

# 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.
  - 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)

1. [Yin Hoi](#)
2. [Yin Saye](#)
3. [Yang Hsia](#)
4. [Yang Pa](#)
5. [Yin Pa](#)

### Da's (Hits)

1. [Yin Bai](#)
2. [Jhong Bai](#)
3. [Jhong Fa](#)
4. [Jhong Jao](#)
5. [Jhong Li](#)

### Ma

1. [Shu Pu](#)
2. [Hsien Pu](#)
3. [Tui Shu Pu](#)
4. [Tui Hsien Pu](#)
5. [Chung Shu](#)
6. [Tui Chung](#)
7. [Lao Ma](#)

### Concepts

1. [The Meaning of Wu-Chi Tao](#)
2. [Wu-Hsing](#)
3. [The Four Aspects of Wu-Chi](#)
4. [Kou Tou](#)

## Drills

1. Li Song

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Yang

Yin

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[Jhong Li](#)

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[Jhong Fa](#)

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[Jhong Jao](#)

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[Yang Hsia](#)



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Yin Bai

2. Sān Chiao Da Stepping
  3. Anti Grabs, using the following Chiao's.
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Yin Saye

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Yang Hsia

## General Information

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