

# CHOY LI FUT JUNIOR RANKING SYSTEM

## RED SASH (NO FRINGE)

1. BASIC STANCES  
SEI-PING-MA, DING-JI-MA, DIU-MA,  
NAU-MA, LOK-QUEI-MA
2. BASIC PUNCHES  
TSOP, JONG, KWA, KUP, SOW  
BASIC KICKS  
FRONT, SIDE, ROUNDHOUSE
3. BASIC BLOCKS  
GA, PEET, KWUN-KIU,  
YEUNG-KIU, JOP-SAU

## WHITE FRINGE

1. SIU JIN KUEN - PEK-CHUI
2. SIU JIN KUEN - PING-JANG
3. SIU JIN KUEN - COMPLETE

## YELLOW FRINGE

1. SIU PAU KUEN - TSANG-JEUNG
2. SIU PAU KUEN - COMPLETE
3. JAU SANG MA

## ORANGE FRINGE

1. FIVE WHEEL FIST - WOK-DIK-YAK
2. FIVE WHEEL FIST - COMPLETE
3. CHOP PATTERN

## GREEN FRINGE

1. SIU MUI FA STAFF - COMPLETE
2. WALL BAG SET - R. DOT-CHUI
3. WALL BAG SET- COMPLETE

## BLUE FRINGE

1. SIU SUP JI KUEN
2. DOUBLE DAGGERS
3. FIVE WHEEL HORSE

## PURPLE FRINGE

1. TWO PERSON STAFF - SIDE 1
2. TWO PERSON STAFF - SIDE 2
3. SIU MUI FA
4. TIGER VS LEOPARD - TIGER
5. TIGER VS LEOPARD - LEOPARD

## RED FRINGE (JR. BLACK SASH)

1. 9 STAR BLOCKING
2. MUI FA BROADSWORD
3. YEE JONG BOT GWA

## BROWN FRINGE

1. LONG FIST
2. BOT GWA BUTTERFLY KNIVES
3. FUT SAN SUP JI KUEN
4. CHAU SOT STAFF
5. SUP JI JIT FU KUEN

## BLACK SASH

*\*BEGIN TRAINING AT RED FRINGE LEVEL  
ON ADULT CHOY LI FUT CURRICULUM*