

**Äussere Stile
System
Shaolinquan**

Formen

Faustformen

Shaolin Xiaohong Quan

Shaolin Lao Jia Xiaohong Quan

Shaolin Dahong Quan

Shaolin Tongbi Quan

Shaolin Qixing Quan

Shaolin Pao Quan

Shaolin Chaoyang Quan

Shaolin Lohan Quan

Shaolin Lian Huan Quan

Shaolin Jingang Quan

Shaolin Taizu Changquan

Shaolin Gongfu Quan

Kurzwaffen

Shaolin Dan Dao

Shaolin Jingsai Dao

Shaolin Mei Hua Dao

Shaolin Chuyang Dao

Shaolin Dan Jian

Shaolin Dragon Spring Sword

Shaolin Damo Jian

Langwaffen

Shaolin Yinshou Gun

Shaolin Qimei Gun

Shaolin Zhenshan Gun

Shaolin Yang Jia Qiang

Shaolin Shi San Qiang

Video-Referenz

<http://www.youtube.com/watch?v=VsfMLyGkmaE>

<http://www.youtube.com/watch?v=wKvJNOEIXnE>

<http://www.youtube.com/watch?v=3gEop0aFSRY>

<http://www.youtube.com/watch?v=GnC8FVBC29M>

<http://www.youtube.com/watch?v=wnjpCj9Ehgs>

<http://www.youtube.com/watch?v=Od-vluaMLQE>

http://www.youtube.com/watch?v=gWKVO_wlf2Y

http://www.youtube.com/watch?v=gpAKNG02_Bc

<http://www.youtube.com/watch?v=O85HqfdCU74>

<http://www.youtube.com/watch?v=ve3i29ZEhfk>

<http://www.youtube.com/watch?v=cr3q4vhzr58>

<http://www.youtube.com/watch?v=WDRkqO4Y7U4>

<http://www.youtube.com/watch?v=w5SSgSrRGkU>

<http://www.youtube.com/watch?v=Bg0AHeYAfWM>

<http://www.youtube.com/watch?v=9AxK7C6EDI>

<http://www.youtube.com/watch?v=J0KAu81OC88>

<http://www.youtube.com/watch?v=ICiXSeFZkfU>

<http://www.youtube.com/watch?v=JBGskPl1bel>

<http://www.youtube.com/watch?v=QsycYcSnxYE>

<http://www.youtube.com/watch?v=x1bNjCHOQk>

<http://www.youtube.com/watch?v=BflyORlyuI4>

<http://www.youtube.com/watch?v=7mQwv9UpK0>

<http://www.youtube.com/watch?v=tNtUCU0eT5M>

Klassifizierung (1 Grundstufe, 2 Mittelstufe, 3 Oberstufe)

2

2

3

1

2

2

1

1

1

1

3

3

1

2

2

2

3

2

Hung Kuen/ Hong Quan

Faustformen

Yap Mun Kuen

Mui Fa Kuen

Dan Gung Fuk Fu Kuen

Dan Gung Kuen

Gung Gee Fuk Fu Kuen

Fu Hok Sheung Yin Kuen

Ng Yin Kuen

Sap Yin Kuen

Tit Sin Kuen

Kurzwaffen

Mui Fa Sheung Long Do

Ng Se Sheung Sao Do

1

1

2

2

2

3

3

3

3

2

2

	Langwaffen		
	Bat Kwa Guan	http://www.youtube.com/watch?v=hvJFwEt33Is&feature=related	3
	Bat Kwa Cheung	http://www.youtube.com/watch?v=xRfUUkW9jJA&feature=related	3
	Sheung Tau Man Fu Guan		3
Chinwoo	Faustformen		
	Tantui	http://www.youtube.com/watch?v=e2da_YijN9U	
	Jie Quan	http://www.youtube.com/watch?v=51Vw4d4pw-E	
	Da Zhan Quan	http://www.youtube.com/watch?v=jiOwo1uTd0s	
	Da Zhan Quan II	http://www.youtube.com/watch?v=haKTUynok14	
	Gong Li Quan	http://www.youtube.com/watch?v=ZkcF_V3GzfY	
	Langwaffen		
	Wu Hu Qiang	http://www.youtube.com/watch?v=5fhbul66nTk	
	Qun Yang Gun	http://www.youtube.com/watch?v=onbkB7qL8k	
		http://www.youtube.com/watch?v=ZkcF_V3GzfY	
Yongchun Quan / Wing Chun Kuen	Faustformen		
	Xiao Nian Tou (Siu Nim Tao, Siu Lim Tao)	http://www.youtube.com/watch?v=4ltM2IOofjI	1
	Xun Jiao (Chum Kiu, Cham Kiu)	http://www.youtube.com/watch?v=fyDazcYunBo	1
	Biao Zhi (Biu Tse, Biu Tze)	http://www.youtube.com/watch?v=9NW1_Bmbmkg	2
	Holzpuppenform		
	Mu Ren Zhuang (Mok Jan Chong, Muk Yan Chong)	http://www.youtube.com/watch?v=6LJiu5UxGOA	2
	Langwaffen		
	Liu Dian Ban Guan (Luk Dim Bun Guan, Luk Dim Ban Kwun)		3
	Kurzwaffen		
	Hu Die Shuang Dao (Pa Cham Dao, Bar Cham Dao)	http://www.youtube.com/watch?v=xhFU0_iBRBE	3
Innere Stile			
System	Formen	Video-Referenz	Klassifizierung (1 Grundstufe, 2 Mittelstufe, 3 Oberstufe)
Chen-Stil Taijiquan	Faustformen		
	13er Form Zhu Tiancai	http://www.youtube.com/watch?v=ZeJDZ10Vsp4	1
	18er Form Chen Zhenglei	http://www.youtube.com/watch?v=U5tIEPaMHZM	1
	19er Form Chen Xiaowang	http://www.youtube.com/watch?v=5gNPs8kMhqw	1
	38er Form Chen Xiaowang	http://www.youtube.com/watch?v=RBCLzWUtIIU	2
	Lao Jia Yi Lu	http://www.youtube.com/user/nommbe#p/u/9/y9s42tTImY0	3
		http://www.youtube.com/user/nommbe#p/u/8/zPYd7WS1v8c	
		http://www.youtube.com/user/nommbe#p/u/7/lr7YNOQUQIU	
		http://www.youtube.com/user/nommbe#p/u/6/flhDvaH_Azg	

	http://www.youtube.com/user/nommbe#p/u/18/BgPCzfHg85M	
Lao Jia Er Lu	http://www.youtube.com/user/nommbe#p/u/10/ZBVzUnF9eXU	3
Xin Jia Yi Lu	http://www.youtube.com/user/suppafoxe#p/a/u/1/oRAv85s3OZk	3
	http://www.youtube.com/user/suppafoxe#p/a/u/0/iKzclAISEQI	
	http://www.youtube.com/watch?v=WoMMkdiRNFm	
Xin Jia Er Lu	http://www.youtube.com/watch?v=r-DaiYdsxvc&feature=related	
	http://www.youtube.com/watch?v=J4w_62WX9Rk&feature=related	3
	http://www.youtube.com/watch?v=Pc7Z3WQKYag	
Xiao Jia Yi Lu	http://www.youtube.com/watch?v=PCEwEjE2hS0	3
Xiao Jia Er Lu	http://www.youtube.com/watch?v=gfvM3vFneYM	3
Kurzwaffen		
Taiji Dao	http://www.youtube.com/watch?v=iibeHPY6yt0	2
Taiji Jian	http://www.youtube.com/watch?v=zdjbPBSWJm4	3
Taiji Shuang Dao		3
Taiji Shuang Jian		3
Langwaffen		
Taiji Qiang		2
Taiji Qun Jiu Da Dao		3
Moderne Formen		
36er Chen-Stil	http://www.youtube.com/watch?v=H5iT-jDFEPk	2
56er Chen-Stil	http://www.youtube.com/user/nommbe#p/u/20/H06sIRyXfYo	3
Yang Stil		
Faustformen		
Cheng Manching-Kurzform	http://www.youtube.com/watch?v=USJPmCZ6Efc	2
	http://www.youtube.com/watch?v=zlpKW6AnKYw	
85er Form nach Yang Chengfu	http://www.youtube.com/watch?v=e-tLF_hZAE&feature=related	3
Kurzwaffen		
56er Taiji Jian	http://www.youtube.com/watch?v=k8rgiOl8LN0&feature=related	3
67er Taiji Jian	http://www.youtube.com/watch?v=FR1exD3Rzcs	3
13er Taiji Dao	http://www.youtube.com/watch?v=-J9551OwZ_o	2
Langwaffen		
Taiji Gun		
Moderne Formen		
8er (10er) Form	http://www.youtube.com/watch?v=P4Z4sQNQtJM	1
16er Form	http://www.youtube.com/watch?v=4zKx7qJ8-Ts	1
24er Form	http://www.youtube.com/watch?v=TBvF6r6DOvc	2
40er Form	http://www.youtube.com/watch?v=ykllhidDecs	3
88er Form		3
16er Schwertform	http://www.youtube.com/watch?v=kXmkfERjPMA	2
32er Schwertform	http://www.youtube.com/watch?v=0ovau47v2K0	2