

LEVEL 1 & LEVEL 2

TESTING FOR: YELLOW BELT, PURPLE BELT, ORANGE BELT, GREEN BELT, BLUE BELTS, BROWN BELTS, RED BELTS

- **ONLINE STUDENTS ONLY - How to film:** make sure your entire body is visible from head to toe at all times with clear lighting. Film from shoulder height of the student from the front. You may have someone read out the prompts to you. After filming, please upload your video to YouTube (as an unlisted video) -or- to Google Drive, and send or share the link to homework@nkfa.ca.

FITNESS	TO YELLOW BELTS: 5 PUSH – UPS 5 SIT - UPS 10 Squats 15 sec plank 30 Sec. Horse Stance	TO PURPLE BELTS: 10 PUSH – UPS 10 SIT - UPS 15 Squats 20 sec plank 1 Min. Horse Stance	TO ORANGE BELTS: 12 PUSH – UPS 15 SIT - UPS 20 Squats 30 sec plank 90 Second Horse Stance	TO GREEN & BLUE BELTS: 15 PUSH – UPS 20 SIT – UPS 25 Squats 45 sec plank 2 Min Horse Stance	TO BROWN & RED BELTS: 20 PUSH – UPS 30 SIT – UPS 30 Squats 60 Sec plank 3 Min Horse Stance
KUNG FU FOUNDATIONS	<ul style="list-style-type: none"> ○ 10 x Spot 1: Alternating Right/Left Chambered Punch ○ 10 x Spot 2: Alternating Right/Left Guarded Punch ○ 10 x Spot 3: Trap Back Fist ○ 10 x Spot 4: Trap, Uppercut, Clear, Punch ○ 10 x Mantis Strikes ○ 10 x Mantis Hooking Blocks ○ 10 x Alternating High Blocks ○ 10 x Toe Kicks each side ○ 10 x Heel Kicks each side ○ 10 x Inside Crescent Kicks each side ○ 10 x Outside Crescent Kicks each side ○ 10 x Line 1: Right Bow Stance Left Punch, Shuffle to Right Horse Stance Right Punch ○ 10 x Line 2: Right Bow Stance Shuffle forward, Trap Backfist ○ 10 x Line 3: Right Bow Stance Shuffle forward, Block Punch, Shuffle Forward, Chop ○ 10 x Line 4: Right Bow Stance Left Trap, Uppercut, Clear, Shuffle to Right Horse Stance Right Punch 				
VERBAL	<p>Student will stand at attention and recite the following:</p> <ul style="list-style-type: none"> ○ The 4 Laws of Concentration: <ol style="list-style-type: none"> 1. Focus Your Eyes, 2. Focus Your Mind, 3. Focus Your Body, 4. Focus Your Ears ○ Sifu's 3 Rules <ol style="list-style-type: none"> 1. Be Nice, 2. Pay Attention, 3. Have Fun ○ The 7 Magic Phrases of Respect Yes, Sir/No, Sir/ Yes, Ma'am/No, Ma'am/Please/Thank You/You're Welcome <i>Remember to practice, not only memorization, but also, speaking with CLARITY, VOLUME, & CONFIDENCE.</i> 				
<p style="text-align: center;"><u>BLACK SASH PERSEVERANCE [SEPT/OCT]</u></p> <p style="text-align: center;">I maintain a habit of daily kung fu practice. I choose what I want most over what I want now. I do what I committed to do, even when I don't feel like doing it. I always find a way to make my goal a reality. I work hard until the job is done. I embrace challenges that come my way.</p> <p style="text-align: center;"><u>BLACK SASH COMPASSION [NOV/DEC]</u></p> <p style="text-align: center;">I am a compassionate person. I speak kindly of myself and others. I treat others the way I want to be treated. I am always ready to serve those in need. I look for the good in everyone around me. I follow my natural instinct to be kind and compassionate.</p> <p style="text-align: center;"><u>BLACK SASH LEADERSHIP [JAN/FEB]</u></p> <p style="text-align: center;">I am a benevolent leader. I embrace the responsibility of being a leader. I inspire others by setting a positive example. I surround myself with positive influences. I live my life staying true to my values. I strive to be the change I want to see in the world.</p>			<p style="text-align: center;"><u>BLACK SASH INTEGRITY [MAR/APR]</u></p> <p style="text-align: center;">I am an honest person. I do the right thing even when no one is watching. I am a loyal and trustworthy friend. I always keep my word even when it is difficult. I do my very best no matter how I feel. I conduct my life with integrity and honor.</p> <p style="text-align: center;"><u>BLACK SASH ACCOUNTABILITY [MAY/JUNE]</u></p> <p style="text-align: center;">I am a positive person. I maintain an attitude of gratitude. I accept responsibility for my thoughts, words, and actions. I use my time wisely and well. I am the solution to all of my problems. I am fully accountable for my life.</p> <p style="text-align: center;"><u>BLACK SASH COURAGE [JUL/AUG]</u></p> <p style="text-align: center;">I am a confident person. I boldly seek to conquer my fears. I maintain a White-Belt mentality. I embrace change with a calm and tranquil mind. I refuse to let fear discourage me from my goal. I strive to be a humble and courageous warrior.</p>		

- All curriculum can be found at www.niagarakungfumember.com, log-in, find your program, and look through your library. For questions call 905 357 9146 or email info@nkfa.ca.
- PLEASE BE SURE ALL HOMEWORK IS COMPLETED AND SENT TO HOMEWORK@NKFA.CA

FORMS – STUDENT WILL BE GRADED ON THE ½ FORM FROM THE CURRENT CYCLE ONLY

- Level 1s are expected to be able to show the moves in along with prompts and with a “leader” doing it with them.
- Level 2s are expected to show the moves on their own, with or without prompts. (Minimum Purple Belt Rank)
- To move to Level 3, students should be able to show the movers on their own without prompts (minimum Blue Belt Rank)

<p>1st Half of Tranquil Mind [SEPT/OCT]: Bow In, Face Forward</p> <ol style="list-style-type: none"> 1. Right Bow Stance Double Knife Hand Strike 2. Pull Back to Cat Stance, Jet Pack Hands 3. Right Bow Stance Double Vertical Punch 4. Back Foot Shuffle Up, Trap Side Fist 5. Left Clearing Vertical Punch 6. Sink to Right Crouch, Right Clearing Vertical Punch 7. Shuffle to Right Bow, Grab, Control, Punch 8. Left 7-Star, Left Clear 9. Right 7-Star, Right Punch 10. Left 7-Star, Right Reinforced Hook 11. Left Crouch, Left High Block, Right Vertical Punch 12. Step to Right Bow Stance, Trap Back Hand 13. Shuffle Back, Block Punch 14. Shuffle Forward Chop 15. Monster Walk, Left Mantis Hook, Right Chamber 16. Right Lotus Kick 17. Left Bow Stance, Left High Block, Right Punch 18. Stomp Up, Grab, Control, Punch 19. Right High Block, Left Backfist 20. Left High Block, Right Punch 21. Pull Back To Left Cat, Left Chamber, Right Low Open-Hand Block 22. Right High Block, Left Punch <p>Bow out</p>	<p>1st Half of White Monkey Steals Peaches [NOV/DEC]: Bow In, Face Left</p> <ol style="list-style-type: none"> 1. Left Crouch, Left Guard, Right Mantis Strike Low 2. Right Crane, Trap Uppercut 3. Left clear, Right Horse Stance, Right Punch 4. Right Bow Stance, Trap Uppercut 5. Hook, Twist, Break 6. Left step, Left guard, right chop 7. Step to Right Crouch, Reinforced Right Backfist 8. Turn, Left Toe Kick, Right Chamber, Left Mantis Hook 9. Right Toe Kick, Right Temple Punch 10. Right Crouch. Reinforced Right Backfist 11. Shuffle Back, Right High Block, Left Punch 12. Shuffle Forward, Right Chop 13. Northern Leap To Left Double Hook 14. Turn to Left Cat Stance, Double Hook <p>Bow Out</p>
<p>1st Half of Plum Flower Hands [JAN/FEB]: Bow In</p> <ol style="list-style-type: none"> 1. Step to Right 7-Star, Right Guarded Punch 2. Right Bow Stance, Trap Backhand 3. Left clear to Cat, Right Bow, Horizontal Knife Strike 4. Left 7-Star, Left Pull, Right Throw 5. Right 7-Star, Right Pull, Left Throw 6. Right Bow, Right Temple Punch 7. Shuffle, Trap Uppercut 8. Clear, Step To Left Crouch, Left Pull, Right Throw 9. Right Shin Kick, Right Double Grab 10. Turn, Cross Step To Double Overhead Block 11. Step Out To Reverse Right Bow, Double Punch Down 12. Shift To Left Bow, X-Block, Open Up, Step Thru To Reverse Left Bow, Low Temple Punch 13. Monster Walk to Right Bow, Double Chop 14. Right Crouch, Right Chop 15. Left Shin Kick, Left guard, Right Slap 16. Right Bow Stance, Right Chamber, Left Punch 17. Shift to Reverse Left Bow, Right Guarded Punch 18. Turn to Left Cat Stance, Double Hook <p>Bow Out</p>	<p>2nd Half of Tranquil Mind [MAR/APR]: Bow In, Face Left</p> <ol style="list-style-type: none"> 1. Left Bow Stance, Left High Block, Right Punch 2. Right Shin Kick, Left Chop, Right Chamber 3. Left Bow Stance, Right Punch, Left Chamber 4. Monster Walk to Right Bow Stance, Double Chop 5. Shuffle Temple Punch 6. Shuffle Left Punch 7. Horse Stance Right Punch 8. Flight Right Toe Kick, Left Knife Hand, Right Chamber 9. Horse Stance Right Chop 10. Right Bow Stance, Trap, Uppercut 11. Left 7-Star, Left Clear, Right 7-Star, Right Punch 12. Turn and Left Chicken Kick 13. Left Crouch, Left High Block, Right Vertical Punch 14. Step to Right Bow Stance, Trap Uppercut 15. Flight Right Toe Kick, Left Knife Hand, Right Chamber 16. Horse Stance Right Chop 17. Shuffle trap Backfist 18. Shuffle trap Backfist 19. Flying Right Crane, Right Punch Left Chamber 20. Horse Stance Right Punch 21. Turn, Left 7-Star, Clearing with fists <p>Bow Out</p>
<p>2nd Half of White Monkey Steals Peaches [MAY/JUNE]: Bow In, Face Right</p> <ol style="list-style-type: none"> 1. Right Bow Stance, Left Double Hook 2. Right Hook In Half Chamber, Left Eye Poke 3. Left High Hook, Right Mantis Hand Strike 4. Flying Right Heel Kick, Left Double Grab 5. Right Bow Stance, Right High Block, Left Punch 6. Shuffle Forward, Chop 7. Monster Walk To Left Bow Stance, Left Mantis Hook 8. Lotus Kick With Temple Punch 9. Left Bow, Left High Block, Right Punch 10. Stomp Up, Grab, Control, Punch 11. Right High Block, Left Back Fist 12. Left High Block, Right Punch 13. Right Heel Kick, Left Double Grab And Turn 14. Left Bow, Left High Block, Right Punch 15. Pull Back To Left Cat, Left Chamber, Right Low Open-Hand Block 16. Right High Block, Left Punch <p>Bow out</p>	<p>2nd Half of Plum Flower Hands [JUL/AUG]: Bow In, Face Forward</p> <ol style="list-style-type: none"> 1. Right Bow, Trap Backfist 2. Body Block, Right Toe Kick 3. Leap Back to Right Cat, Triple Clear 4. Turn to Left, Left Toe Kick, Left Hook, Right Chamber 5. Flying Right Toe Kick Right Temple Punch 6. Right Crouch, Reinforced Right Backfist 7. Turn to Left, Left 7-Star, Left Hook, Right Chamber 8. Right 7-Star, Right Guarded Punch 9. Right Bow, Trap Uppercut 10. Left Clear, Left Horizontal Knife Hand Chop 11. (plum) Left Trap, Right Side Hand 12. (flower) Clearing Left Side Hand 13. (hands) Right Palm Slap 14. Shuffle Back, Left Punch 15. Shuffle to Right Horse, Right Guarded Punch 16. Turn to Left Cat, Right Double Hook <p>Bow out</p>