

1ST DEGREE BLUE SASH TEST

Name _____ Date _____

Yi ba ji ben gong (7 through 12) _____

Er jiu ji ben gong _____ Wu bu quan yi _____ Wu bu quan er _____

Chinese finger set _____ Kew sao _____ Lianhuan _____

Night Battle Dao Shu _____ Toy Koon _____ Gim Doi _____

Tai Tzu Chan Quan _____ Qiang Shu (spear) _____

Defense against punches _____ defense against 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 _____

Two man knife defense _____ Real knife defense _____

Sparring _____ Sparring – end it: _____

25 hard chi-gung dips _____

Plum flower stance _____ Mai flower stance _____

Hard chi-gung stance _____

Breaking: hands _____ feet _____

Focus _____ Speed _____ Balance _____ Breathing _____ Power _____

Body tension _____ Control _____ Sportsmanship _____

Comments _____

Examiner: _____

Master Sifu Frank Versagi, 5th Degree Black Sash