

Shaolin Kung Fu Fundamental Training

Category	Fundamental Checklist	
LONGFIST STANCES	ma bu (horse stance)	
	deng shan bu (mountain climbing stance)	
	si liu bu (4/6 stance)	
	fu hu bu (tame the tiger stance)	
	tun bu (swallow stance)	
	jin ji du li (golden rooster stands on one leg)	
	xuan ji bu/ shi Bu (false stance)	
	zao pan bu (siting on crossed legs stance)	
	qi lin bu (unicorn stance)	
	zao dun (resting or squatting stance)	
WHITECRANE STANCES	he ma bu (crane horse stance)	
	qi xing bu (7 star stance)	
	he du li shi (crane stands on one leg)	
	he zao pan bu (crane crossed leg stance)	
	he Xiu Bu (crane false stance)	
	he gui shi (crane kneels down)	
	he pu bu (crane squatting stance)	
KICKS	toe Kick (Ti twe)	
	slap kick (Pai Twe)	
	front heel kick (deng twe)	
	ramble kick (lu twe)	
	external crescent (wai bai twe)	
	internal crescent (nei bai twe)	
	side heel kick (Ce deng twe)	
	front Press Kick (Ding twe)	
	side Press Kick (Ce zu ding)	
	side toe kick (Ce Ti Twe)	
STRIKES	flat punch (ping chuan)	
	half punch (li chaun)	
	palm strike (zhang zhi)	
	uppercut (shang gao chuan)	
	hook punch (gao chuan)	
	side cut (heng ce)	
	backfist (beng chuan)	

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BLOCK/PUNCH COMBOS	circle block & punch	
	upper block & punch	
	circle block & inside forearm strike	
	circle block & hammer strike	
WHITE CRANE BLOCKS	cover	
	repel	
	downward file	
	low hook	
STEPPING	crab walk	
	slip step	
	full step	
	crescent step	
	triangle step	
	hopping forward, back and sideways	
	jumping forward, back and sideways	
	jump step	
TAN TUI	tan tui #1	
	tan tui #2	
	tan tui #3	
CHIN NA	coiling	
	plucking	
	grabbing	
SHAUI	Rooting	
	Rotating	
	Coiling	
	Hiding centre	
	Controlling centre	