz &amp; Changover</td>
</tr>
<tr>
<td>Fajin Elbow</td>
<td>Fajin Body</td>
</tr>
</tbody>
</table>

**龙技能**

<table>
<thead>
<tr>
<th>Lóng jinéng</th>
<th>DRAGON SKILLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yang Family Yang 108 1/3 (Reverse)</td>
<td>Yang 108 2/3 (Reverse)</td>
</tr>
<tr>
<td>Chen Family Chen 56 1/4</td>
<td>Chen 56 2/4</td>
</tr>
<tr>
<td>Wudang School Bagua FWD Walking</td>
<td>Bagua Circle Walking</td>
</tr>
<tr>
<td>Ming Quan Ming Quan 1</td>
<td>Ming Quan 2</td>
</tr>
</tbody>
</table>

**虎技能**

<table>
<thead>
<tr>
<th>Hǔ jinéng</th>
<th>TIGER SKILLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qinná 8 Locks, 2 Counters</td>
<td>10 Locks, 4 Counters</td>
</tr>
<tr>
<td>Shuáijiāo 3 Throwing Techniques</td>
<td>4 Throwing Techniques</td>
</tr>
<tr>
<td>Cāiyóng Applications</td>
<td>Yang 108 2/3 Apps</td>
</tr>
<tr>
<td>Ying qi gōng</td>
<td>Chinese Lash x 1</td>
</tr>
</tbody>
</table>

**武器**

<table>
<thead>
<tr>
<th>Wǔqì</th>
<th>WEAPONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jian</td>
<td>Straight Sword</td>
</tr>
<tr>
<td>Dao</td>
<td>Broadsword</td>
</tr>
<tr>
<td>Zhanｇ zhīn</td>
<td>Staff</td>
</tr>
<tr>
<td>Qiang</td>
<td>Spear</td>
</tr>
</tbody>
</table>

**对招**

<table>
<thead>
<tr>
<th>Duishǒu</th>
<th>OPPONENT WORK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chǐ shǒu Sticky Arms</td>
<td>Sticky Arms Fwd / Bwd</td>
</tr>
<tr>
<td>Tuōshǒu Push Hands</td>
<td>Adding Legs</td>
</tr>
<tr>
<td>Tú jiāo Leg Pushing</td>
<td>Counters to Push Pull</td>
</tr>
<tr>
<td>Pēiliàn Sparring</td>
<td>Trad Med Pow 30 Min</td>
</tr>
</tbody>
</table>

**鹤技能**

<table>
<thead>
<tr>
<th>Guān jinéng</th>
<th>CRANE SKILLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yang Small Frame Yang 108 1/3 (Small F)</td>
<td>Yang 108 2/3 (Small F)</td>
</tr>
<tr>
<td>Qīgōng Energy Work Damo QiGong</td>
<td>Wudang QiGong</td>
</tr>
<tr>
<td>Mingxiāng Meditations Taiji Meditation Basics</td>
<td>Taiji Secrets Contemp 1-4</td>
</tr>
</tbody>
</table>

**理论**

<table>
<thead>
<tr>
<th>Liùn</th>
<th>THEORY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taiji Theory 1</td>
<td>Teaching Theory 1</td>
</tr>
</tbody>
</table>

**可选**

<table>
<thead>
<tr>
<th>Kē xuǎn</th>
<th>ELECTIVES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Competitive TaoLu</td>
<td>Competitive TaoLu</td>
</tr>
<tr>
<td>Competitive SanShao</td>
<td>Competitive SanShao</td>
</tr>
<tr>
<td>Weapon Sparring</td>
<td>Weapon Sparring</td>
</tr>
</tbody>
</table>