

SHAO-LIN CENTER FOR MARTIAL ARTS

1ST DEGREE BLUE SASH TEST

Name _____ Date _____ Age _____

YI BA JI BEN GONG (7 THROUGH 12) _____

❖ SPEAR _____

❖ DEFENSE AGAINST PUNCHES/KICKS _____

❖ DEFENSE AGAINST HOLDS _____

❖ FRONT FLYING KICK _____ SIDE FLYING KICK _____

❖ DOUBLE FRONT GROIN SNAP KICKS _____

❖ DRAGON WHIPS ITS TAIL LEG SWEEP _____

❖ LEADING KNEE UPWARD THRUST _____

❖ LEADING KNEE INWARD GROIN THRUST _____

❖ REAR KNEE UPWARD THRUST _____

❖ REAR KNEE INWARD GROIN THRUST _____

❖ SPARRING THREE ONE-MINUTE ROUNDS _____

❖ TWO MAN KNIFE SPARRING ONE MINUTE _____

❖ REAL KNIFE DEFENSES _____ KNIFE ATTACKS _____

❖ HARD CHI-GUNG DIPS (11) _____ HARD CHI-GUNG STANCE 2:00 _____

❖ MONK STANCE 12 MINUTES _____

❖ BREAKING: HANDS _____ FEET _____

❖ FOCUS _____ SPEED _____ BALANCE _____ CONTROL _____

❖ BREATHING _____ POWER _____ BODY TENSION _____ SPORTSMANSHIP _____

❖ COMMENTS _____

❖ _____

❖ PROMOTION YES _____ NO _____

❖ EXAMINER _____

❖ Sifu Frank Versagi, 5th Degree Black Sash

RATING SYSTEM: - NEEDS WORK GOOD + VERY GOOD