

1ST DEGREE BROWN SASH TEST

Name _____ Date _____

Prior to the test: Write a paper on your thoughts about the martial arts and what it means to become a Black Sash _____

Prior to the test: 500 straight punches _____ 500 internal punches _____

Date _____ Instructor _____

Create and demonstrate five hand techniques _____

Talou breakdown using a fellow student _____

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) _____ Yin Gun Shu (staff) _____

Sip du jong _____

Chi sao _____ Chi sao knife defense _____ Chin na _____

Tibetan snake boxing _____ anti tackling _____

Real knife defense _____ Knife attacks _____

Sparring _____ Sparring – end it: _____ Sparring an armed opponent _____

Two opponent sparring _____

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