

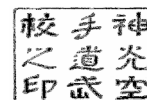
1st Black to 2nd Black 2 Required + 8 Others
(45 Forms)

Yang Style Tai Chi – 64	Yang Tai Chi Chuan	REQUIRED
Classical Pa Kua	Pa Kua Chiang	REQUIRED
Black Tiger -#1 Claws the Heart	He Foo Chon Sin	
Black Tiger -#2 Turns the Body	He Foo Chuan Sen	
Black Tiger -#3 Flips the Body	He Foo Huan Sen	
Black Tiger -#4 Wounded Black Tiger	He Foo Shou Sang	
Children's Long Fist-	Tung H Tze Luo Han Chien	
Dharmo Cane-1st Road Double	Shao Lin Ta Mo Suang Chang	
Dharmo Cane-1st Single	Shao Lin Ta Mo Chang Ti le Lu	
Dharmo Cane-2nd Single	Shao Lin Ta Mo Chang Ti Al Lu	
Plum Mountain Sai	May Sun Tie Tzi	
SCT - 3 Battles – Tiger	San Chan	
SCT - 5 Foundations Fist – Tiger	U Chien	
SCT - Shaking (Jarring) Crane	Chung He	
SCT - Whooping Crane	Ming He Chien	
SCT - Fist of 4 Doors	Se Men Chien	
SCT - 36 Hands	San Se Liu Sou	
SCT - Tiger Chopping Pa Kua Fist	Hu Sing Chanh Kua Chien	
SCT - Tiger Pa Kua Fist	Hu Sing Pa Kua Chien	
SCT - 3 Battles	San Chien	
SCT - Hit 4 Doors	Ta Se Men	
SCT - Joining 8 Steps	Pa Pu Lian	
SCT - Pecking/Eating Crane	Se He Chien	
SCT - Tiger 108 Forms	Hu Chien le Pai Ling Pa Se	
SCT - Tiger 108 – 2-Man Set	Hu Chien le Pa Ling Pa Se Tué Ta	

PM = Preying Mantis System

SCT= Southern Crane/Tiger System

Numchuck-1st Rd Single	Shao Lin Chie Kun Ti le Lu
Numchuck-2nd Rd Single	Shao Lin Chie Kun Ti Al Lu
Numchuck-1st Rd Double	Shao Lin Suang Liang Che Kuen Ti le Lu
Crazy Mad Drunk	Foong Wang Chway Han Chien
Drunken-Beggar-Bowl & Stick	Chway Kai
Drunken Broad Sword	Chway Tao
Shaolin Monkey Fist	Shao Lin Hou Chien
Shao-lin Golden Tiger Fist	Shao Lin Ching Hoo Chien
Shaolin Single Grass Sickle	Shao Lin Zao Lien
Shaolin Double Grass Sickles	Shao Lin Suang Zhao Lian
Spear - #1 Fighting Techniques	Chang Tsu Lian Se
Spear - #2 Lau Family Spear	Lau Chia Chang
Spear - #3 Mayflower Spear	Mei Hua Chang
Spear - #4 Yang Family Spear	Yang Chia Chang
4 Faces 8 Dir. Double Broadsword	Se Mein Pa Huan Saung Tao Oo
Dbl Tiger Hook Swords Shake Heaven	Tien Ta Suang Hu Tou Kou
PM - Pick-n-Play	Tze Sua Chien
PM - Hammer Fist	Cha Chun Chein
PM - Praying Mantis Enters the Door	Tang Lang Tsu Ju



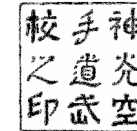
2nd Black to 3rd Black 3 Required + 8 Others

(52 Forms)

Hsing I - 5 Roads	Hsing I U Shing Chien	REQUIRED *
Hsing I – Linkage of 5 Roads	U Hsing Lien Huan Chien	REQUIRED *
Hsing I 12 Animal Forms	Hsing I Se Ai Hsing	REQUIRED
Hsing I 2 Man Set	Hsing Ie Chien San Suo Phu	
Hsing Ie Entwine the Dragon Sword	Hsing Ie Panh Lung Chien	
Hsing Ie Six Harmony Staff	Shing Ie Liu He Kuen	
Hsing Yi Reversibly Broadsword	Hsing Yi Lian Huan Tao	
5 Animals - Breathing Exercises	U Si Sen Hua	
5 Animals – Dead Training	U Si Se Hua	
Hua Tuo 5 Animals - Live Training	Hua Tuo U Shing Chen Chuan	
Fan-Tai Chi	Tai Chi San	
Sngl Mulan Fan - Crane Dance Clouds	Mu Lan Tan San - He U Yin Tien	
Dagger - Double 1st Road	Shao Lin Suang Pi Sou Ti Ie Lu	
Dagger - Double 2nd Road	Shao Lin Suang Pi Sou Ti Al Lu	
Strange Spear of Hsing I Fist	Hsing I Chien Zhi Ziang	
Sword – Drunken 2 Edge	Chway Jin	
Sword - Skewer the Sun	Chuan Yung Chien	
Sword - Tai Chi - Sword	Tai Chi Jin	
Sword - Table Top	Se Mein Pa Hung Chien	
Sword - 7 Star	Chie Sing Jian	
Lost Tracking Fist -1st Road	Shao Lin Mi Chung Chien Ti Ie Liu	
Lost Tracking Fist -2nd Road	Shao Lin Mi Chung Chien Ti Al Liu	
SLLTF Green Dragon Kwan Do	Mi Chung Kwang Kung Ching Lung Tao	
Broad Sword vs Spear	Tan Tao Tue Chiang	
Broad Sword Shaolin	Shao Lin Tao Su	
Broad Sword - Green Dragon	Shao Lin Ching Lung Tao	
Broad Sword - Black Tiger	Shaolin He Fu Tao	
Broad Sword- 5 Tigers Slaughter Lamb	Shaolin Fu Chien Yang Tao	
Hsing Ie 6 Harmony Fist	Hsing Yi Liu He Chien	
Hsing I 8 Essence Fist	Hsing Yi Pa Chien	

PM = Preying Mantis System
CF = Cotton Fist

* Hsing I 5 Roads & Linkage
Count as One Form



CF-1 5 Flowers Cannon*	U Hua Paow	* Count as One Form
CF 2 5 Flowers Hammer*	U Hua Chui	*Count as One Form
CF 3 Hammers of Lightning Steps**	Ni Pu Chui	**Count as One Form
CF 4 Impossible Crazy Legs**	Kai Tzi Chiao	** Count as One Form
Shaolin Monkey-Tiger Fist	Shao Lin Hou Hu Chien	
14th White Crane/ Tornado Legs	Ing Yang Tui	
Tiger Crane Duet	Hur He Suang Hsing	
Tai Chi 24 – Simplified Form	Tai Chi AL Se Se Tse	
Phequefo Tai Chi	Ku Tze Tai Chi Chien	
Seallow Tai Chi	Yen Tzi Tai Chi Chien	
Supreme Condor Tai Chi	Sen Tiao Tai Chi Chien	
PM - Crossing Stomping Fist	Peng Pu Chien	
PM - White Monkey Come Out of Cave	Pai Yen Chu Tung Chien	
PM - Mantis Secret Door #1	Mi Men Tan Lang Chien Ti Ie Lu	
PM - Mantis Secret Door #2	Mi Men Tan Lang Chien Ti Al Lu	
PM - Mantis Secret Door #3	Mi Men Tan Lang Chien Ti San Lu	
PM - Mantis Secret Door #4	Mi Men Tan Lang Chien Ti Se Lu	
PM – White Monkey Preying Mantis Fist	Shao Lin Pai Yen Tang Lang Chien	
PM - White. Monkey Steals The Peach	Pai Hou You Tao Chein	
PM – Springy Legs	Tan Tui	

PM = Preying Mantis System

3rd Black to 4th Black 4 Required + 6 Others

(38 Forms)

Hua Fist - 1st Road	Ie Liu Hua Chien	REQUIRED
Hua Fist - 2nd Road	Al Liu Hua Chein	REQUIRED
Hua Fist - 3rd Road	San Liu Hua Chien	REQUIRED
Hua Fist - 4th Road	Tsu Liu Hua Chien	REQUIRED
Hua Fist – Modern	Hua Chien	
Hua Fist - 1st 2 man set	Hua Chein Tué Ta Ti Ie Lu	
Hua Fist - 2nd 2 man set	Hua Chein Tué Ta Ti Al Lu	
Butterfly Knives - Double	Suang Tie Pa Che Tao San Se Liu Se	
Chain Whip-7 Section	Tie Pien Tsua Lung Wang Oo	
Golden Leopard Fist #1	Shao Lin Pao Chien Ti Ie Lu	
Golden Leopard Fist #2	Shao Lin Pao Chien Ti Al Lu	
Golden Leopard Fist #3	Shao Lin Pao Chien Ti San Lu	
Golden Leopard Fist #4	Shao Lin Pao Chien Ti Se Lu	
Meteor Fist Yang- Cannon Rock Fist	Liu Sing Pao Se Chien Ti Ie Lu	
Meteor Fist Yang- Cannon Rock Leg	Liu Sing Pao Se Chio Ti Al Lu	
Meteor Fist Yin - Eagle	Liu Sing Ying Chein	
Meteor Fist Yin - Snake	Liu Sing Se Chein	
Mulan's Long Tassel Sword	Mulan Chang Hui Chien	
Dragon Form – Tai Chi	Lung Hsing Tai Chi Chuan	

Sword – Shaolin Darmo Sword
Sword - Pa Kua 3 Harmony

Northern Long Fist
Buddha Fist
PM - Preying Mantis Fist

Pa Kua Dragon Form

Bo - Green Dragon (Entwine Dragon)
Mayflower Cane
Stick That Beats Dog

Broad Sword & 9 Sect Whip
Chen Tai Chi Dbl Broadsword
Broad Sword Shaolin Twin Ground
Dragon
Broad Sword - 2nd Level
Broad Sword - Tai Chi
Broad Sword - Tai Chi - 2 man set
Broad Sword Hsing I Six Harmony

Hsing Yi Reversible Dbl Broadsword

Shao Lin Ta Mo Chien

Pa Kua San He Chien

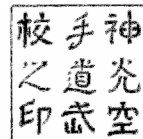
Chang Chien
Fu Cha Chien AKA Tai Tse Chien
Tang Lang Chien

Pa Kua Lung Sing Chang

Pang Lung Pan
Shao Lin Mei Hua Kuen
Lung Men Tai Chi Ta Kou Pang

Shao Lin Tan Tao Yi Chu Chie Sien Pien
Chen Tai Chi Suang Tao
Shao Lin Suang Ti Lung Tao
Al Chie Tao Tsu
Yang Sé Tai Chi Tao
Tai Chi Tao Tué Ta
Shing Yi Liu Se Tao

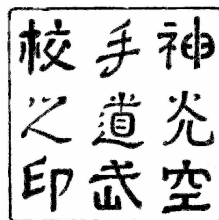
Hsing Yi Lian Huan Suang Tao



4th Black to 5th Black Any 4 of Required + 6 Others

(34 Forms)

Drunk Immortal #1-Lan Chi He	Lan Chi He	REQUIRED		
Drunk Immortal #2-He Shung Ku	He Shung Ku	REQUIRED	10000 Lotus Blooms #1	Wan Lian Pa Kuen - Ti le Lu
Drunk Immortal #3-Siang Chung Le	Siang Chung Le	REQUIRED	10000 Lotus Blooms #2	Wan Lian Pa Kuen -Ti Al Lu
Drunk Immortal #4-Li Ti Kuai	Li Ti Kuai	REQUIRED		
Drunk Immortal #5-Chang Kuo Lao	Chang Kuo Lao	REQUIRED	Green City Mountain Monkey Fist	Ching Chien San Hou Chien
Drunk Immortal #6-Cha Kuo Chu	Cha Kou Chu	REQUIRED	Shaolin Two-Handed Sword	Suang Shou Chien
Drunk Immortal #7-Han Siang Tze	Han Siang Tze	REQUIRED	8 Immortal 2 Edge Sword - Sober	Pa Chien Chien
Drunk Immortal #8- Li Tung Ping	Li Tung Ping	REQUIRED		
Drunken Bo -	Chway Kuen		Dagger – Yang	Yang Pi Sou Chien Ciu Se Tse
			Dagger – Yin	Yin Pi Sou U Se Pa Tse
Pa Kua - Sun/Moon Forks	Oo Tze Kun			
Pa Kua - 8 Animal	Pa Kua Pa Sing Chang		Staff -3 Section	San Chie Kuen
Pa Kua - Snake by Hits	Se(Chanh) Sing Pa Kua Chang		Tai Chi -Chein 83	Sin Chia Chen Se Tai Chi Chien
Pa Kua Twirling BSword- Yang Side	Pakua Tao Kao Chi Tao Lu			
Pa Kua Twirling BSword- Yin Side	Pakua Kuen Sou Tao		Fan-Double Mulan	Mulan Suang Tie San
Pa Kua - 8 Animal Dbl Tiger Hooks	Pa Kua Pa Hsing Hu Tou Kou			
			Spear - Pa Kua Spear	Pa Kua Chiang
			Spear – Drunken	Chway Chiang
Sword - Twin 2 edge Tiger	Suang Hu Chien			
Le Kuai Axes	Le Kuai Sang Fu		Shaolin 5 Animals	Shao Lin U Shing Chuan
Chain Whip-9 Section	Chiu Chi Sen Pien			
Shaolin Ground Monkey 1st Road	Shao Lin Hou Chien Tang Kung Ti le Lu			
Shaolin Ground Monkey 2nd Road	Shao Lin Hou Chien Tang Kung Ti Al Lu			
1st Road Root of The Ground Dragon	Ti Tang Loong Chien (De Loong Gen)			



As of 09/12/2021 there are 169 forms in the Rank advancement list from 1st to 5th Black Belt.