


WAH LUM KUNG FU LITTLE MANTIS PROGRAM (MEMBERS HANDBOOK)



TEST POLICY

To keep your child learning and progressing, we require a periodical evaluation. The test will consist of a verbal portion of simple questions as well as a physical demonstration of the movements and basics in their level. This gives a Sifu one on one time with your child and allows them to ensure they are progressing.

Instructors will determine when your child is ready for testing. Testing is \$15 for all levels except the Mantis graduation test which is \$20, payable prior to the test date. Upon passing, your child will receive a certificate and you will have the opportunity to take a photo of them receiving it.

LITTLE MANTIS CURRICULUM

LM 15 - Kung Fu Panda	LM 14 – Kung Fu Monkey	LM 13 – Kung Fu Tiger
<u>Kung Fu</u> Yi-Bei, Sow, and Hoy Ma Kung Fu Bow	<u>Kung Fu</u> Bai Fut Sow Elbow To Toe Straight Leg Kicking Cut Eyebrow Kicking Forward Bend Iron Bridge Side To Side Splits Straight Punching Grab Side Punch Locking Hands	<u>Kung Fu</u> 8 Basic Stances fwd English
<u>Exercises</u> Power Position Duck Walking Crab Walking Monkey Walking Frog Jumping Panda Bear Crawl Rabbit		<u>Exercises</u> Golden Chicken March One Leg Jumping (Both) Side Step Skipping Kneeling walk Inchworm Tiger Crawl Scorpion Walking Backward Running
<u>Questions: 1-2</u>	<u>Questions: 1-5</u>	<u>Questions: 1-6</u>
		

<p style="text-align: center;">LM 12 – Kung Fu Dragon</p> <p style="text-align: center;"><u>Kung Fu</u></p> <p>8 Basic Stances backward in English</p> <p style="text-align: center;"><u>Exercises</u></p> <p>Egg Rolls Log Roll both directions Side Roll Plank Bird-Dog Holds</p> <p><u>Questions: 1-11</u></p> 	<p style="text-align: center;">PW 11 – Kung Fu Mantis</p> <p style="text-align: center;"><u>Kung Fu</u></p> <p>8 Chain Punch Basic Form 8 Basic Stances Chinese</p> <p>All material from other levels</p> <p><u>Questions: 1-13</u></p> 
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TEST QUESTIONS

1. What is the meaning of the word Sifu?
Answer: Instructor, teacher.
2. What is the meaning of the word Si-Jye and SiHing?
Answer: Older kung fu sister and brother
3. What is the meaning of Kung Fu?
Answer: Hard Work
4. What is the name of your kung fu style?
Answer: Wah Lum Kung Fu

5. What are the characters on the altar?

Middle: Foh Gee Do Jun (Control)

Right side: Jeen Jo, Jeen See, Jeen Gaau Do (Respect Grand Master, Respect Sifu, Respect Teachings)

Left side: Hok Yan, Hok Yi, Hok Kung Fu (Learn Kindness, Learn Fellowship, Learn Hard Work)

Top: Wah Lum Pai (Wah Lum System)

6. Count to 10 in Chinese:

Answer: yat, yee, samm, sei, umm, luk, chut, baat, gau, sap

7. What is the name of the Grandmaster?

Answer: Grandmaster P. Chan

8. Why do we bow to the altar?

Answer: To pay respect to past masters that taught Wah Lum Kung Fu

9. What does Yi-Bei, Sow, and Hoy Ma mean?

Answer: Start , Finish, Open Stance

10. Name 1 of each: Sifu - Si-Jye - Si-Hing

Answer: Based on child's response

11. 8 Basic Stances: Riding Horse Stance (HS), Hill Climbing HS, Lady HS, Cat HS, 7 Star HS, Crushed HS, Kneeling HS, Butterfly HS

12. 8 Basic Stances: Sei Ping ma, Dang saan ma, lui gee ma, dio ling ma, chat sing ma, baai ma, gwai ma, woo dip ma

13. Why do you study kung fu?

Answer: Based on child's response