

TIAN YI FOUNDATION

MOVEMENT • BALANCE • WELLNESS

Youth Wushu Development Program Curriculum

青少年武术发展课程体系

A progressive curriculum in knowledge, fundamentals, athleticism, discipline, character development, and Wushu performance.

This curriculum is designed to develop well-rounded young martial artists through progressive training in knowledge, fundamentals, athleticism, discipline, and character development. Students advance through structured categories that build upon one another, creating a foundation for recreational practice, personal growth, and competitive Wushu performance.

Category 1: Oral Knowledge (理论知识)

Students learn the history, terminology, etiquette, values, and expectations of Wushu training.

- Student Creed (学员誓词)
- Class Rules (课堂规则)
- Respect and Etiquette (礼仪与尊重)
- What is Wushu? (什么是武术)
- History of Chinese Martial Arts (中国武术历史)
- Training Safety (训练安全)
- Goal Setting (目标设定)
- Sportsmanship (体育精神)
- Competition Etiquette (比赛礼仪)
- Basic Chinese Terminology (基础中文术语)
- Training Objectives (训练目标)
- Character Development (品格培养)
- Discipline (纪律)
- Respect (尊重)
- Leadership (领导力)
- Personal Responsibility (个人责任)

Category 2: Stances (步型 - Bu Xing)

Stances form the foundation of all Wushu movement.

- Horse Stance (马步 - Ma Bu)
- Bow Stance (弓步 - Gong Bu)
- Empty Stance (虚步 - Xu Bu)
- Drop Stance (仆步 - Pu Bu)
- Rest Stance (歇步 - Xie Bu)
- Cat Stance (猫步 - Mao Bu)
- One-Leg Balance Stance (独立步 - Du Li Bu)
- Training Objectives: Balance (平衡), Stability (稳定性), Leg Strength (腿部力量), Proper Alignment (身体结构), Mobility (灵活性)

Category 3: Hand Techniques (手法 - Shou Fa)

Students develop correct hand shapes, striking mechanics, blocking skills, coordination, speed, and power generation.

- Basic Hand Shapes (基本手型): Fist (拳 - Quan), Palm (掌 - Zhang), Hook Hand (勾手 - Gou Shou)
- Straight Punch (冲拳 - Chong Quan)
- Vertical Punch (立拳 - Li Quan)
- Back Fist (砸拳 - Za Quan)
- Palm Strike (掌击 - Zhang Ji)
- Palm Push (推掌 - Tui Zhang)
- Palm Chop (劈掌 - Pi Zhang)
- Uppercut (上勾拳 - Shang Gou Quan)
- Hammer Fist (锤拳 - Chui Quan)
- Elbow Strike (肘击 - Zhou Ji)
- Inside Block (内格挡 - Nei Ge Dang)
- Outside Block (外格挡 - Wai Ge Dang)
- Rising Block (上格挡 - Shang Ge Dang)
- Downward Block (下格挡 - Xia Ge Dang)
- Bow Stance Punch (弓步冲拳 - Gong Bu Chong Quan)
- Horse Stance Punch (马步冲拳 - Ma Bu Chong Quan)
- Triple Punch (三冲拳 - San Chong Quan)
- Spring Leg Punch (弹腿冲拳 - Tan Tui Chong Quan)
- Training Objectives: Proper Punching Mechanics, Waist Rotation, Coordination, Speed, Power Generation

Category 4: Kicks (腿法 - Tui Fa)

Students develop flexibility, leg control, kicking mechanics, balance, and progressive power.

- Slap Kick (拍脚 - Pai Jiao)
- Front Stretch Kick (正踢腿 - Zheng Ti Tui)
- Outside Stretch Kick (外摆腿 - Wai Bai Tui)

- Outside Slap Kick (外摆拍脚 - Wai Bai Pai Jiao)
- Inside Stretch Kick (里合腿 - Li He Tui)
- Inside Slap Kick (里合拍脚 - Li He Pai Jiao)
- Side Stretch Kick (侧踢腿 - Ce Ti Tui)
- Front Snap Kick (弹腿 - Tan Tui)
- Front Thrust Kick (蹬腿 - Deng Tui)
- Side Kick (侧踹腿 - Ce Chuai Tui)
- Roundhouse Kick (鞭腿 - Bian Tui)
- Heel Kick (跟踢腿 - Gen Ti Tui)
- Stomp Kick (跺脚腿 - Duo Jiao Tui)

Category 5: Jumping & Jump Kicks (跳跃与腾空腿法)

Jumping skills are introduced progressively to develop coordination, explosive movement, aerial control, and advanced Wushu athleticism.

- Jump Tuck (团身跳 - Tuan Shen Tiao)
- Jump Front Kick (腾空弹腿 - Teng Kong Tan Tui)
- Jump Split Preparation (腾空分腿基础 - Teng Kong Fen Tui Ji Chu)
- Tornado Kick (旋风脚 - Xuan Feng Jiao)
- Jump Inside Crescent (腾空里合腿 - Teng Kong Li He Tui)
- Jump Outside Crescent (腾空外摆腿 - Teng Kong Wai Bai Tui)
- Butterfly Kick (蝶式 - Die Zi)
- Butterfly Twist (旋子 - Xuan Zi)
- Aerial Preparation (侧空翻基础 - Ce Kong Fan Ji Chu)
- Spinning Jump Kicks (腾空旋转腿法 - Teng Kong Xuan Zhuan Tui Fa)

Category 6: Forms (套路 - Tao Lu)

Forms integrate Wushu fundamentals, movement quality, coordination, athleticism, expression, and performance.

- Basic Combination Form (基础组合套路)
- Foundation Wushu Form (基础武术套路)
- Changquan Fundamentals (长拳基础 - Chang Quan)
- Elementary Competition Form (基础竞赛套路)
- Traditional Long Fist (传统长拳 - Chuan Tong Chang Quan)
- Contemporary Changquan (竞技长拳 - Jing Ji Chang Quan)
- Competition Routines (竞赛套路 - Jing Sai Tao Lu)

- Staff (棍术 - Gun Shu)
- Broadsword (刀术 - Dao Shu)
- Straight Sword (剑术 - Jian Shu)
- Spear (枪术 - Qiang Shu)

Category 7: Conditioning (体能训练 - Ti Neng Xun Lian)

Conditioning develops the strength, stability, mobility, flexibility, endurance, speed, and agility required for safe Wushu practice and performance.

- Push-Ups (俯卧撑 - Fu Wo Cheng)
- Sit-Ups (仰卧起坐 - Yang Wo Qi Zuo)
- Squats (深蹲 - Shen Dun)
- Lunges (弓步蹲 - Gong Bu Dun)
- Plank Holds (平板支撑 - Ping Ban Zhi Cheng)
- Mountain Climbers (登山跑 - Deng Shan Pao)
- Horse Stance Holds (马步定桩 - Ma Bu Ding Zhuang)
- Bow Stance Holds (弓步定桩 - Gong Bu Ding Zhuang)
- Jump Squats (跳蹲 - Tiao Dun)
- Leg Raises (抬腿训练 - Tai Tui Xun Lian)
- Core Stability Training (核心稳定训练 - He Xin Wen Ding Xun Lian)
- Balance Drills (平衡训练 - Ping Heng Xun Lian)
- Flexibility Training (柔韧训练 - Rou Ren Xun Lian)
- Running (跑步 - Pao Bu)
- Sprint Drills (冲刺训练 - Chong Ci Xun Lian)
- Agility Ladder Drills (敏捷梯训练 - Min Jie Ti Xun Lian)
- Shuttle Runs (折返跑 - Zhe Fan Pao)
- Jump Rope (跳绳 - Tiao Sheng)

Suggested Sash Progression (建议缎带等级制度)

White Sash • Yellow Sash • Orange Sash • Green Sash • Blue Sash • Brown Sash • Black Sash
Candidate