

White Belt

Detailed information: more detailed information can be found at <https://www.wuchitaoschool.org>

To pass the White Belt you must display the following:

1. **Mental Quality:** Must be a diligent student.
2. **Personal Qualities:**
 - Clean and tidy body and uniform.
 - Must attend regularly.
 - Train outside of class lessons.
3. **Physical Qualities:** Positioning, all actions must be precise, speed is not as important at this stage.

Before you grade you must have the following

1. A full uniform
2. Attended twenty four classes

Main Requirements

You must be able to SHOW, TELL or EXPLAIN the training of any of the following. For more information see [Grading Information](#)

Chiao's (Bridges)

1. [Yin Hoi](#)
2. [Yin Saye](#)
3. [Yang Hsia](#)
4. [Yang Pa](#)
5. [Yin Pa](#)

Da's (Hits)

1. [Yin Bai](#)
2. [Jhong Bai](#)
3. [Jhong Fa](#)
4. [Jhong Jao](#)
5. [Jhong Li](#)

Ma

1. [Shu Pu](#)
2. [Hsien Pu](#)
3. [Tui Shu Pu](#)
4. [Tui Hsien Pu](#)
5. [Chung Shu](#)
6. [Tui Chung](#)
7. [Lao Ma](#)

Concepts

1. [The Meaning of Wu-Chi Tao](#)
2. [Wu-Hsing](#)
3. [The Four Aspects of Wu-Chi](#)
4. [Kou Tou](#)

Drills

1. Li Song

Yang

Yin



[Jhong Li](#)



[Jhong Fa](#)



[Jhong Jao](#)



[Yang Hsia](#)



Yin Bai

2. [Sān Chiao Da Stepping](#)
3. Anti Grabs, using the following Chiao's.



Yin Saye



Yang Hsia

General Information

1. [Count to 10 in Mandarin Chinese](#)
2. [Use of the WCTIS \(Wu-Chi Tao School\)](#)
3. [School Rules](#)