



# Bei Dou Kung Fu

## Kung Fu Curriculum (Adults)

Beginner

Five Motion



Shaolin Basics



Shaolin Xiao Hong Quan

Basic Staff



Shaolin Jin Gang Quan



Basic Broad Sword



Shaolin 36 Staff



Shaolin Qi Xing Quan



Basic Straight Sword



Basic Spear



Nunchakus



Pu Dao



Shaolin Luo Han Quan



Short Staff



International Competition Long Fist and Straight Sword



International Competition Broad Sword and Staff