

SHAO-LIN CENTER FOR MARTIAL ARTS

1ST DEGREE BROWN SASH TEST

Name _____ Date _____ Age _____

- ❖ WRITE A PAPER ON YOUR THOUGHTS ABOUT THE MARTIAL ARTS AND WHAT IT MEANS TO BECOME A BLACK SASH _____
- ❖ 500 CONSECUTIVE STRAIGHT PUNCHES/500 CONSECUTIVE INTERNAL PUNCHES _____
- ❖ DATE _____ INSTRUCTOR _____
- ❖ SIP DU JONG _____
- ❖ TAOLU BREAKDOWN USING FELLOW STUDENT _____
- _____
- ❖ CREATE AND DEMONSTRATE SEVEN HAND TECHNIQUES _____
- ❖ CHI SAO _____
- ❖ CHI SAO KNIFE DEFENSES _____
- ❖ CHIN NA _____ TIBETAN SNAKE BOXING _____
- ❖ ANTI-TACKLING TECHNIQUES _____
- ❖ SPARRING AGAINST AN ARMED OPPONENT – ONE MINUTE _____
- ❖ TWO OPPONENT SPARRING - ONE MINUTE _____
- ❖ SPARRING TWO ONE-MINUTE ROUNDS _____
- ❖ REAL KNIFE DEFENSES _____ KNIFE ATTACKS _____
- ❖ HARD CHI-GUNG STANCE 2:50 _____ MONK STANCE 17 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