

Grading system

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

Kung-fu has coloured belt ranks from beginner to advance. Opportunities to progress through these ranks usually occur approximately every three months or 25 sessions in a club setting.

These promotion opportunities (or 'gradings') test student's knowledge of basic technique, Movements, self-defence and sparring skills. Some grades also include a degree of theory testing of rules, general understanding and knowledge of Kung-Fu. It can take approximately Four to Five years of training from a beginner level to achieve black belt.

All Visai Martial Arts members receive a graduation award certificate and British Council for Chinese Martial Arts membership number from National Governing Body of Chinese Martial Arts (which should be renewed Yearly).

New students begin at White Sash and advance to Black Sash.

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.

Below is a short description of the symbolism of each Grade.

1. White – New Beginning. The student starts their journey, he/she opens mind to new information. The white symbolizes a white page on which knowledge will be added.
2. Yellow – Curiosity. The student starts to discover the art, he/she is exposed to some basic knowledge, and interest grows. Yellow is the colour of light, which involves the first rays of sunshine.
3. Orange– Determination. The student now possesses some knowledge, his/her skills increase, as well as desire to improve even more. The orange colour symbolizes energy and enthusiasm.
4. Green– Growth. The students acquire more maturity, body and mind take shape. Green invokes the colour of nature, and life.
5. Blue– Control. The students learn to master better their body and mind. Blue is the colour of calm, and symbolizes comprehension.



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6. Purple— Strength. The students now possess efficient techniques, and confidence of reaching the higher levels increases. Purple is associated to power and ambition.
7. Brown— Stability. The student now has the skills, and the maturity to understand the value of efforts invested. Brown symbolizes seriousness, and responsibility.
8. Red— Mastery. The student now knows the techniques and is able to apply them. He/She then searches for deeper understanding of the art through practice and contribution. Red is the colour of authority, and mystery.
9. Black Belt – Leadership. The student dedicates themselves to the art by teaching to the next generation. They are now a teacher, but they are still, and forever a student. Black symbolizes energy, courage and confidence.

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.



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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. 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 the Belt Examination.

6. Revision of Regulations and Curriculum

The Visai Martial Arts may from time-to-time revise, amend or change the regulations, scheme of examinations and syllabus if found necessary.



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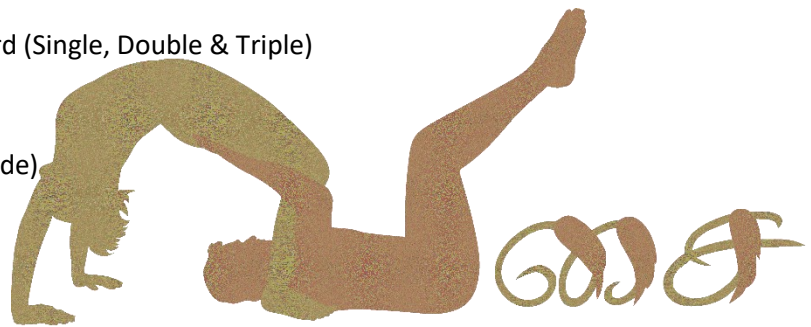
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Yellow

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



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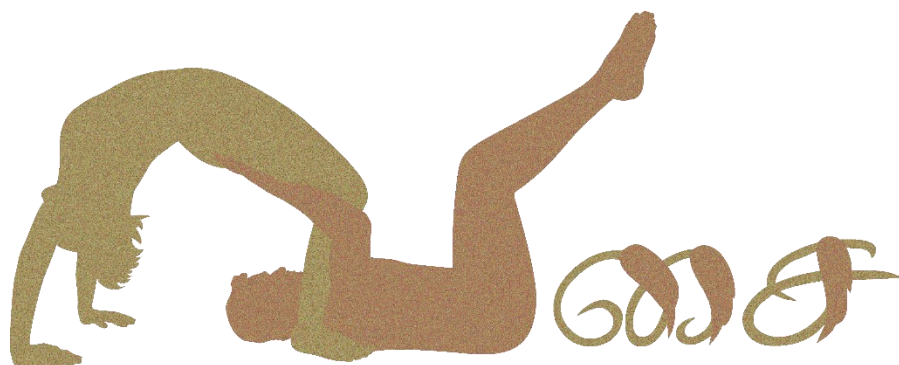
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Orange

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.



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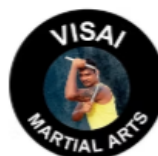


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Green

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).



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Blue

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. Egale 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



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Purple

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. Egale Movement - 2
10. Drunken Movement -2
11. Fist fighting Combination
12. Attack & Release Combination - 6 to 10
13. Counter Release - 6 to 10
14. Nanchaku Techinque
15. Hand Stand & Hand Spring.



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Brown

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. Egale Movement - 3
10. Drunken Movement - 3
11. Two man fighting Combination
12. Counter Lock - 1 to 5
13. Counter Throws - 1 to 5
14. Stick Movement
15. Back Flip.



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RED

1. Pen attack Technique
2. Advance Kick Combinations
3. Hand Breaking Technique
4. Taichi Technique
5. Advance Environmental Weapon handling
6. Shaolin Movement - 3
7. Chavanchu Movement - 2
8. Horse Movement
9. Cran Movement
10. Drunken Movement - 4
11. Three man fighting Combination
12. Counter Locks - 6 to 10
13. Counter Throws - 6 to 10
14. Nanchku Movement
15. Front and Back Summer flip.



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Black

1. Shake Hand Technique
2. Meditation lock Technique
3. Hand Breaking Technique
4. Taichi Movement
5. Leg Locking Technique
6. Advance Shaolin Movement
7. Drunken style attacking technique
8. Blind fold attacking technique
9. Wingshun Technique
10. Drunken Movement - 5
11. Stick & Nanchku Combination
12. CounterLocks Release Lock
13. Double Stick Movement
14. Double Nanchku Movement
15. Double Sword Movement



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Black – 1st Degree

- 1) Kubo tan Key chain / Iron Pen attack Technique
- 2) Advance Kick Combination
- 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) Tonga – Ninja Weapon handling
- 13) Advance Sword Technique
- 14) Triple Nunchaku
- 15) Advance Gymnastic



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