

MERIT BADGE ACHIEVEMENT LIST

YMAA Junior Member _____



(1) Stances Level 1



(2) Etiquette



(3) Splits



(4) Punching Level 1



(5) Level 1 Kicking



(6) Stances Level 2



(7) Punching Level 2



(8) Level 2 Kicking



(9) Stances Level 3



(10) Punching Level 3



(11) Level 3 Kicking



(12) Throws



(13) Luan Bu Chuan



(14) Groundwork



(15) Teaching Assistants



(16) Gong Li Chuan



(17) Bo Staff



(18) Sparring

WHAT YOU NEED TO DO TO EARN YOUR MERITS; -

(1-9 can be earned during Stage 1 (White to Green sash), 10-14 can be earned during Stage 2 (Green-Red), 15-18 can be earned during Stage 3 (Up to Black Sash))

Merit No.	Requirements	Merit No.	Requirements
(1)	Perfectly low Ma Bu, Si Li Bu and Deng San bu. Show good root. Sense of enemy. Excellence in switching from left to right and stance to stance!	(10)	Punching combinations with power and speed. Maintain good root while moving forwards, backwards, side to side and angling.
(2)	Bow when required. Display courtesy at all times. Demonstrate pride in your school by wearing your uniform in a correct and tidy manner. Tie your belt correctly. Clean shoes.	(11)	Jumping toe kick, Jumping Toe/crescent kick combo, double heel kick, Internal Tornado kick, External tornado kick, Rear donkey kick, Iron broom/spinning top and Butterfly kick.
(3)	Practice stretching until you can complete a straddle or side splits comfortably.	(12)	Show high quality throws, takedowns and sweeps with control, speed and root. Show a good range.
(4)	Fast, powerful and snappy punches with good root. Fist and palm strike with 'Chi' and 'Ha' from Ma Bu. Strong Backfist with 'Chi'. Sense of enemy.	(13)	Show a high quality Luan Bu Chuan form with root, power and speed. Display a sense of enemy and an understanding of the applications. Display each stance clearly and low! (Score 8/10!)
(5)	Fast, powerful and snappy kicks with good balance. Toe Kick, Heel Kick, Side cut Kick, Inside Crescent Kick and Outside Crescent Kick with 'Chi'. Correct heights and targeting. Maintain good guard while kicking. Sense of enemy.	(14)	Display good positioning on the ground. Demonstrate effective escapes from pins. Good defensive work when grounded. Demonstrate an understanding of submission locks with control. Switching of positions and submissions.
(6)	Perfectly executed Ma Bu, Si Li Bu, Deng San bu, Shi Bu and Gin Gu Du Li. Sense of enemy! Show good root. Excellence in switching from left to right and stance to stance! Low stances.	(15)	Qualify as a Teaching assistant by helping out with the Little Cranes, Shouting Cranes and Flying cranes. Meet the standards set by the school director. Show leadership, reliability and responsibility.
(7)	Reverse punch, jab punch, palm strike, elbow strike, forearm strike, hammer strike, hook punch, upper cut and elbow strike from Ma Bu and Si Li bu. Waist turning and stances for power.	(16)	Show a high quality Gong Bu Chuan form with root, power and speed. Display a sense of enemy and an understanding of the applications. Display each stance clearly and low!
(8)	Front Press kick, Side press kick, Axe Kick, Round house kick, Back kick, hook kick	(17)	Display how to use a Bo staff for defence and offence. Demonstrate a high quality Qi Mei Guin form with root and power.
(9)	Low and powerful Fu Hu Bu, Tun Bu, Dsao pan bu, Qi Lin Bu and Zuo Dun. Proper posture.	(18)	Show you can fight at a high level. Controlled both on offence and defence. Show effective combinations of punches, kick and takedowns.

PLEASE NOTE: -

MERIT BADGES ARE ONLY AWARDED FOR EXCELLENCY AND CONSISTANCY.