

SHAO-LIN CENTER FOR MARTIAL ARTS

1ST DEGREE GREEN SASH TEST

Name _____ Date _____ Age _____

- ❖ 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 _____
- ❖ SPINNING BACK FIST _____
- ❖ FRONT KICK (LOW/HIGH) _____ ROUNDHOUSE KICK (LOW/HIGH) _____
- ❖ SIDE KICK (LOW/HIGH) _____
- ❖ MONKEY TAIL LEG SWEEP _____
- ❖ KNIFE DEFENSE _____ KNIFE ATTACKS _____
- GUN DEFENSE _____ BAT DEFENSE _____
- ❖ THREE LINE TECHNIQUES _____ / _____ / _____
- ❖ SPARRING TWO ONE-MINUTE ROUNDS _____
- ❖ REAL KNIFE DEFENSES _____
- TAI CHI SWORD STANCE _____ HARD CHI-GUNG STANCE 1:40 _____
- ❖ MONK STANCE 8 MINUTES _____
- ❖ BREAKING: Hand _____ Foot _____
- ❖ 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