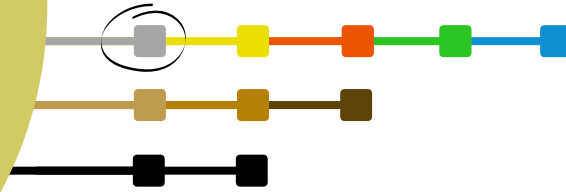




**KUNG FU**  
ACADEMIC

# White Stripe requirements



Mark your progress!



Learned      Remember      Can do well



## Form

Opening

## Stances

4 level stance/ "horse stance"	Sei ping ma	四平馬
Meridian/front stance	Ji ng ma	子午馬
Empty stance/ hanging stance	Diu ma	吊馬
Unicorn stance	Keilun ma	麒麟步

## Attack: Hands and arms

Level punch	Ping ceoi	平搥
Whip punch (side beat)	Bin ceoi	邊搥

## Attack: Legs

Front kick	Zing min tek goek	正面踢腳
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