

Internal Wushu – Xing Yi Class Test Qualification Contents

Level 1

Five Elements Drill
Five Elements Linking Form 1
Five Elements Linking Form 2
In and Out Of Cave
Mix Posture Fist Form
Pi, Beng, Pao (2 pp set)
Zuan, Pi, Beng (2 pp set)
Five elements stationary set
Five elements moving set

Level 2

12 animals drill
10 animals linking form
5 elements sword drill
5 elements sword linking form
2 pp sword sparring training

Level 3

12 animals sword drill
12 animals sword linking form
5 elements spear drill
5 elements spear linking form
2 pp spear sparring training

Level 4

12 animals spear drill
12 animals spear linking form
An Shen Pao (2 pp set)
2 pp spear sparring training