

Jow Ga Curriculum

Yellow (beginner level)	-Warm up exercise -Eight stances -Basic techniques -Breathing exercise -Strength training -Falling techniques -1 st level kicks -Tiger form
Orange	-Sub Dook Sau form -Cardio exercise -2 nd level kicks -Tiger sparring form -1 st section Iron wire
Purple (intermediate)	-Sau Hung Kuen -3 rd level kicks -2 nd section Iron wire -Advanced falling techniques
Green	-Bonk Bo Mantis -Single baton -Double baton -Advanced cardio exercise -4 th level kicks -3 rd section Iron wire
Blue	-Jow Ga staff -5 th level kicks -Knives drills -Kicks combination -4 th section Iron wire -Flying Mantis
Brown	-Flying Mantis -Staff vs. staff -Knees & elbows 5 th section Iron wire -6 th level kicks -Man Chi form -Basic sparring -Kicks combination -5 th section Iron wire
Black (1 st level)	-Wind sword -Lok Dim Boon Pole -Basic throw -Advanced sparring -all 6 sections Iron wire
Black (2 nd level)	-Tai Fook Fu form -Eight Diagram pole -Pole sparring
Black (3 rd level)	-Single Broad Sword vs Staff -Sword sparring -Left hand staff

Black
(4th level)

Tiger and Leopard form
-Double Tornado Sword

Red
(1st level)

-Tiger and Crane form
-Three sectional staff

Red
(2nd level)

-Three section staff vs staff
-Double tiger hook sword

Red
(3rd level)

-Nine rings long sword (Pu Dao) -Tiger fork
-Five animals and five elements form

Red
(4th level)

-Plum flower spear -Spear vs nine rings long sword

Gold

-Nine sections chain whip
-Straight sword

Yellow Sash

Warm up exercise

Stretching

- Sit down center stretch
- Sit down side stretch
- Drop down stance stretch

Eight stances

- Horse stance - Front stance - Cat stance
- Cross stance - Hanging stance - Kneeling stance
- Drop stance - Triangle stance

1st level kicks

- Front snap kick - Front push kick - Side push kick -Nail kick

Hand techniques

- Horse stance punch - Back fist - Upper cut - downward swing
- Turning punch - Stepping side punch - Stepping forward punch
- Stepping backward punch - Stepping Lok Chu
- Stepping side Pow chu

Jumps

- Jump forward - Jump backward - Jump sideways - Spin around jump

Falling Techniques

- Back fall -Side fall -Front fall

Breathing exercise

- Dynamic punch - Sideway push - Circular push
- Butterfly palm push - Horse stance side push

Tiger Form

* Rank test will be given every two months.
Please register two weeks before test date.
Visit our website for testing dates.

Orange Sash

Conditioning exercise

- Horse stance (2 min)
- Push up (20)
- Sit up (20)
- Arm blocks
- Cat stance grab
- Calf conditioning

Stretching

- Front split
- Side split
- Front stretch kick
- Side stretch kick

Iron wire form

- Section 1

2nd level kicks

- Hook kick - Outside sweep - Inside sweep
- Skip side kick - Skip hook kick - Skip nail kick

Hand techniques

- Horse stance block punch - Single tiger claw
- Stepping diagonal Pow Chu - Stepping diagonal Cup Chu
- Stepping high block side palm - Kick punch combination

Pad drills

- Squad punch - Stepping punch
- Stepping snap kick - Stepping push kick - Stepping nail kick

Sparring form

Sub Dook Sau form

Purple Sash

Conditioning exercise

- Horse stance (3 min)
- Push up (30)
- Sit up (30)
- Jump rope (100)

3rd level kicks

- Front jump kick
- Double jump kick
- Spin hook kick
- Spin back kick

Iron Wire form

- Section 2

Advanced falling techniques

- Stand up back fall - Stand up side fall
- Stand up front fall - Front roll

Hand techniques

- Horse stance side whip - Stepping upper cut
- Front stance Sow Chu - Horse stance side Fak Sau
- Horse stance Pow Chu with guard hand

Sparring drills

Sau Hung form

Green Sash

Conditioning exercises

- Running jump front kick
- Running double kick
- Jump rope (200)
- Kick to calf
- Kick to thigh
- Kick to shoulder

Kicks

- Jump outside sweep
- Jump inside sweep
- Jump side kick
- Jump hook kick
- Tornado kick

Sparring drills

- Double hand block high nail kick
- Catch nail kick (mid section)
- Sweep away front kick, follow with kick to calf

Iron Wire form

- Section 3

Basic baton

- Figure eight
- Basic drill

Advanced baton

- Eight directions striking drills
- Two person form

Hand techniques

- Mantis claw - Thrusting punch - Chop punch
- Jump forward palm strike - Side sweep mantis claw

Bonk Bo Mantis form

Blue Sash

Cardio exercise

- Frog jump
- Spider crawl
- Knee (1min)

Kicks

- Jump spinning back kick
- Jump spinning hook kick
- Jump spinning outside sweep kick

Kick combinations

- Nail, nail, spin back - Front push, nail, spin back

Iron Wire form

- Section 4

Knives fighting drills

Flying Mantis form

Basic staff techniques

- Horse stance downward strike
- Horse stance thrust
- Front stance downward strike
- Front stance upper cut
- Turning elbow strike
- Cat stance upper pick
- Cat stance low sweep, high strike
- Drop down stance floor strike
- Forward figure eight
- Reverse figure eight

Jow Ga double end pole form

Basic cymbal

- Hand form cymbal

Brown Sash

Cardio and stretching exercise

- Jump rope
- Front stretch kick and side stretch kick
- Frog jump, spider claw
- Knee exercise
- Horse stance with bar (3min)

Kicks

- Butterfly kick
- Scissors kick
- Front ground sweep
- Reverse ground sweep
- Kick up

Elbow and knee techniques

- Cross elbow
- Diagonal downward elbow
- Side elbow
- Forward knee
- Side knee
- Jump thrust knee

Iron Wire form

- Section 5

Light contact sparring

Staff vs. staff form

Left hand Tiger form

Basic drum

- Hand form drum

Strength exercise

- Heavy pole
- Metal ball
- Squat with weight

Long pole exercise

- Five pole techniques
- Front thrust
- Press down
- Wrist up and down

Advanced kick combinations

- Nail kick low, then high nail kick with same leg
- Side kick, jump side kick
- Side kick, hook kick, then high nail kick with same leg

Iron Wire form

- Section 5

Light sparring

- Hands and legs
- Grab and hold

Throws

- Hip throw
- Extended leg hip throw

Hand techniques

- Elbow, thrust, back fist, upper cut
- Four direction kneeling strikes

Man Chi form

Lion Cymbal (option)

Black Sash 1st level

Warm up

- All kicks (1min.)
- Tiger form with weight

Long pole techniques

- Bil Gwan - Til Gwan -Dan Gwan -Huen Gwan
- Soo Gwan -Larn Gwan

Lok Dim Boon Kwan

- Long pole form

Sword techniques

- Forward roll upper cut
- Reverse roll pull back
- Downward figure eight
- Upward figure eight
- Jump and spin
- Jump side kick and thrust
- Tornado kick with drop down slash

Wind sword form

Throws

- Double leg grab
- Under arm throw

Light sparring with throws

Basic Lion Drum (option)

- Three star drum
- Five star drum

Black Sash 2nd level

Pole techniques

- Horse stance thrust
- Horse stance downward strike
- Spin around kneeling upward thrust
- Sweep, press and thrust

Eight Diagram pole form

Pole sparring

Dai Fook Fu Form – Big tiger form

Light sparring with knees, elbows and throws

Advanced Drum (option)

- Seven star drum
- Thunder drum
- Big drum

Black Sash 3rd level

Left hand pole techniques

- Forward horizontal strike - Reverse horizontal strike
- Pull up, downward strike, thrust - Fishing pole
- Spin and kneeling upward thrust

Left hand pole form

Sword sparring

Advanced drum (option)

- Complete drum for lion dance (3min.)

Black Sash 4th level

Tiger and Leopard form

Double tornado sword form

Tiger form

- Blind fold

Red Sash 1st level

Tiger and Crane form

Three Sectional Staff

Iron Wire Fist form

- with weight

Pole targets

- Ground target

- Paper target

Red Sash 2nd level

Double Tiger Hook

Three Sections Staff vs Staff

Red Sash 3rd level

Weapon sparring

- Double sword vs Staff

Reviews forms

- 2 hand forms before 2nd level

- 2 weapon forms before 2nd level

Red Sash 3rd level

Nine Rings Long Sword

Five Animals & Five Elements form

Tiger Fork

Red Sash 4th level

Heavy chain training

- Forward swing
- Figure eight
- Reverse figure eight

Plum Flower Spear form

Spear vs. Nine Ring Sword

Review forms

- 2 hand forms before red 3rd level
- 2 weapon forms before red 3rd level

Gold Sash

Nine sections chain whip form

Straight Sword

Final test

- Hand forms
- Weapon forms
- Sparring skills
- Teaching skills

Instructor certification program

Student who wish to participate in the instructor certification program must have a brown sash or higher. Please contact Sifu to apply.

Referral program

We would like your help in spreading the word about the benefits of our martial arts programs.

Pricing

Individual

3 months - \$215

6 months - \$375

12 months - \$685

Family of 2

3 months - \$299

6 months - \$495

12 months - \$935

Schedule

Monday & Wednesday

6:00pm – 7:00pm

Saturday

12noon – 1pm

Testing and promotion

Rank test will be given every two months.

Please register two weeks before test date. Testing fee \$35

Visit our website for testing dates.