

Kui De Tang Seven Stars Praying Mantis Martial Art School
Traditional Single & Two Person Hand Form Curriculum
Taught by James Rodriguez

Chinese	Pinyin	Translation
站樁功:	Zhan Zhuang Gong:	Standing Stake Form:
四躡八勢	<i>Si Tang Ba Shi</i>	'Four Lines of Eight Stances'
入門拳:	Ru Men Quan:	Introductory Forms:
小虎燕	<i>Xiao Hu Yan</i>	'Small Tiger Swallow'
黑虎捶	<i>Hei Hu Chui</i>	'Black Tiger Strikes'
四路奔打	<i>Si Lu Ben Da</i>	'Four Roads Running & Striking'
老插捶	<i>Lao Cha Chui</i>	'Old Contribution Fist'
新插捶	<i>Xin Cha Chui</i>	'New Contribution Fist'
鴛鴦連環絕命腿	<i>Yuan Yang Lian Huan Jue Ming Tui</i>	'Continuous Deadly Mandarin Duck Kicks'
初級套路:	Chu Ji Tao Lu:	Elementary Forms:
小返車	<i>Xiao Fan Che</i>	'Small Returning Chariot'
中路返車	<i>Zhong Lu Fan Che</i>	'Middle Returning Chariot'
大返車	<i>Da Fan Che</i>	'Large Returning Chariot'
轆轤	<i>Lu Lu</i>	'Windlass'
古存	<i>Gu Cun</i>	'Ancient Quintessence'
拙剛	<i>Zhuo Gang</i>	'Graceless Rigidity'
十八搜	<i>Shiba Sou</i>	'18 Collections'
柔靈	<i>Rou Ling</i>	'Flexible and Agile'
單插花	<i>Dan Chahua</i>	'Inserting One Flower'
上路雙插花	<i>Shang Lu Shuang Cha Hua</i>	'Upper Road of Inserting Two Flowers'
下路雙插花	<i>Xia Lu Shuang Cha Hua</i>	'Lower Road of Inserting Two Flowers'
五連手	<i>Wu Lian Shou</i>	'Five Continuous Hands'
中級套路:	Zhong Ji Tao Lu:	Intermediate Forms:
躡捕	<i>Beng Bu</i>	'Jumping & Catching'
攔截	<i>Lan Jie</i>	'Blocking & Intercepting'
摔擄	<i>Shuai Lu</i>	'Throwing & Falling'
螳螂捕蟬	<i>Tang Lang Bu Chan</i>	'Praying Mantis Catches the Cicada'
仙人指路	<i>Xian Ren Zhi Lu</i>	'Immortal Points the Way'

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白猿出洞	<i>Bai Yuan Chu Dong</i>	'White Ape Exits the Cave'
白猿奔枝	<i>Bai Yuan Ben Zhi</i>	'White Ape Climbs on the Branch'
白猿偷桃	<i>Bai Yuan Tou Tao</i>	'White Ape Steals the Peach'
白猿入洞	<i>Bai Yuan Ru Dong</i>	'White Ape Enters the Cave'
白猿獻桃	<i>Bai Yuan Xian Tao</i>	'White Ape Presents the Peach'
白猿獻書	<i>Bai Yuan Xian Shu</i>	'White Ape Presents the Book'
八快手	<i>Ba Kuai Shou</i>	'Eight Fast Hands'
高級套路:	Gao Ji Tao Lu:	Advanced Forms:
一路拔肘	<i>Yi Lu Ba Zhou</i>	'First Road of Extracted Elbows'
二路拔肘	<i>Er Lu Ba Zhou</i>	'Second Road of Extracted Elbows'
一路摘要	<i>Yi Lu Zhai Yao</i>	'First Road Abstraction'
二路摘要	<i>Er Lu Zhai Yao</i>	'Second Road Abstraction'
三路摘要	<i>San Lu Zhai Yao</i>	'Third Road Abstraction'
四路摘要	<i>Si Lu Zhai Yao</i>	'Fourth Road Abstraction'
五路摘要	<i>Wu Lu Zhai Yao</i>	'Fifth Road Abstraction'
六路摘要	<i>Liu Lu Zhai Yao</i>	'Sixth Road Abstraction'
一路總批	<i>Yi Lu Zong Pi</i>	'Seventh Road Abstraction'
二路總批	<i>Er Lu Zong Pi</i>	'Eighth Road Abstraction'

Two Person Body Conditioning & Set-Sparring Forms:

近身八靠	<i>Jin Shen Ba Kao</i>	'Close Quarters Body Conditioning'
三手	<i>San Shou</i>	'Three Hands Drill'
捕按	<i>Pu An</i>	'Catching & Pressing'
桃花散打	<i>Tao Hua San Da</i>	'Peach Blossom Scattered'
透解摘魁	<i>Tou Jie Zhai Kui</i>	'Imbue Taking First Place'
領小返車	<i>Ling Xiao Fan Che</i>	'Understanding Small Returning Chariot'
領拙剛	<i>Ling Zhuo Gang</i>	'Understanding Graceless Rigidity'
領蹦捕	<i>Ling Beng Bu</i>	'Understanding Jumping & Catching'