














I-Liq Chuan Certification Process – Student Level

CERTIFICATION LEVELS	MINIMUM MATERIAL STUDIED AT THIS LEVEL	
Student	Basic Exercises	
Student Level 1	Basic Exercises 1 to 10	
Student Level 2	Basic Exercises 11 to 15	
Student Level 3	I-Liq Chuan 21 Form	
Student Level 4	I-Liq Chuan Butterfly Form	
Student Level 5	Spinning hands-stationary – 8 Circles Concepts and philosophy	
Student Level 6	Spinning hands-moving- 8 Circles with different ranges & sections	
Student Level 7	Sticky Hands – Upper Hands	
Student Level 8	Sticky Hands - Lower Hand	
Student Level 9	Free Style Sticky Hands - Moving	
Student Level 10	Chin Na(Seizing Hand Training Process)	
Student Level 11	San Shou Free Fighting Method	
Meditation and Philosophy	Meditation, Concepts and Philosophy	

Upon achievement of Student Level 3, the student is eligible to apply for the Instructor Acceptance Program; this program is optional.