

Plum Blossom International Federation
梅花蔡李佛太極國際聯盟總會
Choy Li Fut Ranking System

BEGINNER I (<i>Red Sash/ No Fringe</i>) 1. Basic Stances 2. Basic Punches & Kicks 3. Basic Blocks	INTERMEDIATE III (Blue Fringe) 1. Fut San Sup Ji Kuen 2. 2 Person Staff 3. Hung Sing Long Fist Form *Sparring/Takedowns/JointLocks*
BEGINNER II (<i>White Fringe</i>) 1. Jau Sang Ma 2. Small Arrow Fist Form 3. Small Leopard Hand Form	ADVANCED I (<i>Purple Fringe</i>) 1. Yee Jong Bot Gwa Kuen 2. Butterfly Knives Form 3. Sup Ji Jit Fu Kuen *Push Hands/Pressure Points*
BEGINNER III (<i>Yellow Fringe</i>) 1. 5 Wheel Horse 2. 5 Wheel Fist 3. 9 Star Blocking	ADVANCED II (<i>Red Fringe</i>) 1. Single-Double end Staff 2. Small Five Animal Form 3. Empty Hands vs. Double Daggers Form
INTERMEDIATE I (<i>Orange Fringe</i>) 1. Wall Bag Set 2. Small Cross Pattern Form 3. Chau Sot Single-Ended Staff	ADVANCED III (<i>Brown Fringe</i>) Sup Ji Kau Da Kuen *1st Stripe: 2 Person II; Spear Form *2nd Stripe: Horse Bench; Ping Keun *3rd Stripe: Don Do vs Spear; Seung Do *4th Stripe: Seung Do vs Spear; Bok Mo Kuen *5th Stripe: Fan; 5 Animals; 2 Person Weapon
INTERMEDIATE II (<i>Green Fringe</i>) 1. Small Plum Blossom Hand Form 2. Mui Fa Don Do Form 3. Tiger vs. Leopard Two Person Form	SENIOR (<i>Black Fringe</i>) Bot Gwa Hand Forms; Internal Hand Forms; Lohan Forms; Horse Chopper Knife Form; Fan Forms; 3 Sectioned Staff Form; Hookswords Form; 13 L-R Lance Spear Form; Trident Forms; Wooden Dummy; Double Chain Whips; Kwan Do Forms; Individual Animal Forms; Advance 2 Person Hand & Weapon Forms * More Advanced Forms With Grandmaster Doc-Fai Wong

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