



Red Belt General Knowledge

Bassai

Originally named “Pal Che” or “Selection of the best choice”, the forms origins are in Southern China in the mid to late 1500’s. This form is a Weh Ga Ru form or “outside the house style” form which is characterized by fast active movements that aren’t restricted by space. The symbol for this form is the cobra.



NAI HAN JI CHO DAN- (Inward Stepping One)



The first of three Nai Han Ji. The name of the form translates as “inward stepping”. Another name for this form is “Knight on a Horse”. Although the exact origin of this form is unknown, the form may have had its roots in the Ha Buk region of Northern China during the Song Dynasty (960-1279 AD). The Founder of the form is believed to be Jang Kye. Opposite of Bassai, this form is a Neh Ga Ru form or “inside the house style” form characterized by its slow narrow movements.