

1ST DEGREE GREEN SASH TEST

Name _____ Date _____

Three line techniques _____ / _____ / _____

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 _____

Count to 11 in Chinese _____

Knife hand block/bicep nerve strike/elbow to face _____

Front hand slap _____ back hand slap _____ Buddha palm _____
Kung-fu triangle/front snap kick _____ kung-fu triangle/roundhouse kick _____Spinning whip punch _____ Front kick low high _____ roundhouse low high _____
Side kick low high _____ Monkey tail leg sweep _____Knife defense _____ knife attacks _____ gun defense _____ bat defense _____
Real knife defense _____

Sparring _____ Sparring – end it: _____

Tai Chi sword stance _____

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