



RANKING SYSTEM (SELECTED FORMS)

BEGINNER LEVEL 1 (WHITE)

- Form 1: Baht Da Ma Bu (Eight Basic Stances)
- Form 2: Tuit Dzeen (Release Battle)
- Form 3: Sup Tzee Dzeen (Cross Pattern Battle)
- Form 4: Gung Lik Kuen (Strength Building)
- Form 5: Form 1: Dai Fahn Tseh (Big Windmill)
- Form 6: Da Saam Sing (Three Star Blocking Partner)

BEGINNER LEVEL 2 (YELLOW)

- Form 1: Sup Say Lo Kuen (Basic Fourteen)
- Form 2: Bung Bo (Avalanche Steps)
- Form 3: Tsahp Tchoy (Stabbing Fist)
- Form 4: Sup Baht Sao (Eighteen Ancestors)
- Form 5: Ung Long Gwun (Fifth Brother Double-End Staff)
- Form 6: Toe Fah Sahn (Peach Flower Blooming Partner)

INTERMEDIATE LEVEL 1 (GREEN)

- Form 1: Bahk Yuen Tao Tow (White Ape Steals the Peach)
- Form 2: Dai Gah Sik (Large Motion)
- Form 3: Bahk Yuen Tchut Dhong (White Ape Exits the Cave)
- Form 4: Pek Gwa Dahn Dao (Pek Gwa Style Single Sabre)
- Form 5: Daw Ghong (Avoiding Rigidity)
- Form 6: Pahk Awn (Strike and Press Partner)

INTERMEDIATE LEVEL 2 (BLUE)

- Form 1: Say Lo Bun Da (Four Directional Chase and Attack)
- Form 2: Hahk Fu Gow Tsah (Black Tiger Intercepting)
- Form 3: Siew Gah Sik (Small Motion)
- Form 4: Ung Fu Churng (Five Tigers Spear)
- Form 5: Ung Hung Dahn Doe (Five Elements Single Sabre)
- Form 6: Ling Bung Bo (Understanding Avalanche Steps)

ADVANCED LEVEL 1 (GRAY)

- Form 1: Siew Fahn Tseh (Small Windmill)
- Form 2: Mui Fah Lawk (Descending Plum Flower)
- Form 3: Mui Fah Kuen (Plum Flower Fist)
- Form 4: Mui Fah Sao (Plum Flower Hand)
- Form 5: Yao Ling (Flexible and Agile)
- Form 6: Look Hup Surng Doe (Six Harmonies Double Sabres)

ADVANCED LEVEL 2 (BLACK)

- Form 1: Yeen Tsing Dahn Doe (Green Swallow Single Sabre)
- Form 2: Tong Long Tchut Dhong (Praying Mantis Exits the Cave)
- Form 3: Tong Long Tao Tow (Praying Mantis Steals the Peach)
- Form 4: Lahn Dzeet (Intercepting)
- Form 5: Fu May Sahn Dzeet Gwun (Tiger's Tail Three-Sectional Staff)
- Form 6: Fu Tao Surng Ngao (Tiger Head Double Hook-Swords)

INSTRUCTOR LEVEL

- Form 1: Yut Lo Zhaat Yew (First Essential)
- Form 2: Yee Lo Zhaat Yew (Second Essential)
- Form 3: Sahn Lo Zhaat Yew (Third Essential)
- Form 4: Gwun Jung Dai Doe (Two-Handed Sabre)
- Form 5: Leen Wahn Gum Tow (Linked Flamboyant Sets)
- Form 6: Mui Fah Churng (Plum Flower Spear)

GRADUATE LEVEL

- Form 1: Fay Ngahn Jurng (Flying Geese Palm)
- Form 2: Lawk Ying Jurng (Diving Eagle Palm)
- Form 3: Dzee Ung Geem (Meridian [High-Noon] Sword)
- Form 4: Juey Law Hawn (Drunken Monk)
- Form 5: Wudang You Long Jian (Traveling Dragon Sword)
- Form 6: Law Hawn Gung (Internal Power)