

# Chinese Forms

## Skill Level discription

<b>Beginner</b>	<b>1 or less years of training</b>
<b>Intermediate</b>	<b>1 to 3 years of training</b>
<b>Advanced</b>	<b>3 years or more training</b>

KUNG FU NORTHERN/ SOUTHERN FIST			
CHK-1	6 & under	ALL RANKS	M/F
CHK-2	7 to 9	BEGINNER	M/F
CHK-3	7 to 9	INTERMEDIATE	M/F
CHK-4	7 to 9	ADVANCED	M/F
KUNG FU SOUTHERN FIST			
CHK-5	10 to 11	BEGINNER	M/F
CHK-6	10 to 11	INTERMEDIATE	M/F
CHK-7	10 to 11	ADVANCED	M/F
CHK-8	12 to 14	BEGINNER	M/F
CHK-9	12 to 14	INTERMEDIATE	M/F
CHK-10	12 to 14	ADVANCED	M/F
CHK-11	15 to 17	BEGINNER	M/F
CHK-12	15 to 17	INTERMEDIATE	M/F
CHK-13	15 to 17	ADVANCED	M/F
CHK-14	18 - 34	BEGINNER	M/F
CHK-15	18 - 34	INTERMEDIATE	M/F
CHK-16	18 - 34	ADVANCED	M/F
CHK-17	35 +	BEGINNER	M/F
CHK-18	35 +	INTERMEDIATE	M/F
CHK-19	35 +	ADVANCED	M/F
KUNG FU NORTHERN FIST			
CHK-20	10 to 11	BEGINNER	M/F
CHK-21	10 to 11	INTERMEDIATE	M/F
CHK-22	10 to 11	ADVANCED	M/F
CHK-23	12 to 14	BEGINNER	M/F
CHK-24	12 to 14	INTERMEDIATE	M/F
CHK-25	12 to 14	ADVANCED	M/F
CHK-26	15 to 17	BEGINNER	M/F
CHK-27	15 to 17	INTERMEDIATE	M/F
CHK-28	15 to 17	ADVANCED	M/F
CHK-29	18 - 34	BEGINNER	M/F
CHK-30	18 - 34	INTERMEDIATE	M/F
CHK-31	18 - 34	ADVANCED	M/F
CHK-32	35 +	BEGINNER	M/F
CHK-33	35 +	INTERMEDIATE	M/F
CHK-34	35 +	ADVANCED	M/F

KUNG FU WEAPONS SHORT & LONG			
CHK-35	6 & under	ALL RANKS	M/F
CHK-36	7 to 9	BEGINNER	M/F
CHK-37	7 to 9	INTERMEDIATE	M/F
CHK-38	7 to 9	ADVANCED	M/F
KUNG FU WEAPONS SHORT			
CHK-39	10 to 11	BEGINNER	M/F
CHK-40	10 to 11	INTERMEDIATE	M/F
CHK-41	10 to 11	ADVANCED	M/F
CHK-42	12 to 14	BEGINNER	M/F
CHK-43	12 to 14	INTERMEDIATE	M/F
CHK-44	12 to 14	ADVANCED	M/F
CHK-45	15 to 17	BEGINNER	M/F
CHK-46	15 to 17	INTERMEDIATE	M/F
CHK-47	15 to 17	ADVANCED	M/F
CHK-48	18 - 34	BEGINNER	M/F
CHK-49	18 - 34	INTERMEDIATE	M/F
CHK-50	18 - 34	ADVANCED	M/F
CHK-51	35 +	BEGINNER	M/F
CHK-52	35 +	INTERMEDIATE	M/F
CHK-53	35 +	ADVANCED	M/F
KUNG FU WEAPONS LONG			
CHK-54	10 to 11	BEGINNER	M/F
CHK-55	10 to 11	INTERMEDIATE	M/F
CHK-56	10 to 11	ADVANCED	M/F
CHK-57	12 to 14	BEGINNER	M/F
CHK-58	12 to 14	INTERMEDIATE	M/F
CHK-59	12 to 14	ADVANCED	M/F
CHK-60	15 to 17	BEGINNER	M/F
CHK-61	15 to 17	INTERMEDIATE	M/F
CHK-62	15 to 17	ADVANCED	M/F
CHK-63	18 - 34	BEGINNER	M/F
CHK-64	18 - 34	INTERMEDIATE	M/F
CHK-65	18 - 34	ADVANCED	M/F
CHK-66	35 +	BEGINNER	M/F
CHK-67	35 +	INTERMEDIATE	M/F
CHK-68	35 +	ADVANCED	M/F

WUSHU CHANGQUAN / NANQUAN / OTHER			
CHW-69	6 & under	ALL RANKS	M/F
CHW-70	7 to 9	BEGINNER	M/F
CHW-71	7 to 9	INTERMEDIATE	M/F
CHW-72	7 to 9	ADVANCED	M/F
WUSHU (CHANGQUAN) FORM			
CHW-73	10 to 11	BEGINNER	M/F
CHW-74	10 to 11	INTERMEDIATE	M/F
CHW-75	10 to 11	ADVANCED	M/F
CHW-76	12 to 14	BEGINNER	M/F
CHW-77	12 to 14	INTERMEDIATE	M/F
CHW-78	12 to 14	ADVANCED	M/F
CHW-79	15 to 17	BEGINNER	M/F
CHW-80	15 to 17	INTERMEDIATE	M/F
CHW-81	15 to 17	ADVANCED	M/F
CHW-82	18 - 34	BEGINNER	M/F
CHW-83	18 - 34	INTERMEDIATE	M/F
CHW-84	18 - 34	ADVANCED	M/F
CHW-85	35 +	BEGINNER	M/F
CHW-86	35 +	INTERMEDIATE	M/F
CHW-87	35 +	ADVANCED	M/F

WUSHU WEAPONS SHORT & LONG			
CHW-118	6 & under	ALL RANKS	M/F
CHW-119	7 to 9	BEGINNER	M/F
CHW-120	7 to 9	INTERMEDIATE	M/F
CHW-121	7 to 9	ADVANCED	M/F
WUSHU WEAPONS SHORT			
CHW-122	10 to 11	BEGINNER	M/F
CHW-123	10 to 11	INTERMEDIATE	M/F
CHW-124	10 to 11	ADVANCED	M/F
CHW-125	12 to 14	BEGINNER	M/F
CHW-126	12 to 14	INTERMEDIATE	M/F
CHW-127	12 to 14	ADVANCED	M/F
CHW-128	15 to 17	BEGINNER	M/F
CHW-129	15 to 17	INTERMEDIATE	M/F
CHW-130	15 to 17	ADVANCED	M/F
CHW-131	18 - 34	BEGINNER	M/F
CHW-132	18 - 34	INTERMEDIATE	M/F
CHW-133	18 - 34	ADVANCED	M/F
CHW-134	35 +	BEGINNER	M/F
CHW-135	35 +	INTERMEDIATE	M/F
CHW-136	35 +	ADVANCED	M/F

<b>WUSHU (NANQUAN) FORM</b>			
CHW-88	10 to 11	BEGINNER	M/F
CHW-89	10 to 11	INTERMEDIATE	M/F
CHW-90	10 to 11	ADVANCED	M/F
CHW-91	12 to 14	BEGINNER	M/F
CHW-92	12 to 14	INTERMEDIATE	M/F
CHW-93	12 to 14	ADVANCED	M/F
CHW-94	15 to 17	BEGINNER	M/F
CHW-95	15 to 17	INTERMEDIATE	M/F
CHW-96	15 to 17	ADVANCED	M/F
CHW-97	18 - 34	BEGINNER	M/F
CHW-98	18 - 34	INTERMEDIATE	M/F
CHW-99	18 - 34	ADVANCED	M/F
CHW-100	35 +	BEGINNER	M/F
CHW-101	35 +	INTERMEDIATE	M/F
CHW-102	35 +	ADVANCED	M/F

<b>WUSHU CONTEMPORY FORM</b>			
CHW-103	10 to 11	BEGINNER	M/F
CHW-104	10 to 11	INTERMEDIATE	M/F
CHW-105	10 to 11	ADVANCED	M/F
CHW-106	12 to 14	BEGINNER	M/F
CHW-107	12 to 14	INTERMEDIATE	M/F
CHW-108	12 to 14	ADVANCED	M/F
CHW-109	15 to 17	BEGINNER	M/F
CHW-110	15 to 17	INTERMEDIATE	M/F
CHW-111	15 to 17	ADVANCED	M/F
CHW-112	18 - 34	BEGINNER	M/F
CHW-113	18 - 34	INTERMEDIATE	M/F
CHW-114	18 - 34	ADVANCED	M/F
CHW-115	35 +	BEGINNER	M/F
CHW-116	35 +	INTERMEDIATE	M/F
CHW-117	35 +	ADVANCED	M/F

<b>WUSHU WEAPONS LONG</b>			
CHW-137	10 to 11	BEGINNER	M/F
CHW-138	10 to 11	INTERMEDIATE	M/F
CHW-139	10 to 11	ADVANCED	M/F
CHW-140	12 to 14	BEGINNER	M/F
CHW-141	12 to 14	INTERMEDIATE	M/F
CHW-142	12 to 14	ADVANCED	M/F
CHW-143	15 to 17	BEGINNER	M/F
CHW-144	15 to 17	INTERMEDIATE	M/F
CHW-145	15 to 17	ADVANCED	M/F
CHW-146	18 - 34	BEGINNER	M/F
CHW-147	18 - 34	INTERMEDIATE	M/F
CHW-148	18 - 34	ADVANCED	M/F
CHW-149	35 +	BEGINNER	M/F
CHW-150	35 +	INTERMEDIATE	M/F
CHW-151	35 +	ADVANCED	M/F

<b>WUSHU CONTEMPORY WEAPONS</b>			
CHW-152	6 & under	ALL RANKS	M/F
CHW-153	7 to 9	BEGINNER	M/F
CHW-154	7 to 9	INTERMEDIATE	M/F
CHW-155	7 to 9	ADVANCED	M/F
CHW-156	10 to 11	BEGINNER	M/F
CHW-157	10 to 11	INTERMEDIATE	M/F
CHW-158	10 to 11	ADVANCED	M/F
CHW-159	12 to 14	BEGINNER	M/F
CHW-160	12 to 14	INTERMEDIATE	M/F
CHW-161	12 to 14	ADVANCED	M/F
CHW-162	15 to 17	BEGINNER	M/F
CHW-163	15 to 17	INTERMEDIATE	M/F
CHW-164	15 to 17	ADVANCED	M/F
CHW-165	18 - 34	BEGINNER	M/F
CHW-166	18 - 34	INTERMEDIATE	M/F
CHW-167	18 - 34	ADVANCED	M/F
CHW-168	35 +	BEGINNER	M/F
CHW-169	35 +	INTERMEDIATE	M/F
CHW-170	35 +	ADVANCED	M/F

<b>TAI CHI / INTERNAL (YANG / CHEN STYLE)</b>			
CHT-171	12 UNDER	All	M/F
CHT-172	13-17	All	M/F
CHT-173	18 - 34	BEGINNER	M/F
CHT-174	18 - 34	INTERMEDIATE	M/F
CHT-175	18 - 34	ADVANCED	M/F
CHT-176	35 +	BEGINNER	M/F
CHT-177	35 +	INTERMEDIATE	M/F
CHT-178	35 +	ADVANCED	M/F

<b>TAI CHI / INTERNAL (24 other style)</b>			
CHT-179	12 UNDER	All	M/F
CHT-180	13-17	All	M/F
CHT-181	18 - 34	BEGINNER	M/F
CHT-182	18 - 34	INTERMEDIATE	M/F
CHT-183	18 - 34	ADVANCED	M/F
CHT-184	35 +	BEGINNER	M/F
CHT-185	35 +	INTERMEDIATE	M/F
CHT-186	35 +	ADVANCED	M/F

<b>TAI CHI / INTERNAL (Weapons All)</b>			
CHT-187	12 UNDER	All	M/F
CHT-188	13-17	All	M/F
CHT-189	18 - 34	BEGINNER	M/F
CHT-190	18 - 34	INTERMEDIATE	M/F
CHT-191	18 - 34	ADVANCED	M/F
CHT-192	35 +	BEGINNER	M/F
CHT-193	35 +	INTERMEDIATE	M/F
CHT-194	35 +	ADVANCED	M/F

<b>TEAM EXTERNAL - TEAM INTERNAL</b>			
CHT-195	All	TEAM - EXTERNAL	M/F
CHT-196	All	TEAM - INTERNAL	M/F