

**TRADITIONAL
Little Dragons 4-5
Hand Forms**

101	Beginner boys
102	Beginner girls
104	Advanced boys
105	Advanced girls
Weapon Forms	
107	Beginner boys long
108	Beginner girls long
110	Beginner boys short
111	Beginner girls short
113	Adv. boys long
114	Adv. girls long
116	Adv. boys short
117	Adv. girls short

**Kids 6-8
Hand Forms**

119	Novice boys
120	Novice girls
122	Beginner boys
123	Beginner girls
125	Intermed. boys
126	Intermed. girls
128	Advanced boys
129	Advanced girls
Weapon Forms	
131	Novice boys long
132	Novice girls long
134	Novice boys short
135	Novice girls short
137	Beginner boys long
138	Beginner girls long
140	Beginner boys short
141	Beginner girls short
143	Intermed. boys long
144	Intermed. girls long
146	Intermed. boys short
147	Intermed. girls short
149	Intermed. boys other
150	Intermed. girls other
152	Adv. boys long
153	Adv. girls long
155	Adv. boys short
156	Adv. girls short
158	Adv. boys other
159	Adv. girls other

**Juniors 9-12
Hand Forms**

161	Novice boys
162	Novice girls
164	Beginner boys
165	Beginner girls
167	Intermed. boys
168	Intermed. girls
170	Advanced boys
171	Advanced girls
Weapon Forms	
173	Novice boys long
174	Novice girls long
176	Novice boys short
177	Novice girls short
179	Beginner boys long
180	Beginner girls long

**TRADITIONAL
Juniors ages 9-12
Weapon Forms**

182	Beginner boys short
183	Beginner girls short
185	Intermed. boys long
186	Intermed. girls long
188	Intermed. boys short
189	Intermed. girls short
191	Intermed. boys other
192	Intermed. girls other
194	Adv. boys long
195	Adv. girls long
197	Adv. boys short
198	Adv. girls short
200	Adv. boys other
201	Adv. girls other

**Teens 13-17
Hand Forms**

203	Novice boys
204	Novice girls
206	Beginner boys
207	Beginner girls
209	Intermed. boys
210	Intermed. girls
212	Advanced boys
213	Advanced girls

Weapon Forms

215	Novice boys long
216	Novice girls long
218	Novice boys short
219	Novice girls short
221	Beginner boys long
222	Beginner girls long
224	Beginner boys short
225	Beginner girls short
227	Intermed. boys long
228	Intermed. girls long
230	Intermed. boys short
231	Intermed. girls short
233	Intermed. boys other
234	Intermed. girls other
236	Adv. boys long
237	Adv. girls long
239	Adv. boys short
240	Adv. girls short
242	Adv. boys other
243	Adv. girls other

**Adults 18-35
Hand Forms**

245	Novice men
246	Novice women
248	Beginner men
249	Beginner women
251	Intermed. men
252	Intermed. women
254	Adv. Northern long fist men
255	Adv. Northern long fist women
257	Adv. Northern other men
258	Adv. Northern other women
260	Adv. Southern long hand men
261	Adv. Southern long hand women
263	Adv. Southern short hand men
264	Adv. Southern short hand women

**TRADITIONAL
Adults 18-35
Weapon Forms**

266	Novice men
267	Novice women
269	Beginner men long
270	Beginner women long
272	Beginner men short
273	Beginner women short
275	Intermed. men long
276	Intermed. women long
278	Intermed. men short
279	Intermed. women short
281	Intermed. men other
282	Intermed. women other
284	Adv. Northern men long
285	Adv. Northern women long
287	Adv. Northern men short
288	Adv. Northern women short
290	Adv. Northern men other
291	Adv. Northern women other
292	Adv. Southern men long
294	Adv. Southern women long
296	Adv. Southern men short
297	Adv. Southern women short
299	Adv. Southern men other
300	Adv. Southern women other

**Adults 36-45
Hand Forms**

302	Beginner men
303	Beginner women
305	Intermed. men
306	Intermed. women
308	Advanced men
309	Advanced women

Weapon Forms

311	Beginner men long
312	Beginner women long
314	Beginner men short
315	Beginner women short
317	Intermed. men long
318	Intermed. women long
320	Intermed. men short
321	Intermed. women short
323	Intermed. men other
324	Intermed. women other
326	Adv. men long
327	Adv. women long
329	Adv. men short
330	Adv. women short
332	Adv. men other
333	Adv. women other

**Adults 46 & over
Hand Forms**

335	Beginner men
336	Beginner women
338	Intermed. men
340	Intermed. women
342	Advanced men
343	Advanced women
Weapon Forms	
345	Beginner men long
346	Beginner women long

**TRADITIONAL
Adults 46 & over
Weapon Forms**

348	Beginner boys short
349	Beginner women short
351	Intermed. men long
352	Intermed. women long
354	Intermed. men short
355	Intermed. women short
357	Intermed. men other
358	Intermed. women other
360	Adv. men long
361	Adv. women long
363	Adv. men short
364	Adv. women short
366	Adv. men other
367	Adv. women other

**WUSHU
Wushu Kids 8 & under
Hand Forms**

410	Beginner boys
411	Beginner girls
413	Intermed. boys
414	Intermed. girls
416	Advanced boys
417	Advanced girls

Weapon Forms

419	Beginner boys long
420	Beginner girls long
422	Beginner boys short
423	Beginner girls short
425	Intermed. boys long
426	Intermed. girls long
428	Intermed. boys short
429	Intermed. girls short
431	Intermed. boys other
432	Intermed. girls other
434	Adv. boys long
435	Adv. girls long
437	Adv. boys short
438	Adv. girls short
440	Adv. boys other
441	Adv. girls other

**Wushu Juniors 9-12
Hand Forms**

443	Beginner boys
444	Beginner girls
446	Intermed. boys
447	Intermed. girls
449	Advanced boys
450	Advanced girls
Weapon Forms	
452	Beginner boys long
453	Beginner girls long
455	Beginner boys short
456	Beginner girls short
458	Intermed. boys long
459	Intermed. girls long
461	Intermed. boys short
462	Intermed. girls short
464	Intermed. boys other
465	Intermed. girls other
467	Adv. boys long
468	Adv. girls long

**WUSHU
Wushu Juniors 9-12
Weapon Forms**

470	Adv. boys short
471	Adv. girls short
473	Adv. boys other
474	Adv. girls other

**Wushu Teens 13-17
Hand Forms**

476	Beginner boys
477	Beginner girls
479	Intermed. boys
480	Intermed. girls
483	Advanced boys
484	Advanced girls

Weapon Forms

486	Beginner boys long
487	Beginner girls long
489	Beginner boys short
490	Beginner girls short
492	Intermed. boys long
493	Intermed. girls long
495	Intermed. boys short
496	Intermed. girls short
498	Intermed. boys other
499	Intermed. girls other
501	Adv. boys long
502	Adv. girls long
504	Adv. boys short
505	Adv. girls short
507	Adv. boys other
508	Adv. girls other

**Wushu Adults 18 & over
Hand Forms**

510	Beginner men
511	Beginner women
513	Intermed. men
514	Intermed. women
516	Adv. men Chang Quan
517	Adv. women Chang Quan
519	Adv. men Nan Quan
520	Adv. women Nan Quan

Weapon Forms

522	Beginner men long
523	Beginner women long
525	Beginner men short
526	Beginner women short
528	Intermed. men long
529	Intermed. women long
531	Intermed. men short
532	Intermed. women short
534	Intermed. men other
535	Intermed. women other
537	Adv. men long
538	Adv. women long
540	Adv. men short
541	Adv. women short
543	Adv. men other
544	Adv. women other

CHI SAO

765	Men
766	Women

**TAI CHI
Tai Chi Hand Forms
Adults 18-45**

550	Beginner men short
551	Beginner women
553	Intermed. men Chen style
554	Intermed. women Chen style
556	Intermed. men Yang style
557	Intermed. women Yang style
559	Intermed. men Wu style
560	Intermed. women Wu style
562	Intermed. men other style
563	Intermed. women other style
565	Adv. men Chen style
566	Adv. women Chen
568	Adv. men Yang style
569	Adv. women Yang style
571	Adv. men Wu style
572	Adv. women Wu style
574	Adv. men other style
575	Adv. women other style

Weapon Forms

577	Beginner men
578	Beginner women
580	Intermed. men sword
581	Intermed. women sword
583	Intermed. men other weapon
584	Intermed. women other weapon
586	Adv. men sword
587	Adv. women sword
589	Adv. men other weapon
590	Adv. women other weapon

**Tai Chi Hand Forms
Adults 46 & over**

592	Beginner men
593	Beginner women
595	Intermed. men Chen style
596	Intermed. women Chen style
598	Intermed. men Yang style
599	Intermed. women Yang style
601	Intermed. men Wu style
602	Intermed. women Wu style
604	Intermed. men other style
605	Intermed. women other style
607	Adv. men Chen style
608	Adv. women Chen
610	Adv. men Yang style
611	Adv. women Yang style
613	Adv. men Wu style
614	Adv. women Wu style
616	Adv. men other style
617	Adv. women other style

Weapon Forms

619	Beginner men
620	Beginner women
622	Intermed. men sword
623	Intermed. women sword
625	Intermed. men other weapon
626	Intermed. women other weapon
628	Adv. men sword
629	Adv. women sword
631	Adv. men other weapon
632	Adv. women other weapon

**TAI CHI
*Tai Chi 24 Hand Form**

634	Beginner men
635	Beginner women
637	Intermed. men
638	Intermed. women
640	Adv. men
641	Adv. women

***Tai Chi 32 Straight Sword**

643	Beginner men
644	Beginner women
646	Intermed. men
647	Intermed. women
649	Adv. men
650	Adv. women

**OTHER INTERNAL STYLES
Xing Yi**

652	Beginner men hand
653	Beginner women hand
655	Intermed. men hand
656	Intermed. women hand
658	Intermed. men weapons
659	Intermed. women weapons
661	Adv. men hand
662	Adv. women hand
664	Adv. men weapons
665	Adv. women weapons

Bagua

667	Beginner men hand
668	Beginner women hand
670	Intermed. men hand
671	Intermed. women hand
673	Intermed. men weapons
674	Intermed. women weapons
676	Adv. men hand
677	Adv. women hand
679	Adv. men weapons
680	Adv. women weapons

Liuhe Bafa

682	Beginner men hand
683	Beginner women hand
685	Intermed. men hand
686	Intermed. women hand
688	Adv. men hand
689	Adv. women hand
691	Adv. men sword
692	Adv. women sword

PARTNER FORMS

770	Beginner hand
771	Intermed. hand
772	Advanced hand
773	Beginner weapons
774	Intermed. weapons
775	Advanced weapons

**PUSH HANDS (18 +)
Fixed Step**

700	Men < 145 lbs
701	Men 145-175 lbs
702	Men 176-205 lbs
703	Men > 205 lbs
704	Women < 125 lbs
705	Women 125-150 lbs
706	Women > 150 lbs

**PUSH HANDS (18 +)
Restricted Step**

707	Men < 145 lbs
708	Men 145-175 lbs
709	Men 176-205 lbs
710	Men > 205 lbs
712	Women < 125 lbs
713	Women 125-150 lbs
714	Women > 150 lbs

Free Style

715	Men < 145 lbs
716	Men 145-175 lbs
717	Men 176-205 lbs
718	Men > 205 lbs
719	Women < 125 lbs
720	Women 125-150 lbs
720	Women > 150 lbs

**CONTINUOUS SPARRING
Kids 8 & under**

725	Beginner boys
726	Beginner girls
727	Intermed. boys
728	Intermed. girls
729	Adv. boys
730	Adv. girls