

梁守渝武術氣功太極學院  
SYL Wushu Qigong Taiji Institute

外家拳（武術）班段位課程  
External Wushu Class  
Curriculum



梁守渝武術氣功太極學院  
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武術班考試升級規定  
Wushu Class Test Qualification Contents

1. Level 1 – White Belt  
第一段 白帶
2. Level 2 – Green Belt (Wood)  
第二段 綠帶 (木)
3. Level 3 – Red Belt (Fire)  
第三段 紅帶 (火)
4. Level 4 – Yellow Belt (Earth)  
第四段 黃帶 (土)
5. Level 5 – Golden Belt (Metal)  
第五段 金帶 (金)
6. Level 6 – Golden-Purple Belt (Water)  
第六段 紫金帶 (水)
7. Sanshou Dao Black Belt Level 1 – Assistant Instructor Level  
散手道黑帶一段 - 助理教練級
8. Sanshou Dao Black Belt Level 2 – Instructor Level  
散手道黑帶二段 - 教練級
9. Sanshou Dao Black Belt Level 3  
散手道黑帶三段
10. Sanshou Dao Black Belt Level 4 – Master Level 1  
散手道黑帶四段 - 大師第一級
11. Sanshou Dao Black Belt Level 5 – Master Level 2  
散手道黑帶五段 - 大師第二級
12. Sanshou Dao Black Belt Level 6 – Master Level 3  
散手道黑帶六段 - 大師第三級
13. Sanshou Dao Black Belt Level 7 – Master Level 4  
散手道黑帶七段 - 大師第四級
14. Sanshou Dao Black Belt Level 8 – Honorary Level 1  
散手道黑帶八段 - 榮譽段位
15. Sanshou Dao Black Belt Level 9 – Honorary Level 2  
散手道黑帶九段 - 國際武術散手道最高榮譽段位

# 1. Level 1 (White Belt) Curriculum

## 第一段 (白帶) 課程

### Wushu Basic Techniques

#### 武術基本功

Reference (參考書): Kung Fu Elements 中國武術

1) Punches 拳法	
Jab – 前手冲拳 Front hook – 前手貫拳 Front uppercut - 前手抄拳	Cross – 後手冲拳 Rear hook – 後手貫拳 Rear uppercut - 後手抄拳
2) Stances 步法	
Bow stance - 弓步 Drop stance - 仆步 Empty stance - 虛步 Half horse stance - 半馬步	Horse stance - 馬步 Resting stance - 歇步 Crossed legged sitting stance - 坐盤 T stance - 丁步
3) Kicks 腿法	
Front kick – 正踢腿 Front slap kick – 正飛腳 Outside crescent (Lotus) kick – 外擺腿 (擺蓮) Snap kick – 彈腿	Side kick – 側踢腿 Inside crescent kick – 裡合腿 Heel kick – 蹬腿 Side heel kick – 側蹬腿
4) Wushu movements 武術動作	
Swing arms – 掄臂 Drop stance spear palm – 仆步穿掌 Horse stance punch – 馬步冲拳	Waist turn – 翻腰 Bow stance punch – 弓步冲拳
5) Forms 套路	
Six Combination Form (Liu He Quan) 六合拳 Five Stances Form (Wu Bu Quan) 五步拳	

## 2. Level 2 (Green Belt - Wood) Curriculum

### 第二段 (綠帶-木) 課程

#### Wushu Basic Techniques

#### 武術基本功

Reference (參考書): Kung Fu Elements 中國武術

1) Punches 拳法	
Hammer fist – 劈拳 Planting fist – 栽拳 Lifting fist – 挑拳	Vertical strike with heart fist – 蓋拳 Inserting fist – 插拳 Scooping fist – 撩拳
2) Stances 步法	
Cross behind step – 插步 Beat step – 擊步	Cross over step – 蓋步 Circular walking step – 弧行步
3) Kicks 腿法	
Front Kick – 正踢腿 Outside crescent kick – 外擺腿 (擺蓮) Back arc kick – 後撩腿 Front sweep – 前掃堂腿 Side spring kick – 側彈腿 (鞭腿) Tornado kick – 簡易旋風腳	Side front kick – 側踢腿 Inside crescent kick – 裡合腿 Front slap kick – 正飛腳 Back roundhouse kick – 後高掃腿 Backward floor sweep kick – 後掃堂腿 Jump slap kick – 二起腳
4) Wushu movements 武術動作	
Balance with one knee up – 提膝平衡 Balance with one leg hooked behind – 勾腿平衡 Hammer Strike into balance with one knee up – 掄臂砸拳接提膝平衡亮掌	Balance with one leg crossed over – 盤腿平衡 2 Wushu Combos (5 movements) – 任何兩組五個動作的武術組合動作
5) Forms 套路	
Yan Qing Quan 燕青拳 Sanshou Dao Long Fist 散手道長拳 Kun Wu Jian 崑武劍	

### 3. Level 3 (Red Belt - Fire) Curriculum

第三段 (紅帶- 火) 課程

Wushu Basic Techniques

武術基本功

Reference (參考書): Kung Fu Elements 中國武術

1) Punches 拳法	
Spear fist – 耳後穿拳 Spinning horizontal back fist – 鞭拳, 轉身反背鎚	Drill fist – 鑽拳 Spring horizontal back fist – 彈拳, 崩拳
2) Kicks 腿法	
Front kick – 正踢腿 Outside Crescent kick – 外擺腿 (擺蓮) Low hook kick – 勾踢腿 Spinning lotus kick – 轉身擺蓮 Jump side kick - 騰空側踹	Side kick – 側踢腿 Inside crescent kick – 裡合腿 Front slap kick – 正飛腳 Jump spring kick – 騰空箭彈 Jump heel kick – 騰空蹬腿
3) Wushu movements 武術動作	
Forward roll – 前滾翻 Shoulder roll – 搶背 Black dragon coil around the pillar – 烏龍絞柱 Double waist turn – 雙翻腰	Backward roll – 後滾翻 Carp flip/ Kip up – 鯉魚打挺 Circling waist – 涮腰 Hammer strike and empty stance block palm – 掄臂砸拳接虛步亮掌 2 Wushu Combos (5 movements) – 任何兩組 五個動作的武術組合動作
4) Forms 套路	
Hong Quan 紅拳 Sanshou Application Form (Xiao Yao Quan) 逍遙拳 (散手實用拳) Basic broadsword form 刀術	
5) Applications 實用技術	
3 take down (shuai jiao) techniques	3 個摔倒技術
3 grappling (qin na) techniques	3 個擒拿技術
3 fighting combination techniques	3 個散手組合技術
1 ground fighting technique	1 個地面控制技術

#### 4. Level 4 (Yellow Belt - Earth) Curriculum

第四段 (黃帶- 土) 課程

Wushu Basic Techniques

武術基本功

Reference (參考書): Kung Fu Elements 中國武術

1) Kicks 腿法	
Front kick – 正踢腿 Outside Crescent kick – 外擺腿 (擺蓮) Front slap kick – 正飛腳	Side front kick – 側踢腿 Inside crescent kick – 裡合腿
2) Wushu movements 武術動作	
2 Wushu Combo (5 movements) – 任何兩組五個動作的武術組合動作  <u>(choose any 10 from the following techniques 完成以下任何 10 個基本動作)</u> Swing arms into drop stance and slap floor – 仆步掄拍 Drop stance thread palm – 仆步穿掌 Waist turn into crossed leg sitting stance – 翻腰坐盤 Balance with one knee up and flash palm – 提膝亮掌平衡 Balance with one leg hooked behind – 勾腿平衡 Look-at-moon balance (back leg hooked up) – 望月平衡 Swallow balance (lean forward and extend one leg) – 燕式平衡 Jump slap kick – 騰空飛腿 Jump outside crescent kick - 騰空擺蓮 Splits – 劈叉 Cartwheel (with hands)– 側手翻	
3) Forms 套路	
Cha Quan 查拳 Tian Gang Quan 天罡拳 Any two weapon forms 任何兩套器械套路	
4) Applications 實用技術	
5 take down (shuai jiao) techniques 5 grappling (qin na) techniques 5 fighting combination techniques 2 ground fighting techniques Basic sanshou training	5 個摔倒技術 5 個擒拿技術 5 個散手組合技術 2 個地面控制技術 初級散手練習

## 5. Level 5 (Golden Belt - Metal) Curriculum

### 第五段 (金帶- 金) 課程

#### Wushu Basic Techniques

#### 武術基本功

Reference (參考書): Kung Fu Elements 中國武術

1) Kicks 腿法	
Font kick – 正踢腿 Outside Crescent kick – 外擺腿 (擺蓮) Front slap kick – 正飛腳	Side front kick – 側踢腿 Inside crescent kick – 裡合腿
2) Wushu movements 武術動作	
2 Wushu Combos (5 movements) – 任何兩組五個動作的武術組合動作	
<u>(choose any 15 from the following techniques 完成以下任何 15 個動作</u>	
Front sweep (full circle) into jump slap kick – 前掃堂腿接二起腳	
Back sweep (full circle) into bow stance sap palm – 後掃堂腿接弓步挑掌 (推掌)	
Grinding kick (Mo pan tui) – 磨盤腿	
Step kick (Cai tui) – 踩腿	
Low step kick – 下踹腿	
Horse kick – 厥子腿	
Low hook kick – 勾踢腿	
Shoulder roll – 搶背	
Forward drop – 栽碑	
Side drop – 側跌	
Carp flip/ kip-up – 鯉魚打挺	
Forward head flip with hands – 頭手翻	
Jump slap kick (with right leg landing) – 騰空飛腳	
Jump side kick - 騰空側踹腿	
Tornado kick (with two legs landing at the same time) – 旋風腿 (雙腳同時落地)	
Jump outside crescent kick (with two legs landing at the same time) -騰空擺蓮 (雙腳同時落地)	
Butterfly kick – 旋子	
Inside crescent drop kick – 盤腿跌	
Aerial cartwheel – 側空翻	
3) Forms 套路	

- One of the following forms
  - Praying Mantis 螳螂拳
  - Tong Bei Quan (Long arm ape form) 通臂拳
  - Fan Zi Quan 翻子拳
  - Eagle Claw 鷹爪拳
  - Ba Ji Quan 八極拳
  - Equivalent forms 同等級之套路
- Any two person sparring set 任何一套對練

#### 4) Application 實用技術

- |                                      |           |
|--------------------------------------|-----------|
| 7 take down (shuai jiao) techniques  | 7 個摔倒技術   |
| 7 grappling (qin na) techniques      | 7 個擒拿技術   |
| 7 fighting combination techniques    | 7 個散手組合技術 |
| 3 ground fighting techniques         | 3 個地面控制技術 |
| Free style sanshou (combat) training | 自由散手對坑練習  |



## 6. Level 6 (Golden-Purple Belt – Water) Curriculum

### 第六段 (紫金帶- 水) 課程

#### Wushu Basic Techniques

#### 武術基本功

Reference (參考書): Kung Fu Elements 中國武術

1) Kicks 腿法	
Front kick – 正踢腿 Outside Crescent kick – 外擺腿 (擺蓮) Front slap kick – 正飛腳	Side front kick – 側踢腿 Inside crescent kick – 裡合腿
Wushu movements 武術動作	
2 Wushu Combos (5 movements) – 任何兩組五個動作的武術組合動作 <u>(choose any 15 from the following techniques 完成以下任何 15 個動作</u> Balance with one leg extended behind – 臥雲平衡 Bending backward balance (and extending one leg) – 仰身平衡 Search-Sea Balance (leaning forward and extending one leg) – 探海平衡 Balance on the shoulder and arms – 肩倒立 Head stand – 三角倒立 Reverse arch kick – 倒踢 Point kick (dian tui) – 點腿 Bend backward heel kick (yang shen deng tui) – 仰身蹬腿 Fish jump (yu yue) – 魚躍 Forward head flip (tou fan) – 頭翻 Back roll over – 挺身向後肩頸翻 Black dragon coils around the pillar and stand up – 烏龍絞柱 Jump slap kick (kick higher than shoulder and land on right leg) – 騰空飛腳 (右腿必須踢高過肩, 右腳起, 右腳落地) Jump front kick with both legs – 騰空雙打 Jump side kick with both legs- 騰空雙腳側踹 Tornado kick (land on right leg) – 旋風腳 (右腳落地) Tornado kick into splits -旋風腳接劈叉 Jump outside crescent kick into splits - 騰空擺蓮接劈叉 Jump front double heel kick - 騰空雙蹬腿 Butterfly twist – 旋子轉體 360 °	
1) Forms 套路	

1. One of the following forms
  - International competition Chang Quan 規定長拳
  - International competition Nan Quan 規定南拳
  - Wu Song Hand Cuff Form 脫铐拳
  - Chuo Jiao (kicking) Form 戳脚拳
  - Snake Style 蛇拳
  - Drunken Style 醉拳
  - Monkey Style 猴拳,
  - Pi-gua Quan 劈掛拳
  - Equivalent form 同等級之套路
  
2. One of the following forms
  - International competition/ Free Style Broadsword or Straight Sword 規定或自選刀術或劍術
  - Chuan Lin Sword 穿林劍 or equivalent form 同等級之套路
  
3. One of the following forms
  - International competition/ Free Style Staff or Spear 規定或自選棍術或槍術
  - Any double weapon, flexible weapon, or long weapon form 任何一套雙器械 或 軟器 或 長器械

### 3) Applications 實用技術

9 take down (shuai jiao) techniques	9 個摔倒技術
9 grappling (qin na) techniques	9 個擒拿技術
9 fighting combination techniques	9 個散手組合技術
4 ground fighting techniques	4 個地面控制技術
Free style sanshou combat training	自由散手對抗練習