# White Belt

Detailed information: more detailed information can be found at https://www.wuchitaoschool.org To pass the White Belt you must display the following:

- 1. Mental Quality: Must be a diligent student.
- 2. Personal Qualities:
  - Clean and tidy body and uniform.
  - Must attend regularly.
  - o Train outside of class lessons.
- 3. Physical Qualities: Positioning, all actions must be precise, speed is not as important at this stage.

# Before you grade you must have the following

- 1. A full uniform
- 2. Attended twenty four classes

### Main Requirements

You must be able to SHOW, TELL or EXPLAIN the training of any of the following. For more information see Grading Information

### Chiao's (Bridges)

- Yin Hoi
  Yin Saye
  Yang Hsia
  Yang Pa
  Yin Pa

## Da's (Hits)

- 1. Yin Bai
- 2. Jhong Bai
- 3. Jhong Fa
- 4. Jhong Jao
- 5. Jhong Li

#### Ma

- 1. Shu Pu

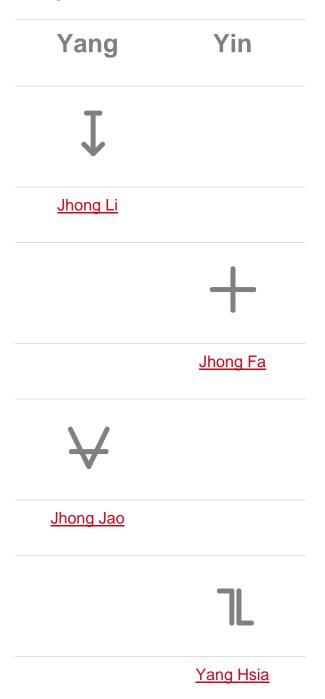
- Hsien Pu
  Tui Shu Pu
  Tui Hsien Pu
- 5. Chung Shu
- 6. Tui Chung
- 7. Lao Ma

#### Concepts

- The Meaning of Wu-Chi Tao
  Wu-Hsing
  The Four Aspects of Wu-Chi
  Kou Tou

### Drills

1. Li Song





# Yin Bai

- 2. <u>Sān Chiao Da Stepping</u>
- 3. Anti Grabs, using the following Chiao's.



### Yin Saye



# Yang Hsia

### **General Information**

- Count to 10 in Mandarin Chinese
  Use of the WCTIS (Wu-Chi Tao School)
- 3. School Rules