

少林白龍功夫 Intermediate Test 1.



1. 18 Lohan Form
2. Horse, bo, cat, dragon stance 120 seconds.
3. 100 side kicks in 2 minutes.
4. 100 round house kicks
5. 75 push ups in 2 minutes

Self Defense

1. #1 Raise the shield and strike with the fist
2. #2 Strike up to the jaw and attack the flank.
3. #3 Tiger parts the grass and attacks the flank.

Signature:

少林白龍功夫 Intermediate Test 2.



1. 18 Lohan Form
2. Horse, bo, cat, crane, stance 120 seconds.
3. 100 front kicks in two minutes
4. 75 push ups in 90 seconds.
5. 75 sit ups in two minutes.

Self Defense

1. Strike the belly and pop the beek, grab the arm, stab the armpit, step up and smash the flank with elbow.
2. Close the iron gate, strike with Phoenix eye to floating ribs, crane spreads wings, smash the fruit on the knee, and strike with fist.