

1. Structure of Training:

Training Programme will have syllabus consisting of Theory and practical such as:

(i) General core training to develop, Cardiovascular/respiratory endurance, Stamina, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, Accuracy, etc...

2. Duration of the Programme

The journey of learning martial arts is one that takes time, and requires patience, Constance and perseverance in practice. Generally, depending on the student's efforts, it can take at least 5 to 7 years to reach the black belt level.

3. Requirements for Completion of a Belt

A candidate who has fulfilled the following conditions shall be deemed to have satisfied the requirement for completion of a Belt. He/she secures not less than 90% of overall attendance in that Belt.

Candidates who do not have the requisite attendance for the Belt will not be permitted to attend the Belt test.

He/she should have thoroughly completed the syllabus for the respective Belt.

4. Examinations

The examinations shall ordinarily be conducted every six months, between July- August and March- April. The maximum marks for practical course shall be 100 with the following breakup and to Pass and secure the Belt student should secure above 60.

Internal Assessment: 10,

Attendance: 10

Practical Assessment: 80

5. Belt Examination Fee

White – Yellow Belt – INR 900

Yellow – Orange Belt – INR 1100

Orange – Green – INR 1300

Green – Blue – INR 1500

Blue – Purple – INR 1800

Purple – Brown – INR 2000

Brown – Red – INR 3000

Red – Black – INR 5000

6. Eligibility for the Award of Belt

A student shall be declared to be eligible for the award of the Belt provided the student has successfully completed the training course as per the requirements and has passed / cleared Examination.

7. Revision of Regulations and Curriculum

The Visai Health Studio may from time to time revise, amend or change the regulations, scheme of examinations, Fees structure and syllabus if found necessary.



Kung Fu Belt System for Seniors

Here is a short explanation and signification of the kung -fu belt system, colour and their meaning .

In kung-fu, practitioners traditionally wore a wide band of fabric named “sash” around the waist to protect their body during training. The coloured system was later adopted to represent the level of the students.

There is also a signification to each colour, which corresponds to the levels of progression of the student throughout their development. Here is a short description of each belt.

1. White Belt – New Beginning. The student s start their journey, they open their mind to new information. The white symbolizes a white page on which knowledge will be added.
2. Yellow Belt – Curiosity. The student s start to discover the art, they are exposed to some basic knowledge, and the interest grows. Yellow is the colour of light, which involves the first rays of sunshine.
3. Orange Belt – Determination. The student s now possess some knowledge, their skills increase, as well as the desire to improve. The orange colour symbolizes energy and enthusiasm.
4. Green Belt – Growth. The student s acquire more maturity, their body and mind take shape. Green invokes the colour of nature, and life.
5. Blue Belt – Control. The student s learn to master better their body and mind. Blue is the colour of calm, and symbolizes comprehension.
6. Purple Belt – Strength. The student s now possess efficient techniques, and their confidence of reaching the higher levels increases. Purple is associated to power and ambition.
7. Brown Belt – Stability. The student s now have the skills, and the maturity to understand the value of efforts invested. Brown symbolizes seriousness, and responsibility.
8. Red– Mastery. The student s now know the techniques and is able to apply them. He/she then searches for deeper understanding of the art through practice and contribution. Red symbolizes energy, courage and confidence.
9. Black Belt – Leadership. The student s dedicate themselves to the art by teaching to the next generation. He/she is now a teacher, but still and forever a student. Black is the colour of authority, and mystery.

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Yellow Belt

1. Horse Stance Punches (Single, Double & Triple)
2. Side Stance Punches (Single, Double & Triple)
3. Seven Blocks in Horse Stance
4. Animal Style Seven Blocks & Attacks
5. Open Single Side Punches (Single, Double & Triple)
6. Open Double Side Punches (Single, Double & Triple)
7. Open Four Side Punches (Single, Double & Triple)
8. Boxing Punches Forward & Backward (Single, Double & Triple)
9. Four Side Attack Combination
10. Kicks 3 (Front, Round House & Blade)
11. Basic Power Shaolin
12. Basic Stance
13. Basic Attack-6 Visible Part and 4 Non-Visible Part
14. Basic Self Defence Technique
15. Front Roll, Back Roll & Cart Wheel



Orange Belt

1. Boxing Side Punches (Single, Double & Triple)
2. Four Side Kick Combination
3. Kicks 3 (Turn Back Blade, Half Spin & Spin)
4. Belt Attack
5. Knife Escape
6. Elbow Attack - 1 to 5
7. Knee Attack - 1 to 5
8. Chops Attack - 1 to 5
9. Snake Movement - 1
10. Tiger Movement-1
11. Animal Stance
12. Turn Back Attack-6 Visible Part and 4 Non-Visible Part
13. Counter Attack - 1 to 5
14. Intermediate Self Defence Technique
15. Kick-Up, Front Fall, Back Fall & Side Fall.

Green Belt

1. Boxing Techniques
2. Stick Techniques
3. Kicks 3 (Axe, Turn back Axe & Sweep)
4. Belt Lock
5. Knife Escape & Attack
6. Elbow Attack - 6 to 10
7. Knee Attack - 6 to 10
8. Chops Attack - 6 to 10
9. Snake Movement - 2
10. Tiger Movement - 2
11. Monkey Movement - 1
12. Leg Attack-6 Visible Part and 4 Non-Visible Part
13. Counter Attack - 6 to 10
14. Advance Self Defence Technique
15. Kick up (Full, Head & Roll).

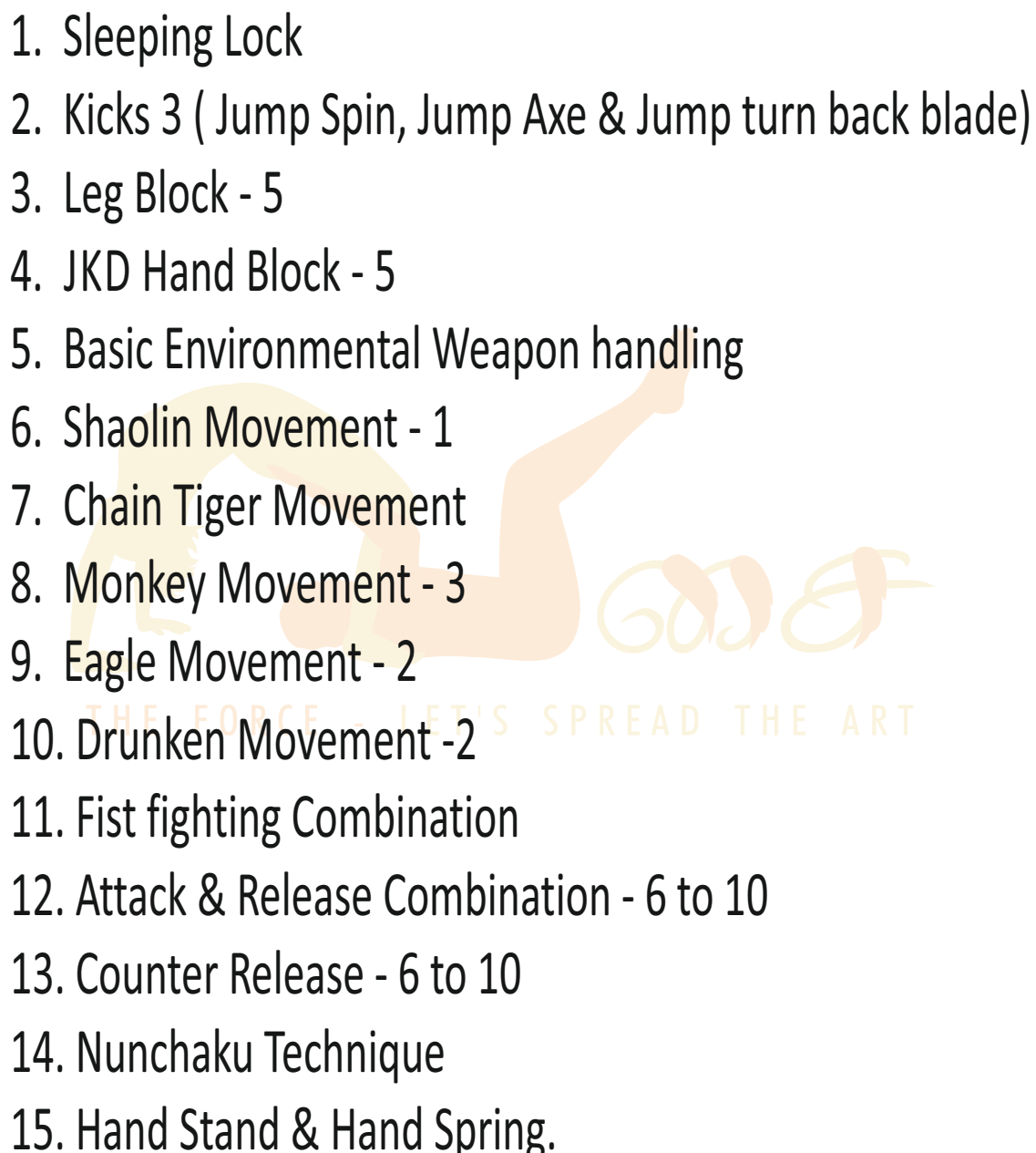


Blue Belt

1. Shirt Catch Lock
2. Kicks 3 (Jump Front, Jump Round House & Jump Blade)
3. Jump Elbow Attack - 5
4. Jump Knee Attack - 5
5. Knife Escape, Attack & Lock.
6. Snake Movement - 3
7. Group Tiger Movement
8. Monkey Movement - 2
9. Eagle Movement - 1
10. Drunken Movement -1
11. Tiger & Snake Combination
12. Attack & Release Combination - 1 to 5
13. Counter Release - 1 to 5
14. Sword Technique
15. Front Leap, Single hand Cart Wheel & Air Cart wheel



Purple Belt

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1. Sleeping Lock
 2. Kicks 3 (Jump Spin, Jump Axe & Jump turn back blade)
 3. Leg Block - 5
 4. JKD Hand Block - 5
 5. Basic Environmental Weapon handling
 6. Shaolin Movement - 1
 7. Chain Tiger Movement
 8. Monkey Movement - 3
 9. Eagle Movement - 2
 10. Drunken Movement -2
 11. Fist fighting Combination
 12. Attack & Release Combination - 6 to 10
 13. Counter Release - 6 to 10
 14. Nunchaku Technique
 15. Hand Stand & Hand Spring.



Brown Belt

1. Kick Boxing Technique
2. Kick Combinations
3. Leg Breaking Technique
4. JKD Hand Block & Attack - 5
5. Intermediate Environmental Weapon handling
6. Shaolin Movement - 2
7. Chavanchu Movement - 1
8. Group Shaolin Movement
9. Eagle Movement - 3
10. Drunken Movement - 3
11. Two man fighting Combination
12. Counter Lock
13. Counter Throws
14. Stick Movement
15. Back Flip.

Red Belt

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1. Shake Hand Technique
 2. Meditation lock Technique
 3. Hand Breaking Technique
 4. Taichi Forms
 5. Leg Locking Technique
 6. Advance Shaolin Movement
 7. Wushu technique
 8. Blind fold attacking technique
 9. Wing Chun Technique
 10. Drunken Movement - 5
 11. Stick & Nunchaku Combination
 12. Counter Locks Release Lock
 13. Double Stick Movement
 14. Double Nunchaku Movement
 15. Double Sword Movement



Black Belt

1. Kubotan Keychain/ Iron Pen attack Technique
2. Advance Kick Combinations
3. Advance Breaking Technique
4. Advance Taichi Forms & Technique
5. Advance Environmental Weapon handling
6. Advance Shaolin Movement
7. Advance Wing Chun Technique
8. Advance Drunken Movement
9. Advance Combat Fighting Technique
10. Advance Wushu Technique
11. Drunken style attacking technique
12. Tonfa - Ninja Weapon handling
13. Advance Sword technique
14. Triple Nunchaku
15. Advance Gymnastic