

SHAO-LIN CENTER FOR MARTIAL ARTS

1ST DEGREE ORANGE SASH TEST

Name _____ Date _____ Age _____

- ❖ NIGHT BATTLE BROAD SWORD _____
- ❖ DEFLECT PUNCH/CLIMB ARM/BACK FIST _____
- ❖ DEFLECT PUNCH/INSIDE RIGDE HAND STRIKE _____
- ❖ DEFLECT PUNCH/CRANE'S BEAK/PALM STRIKE _____
- ❖ OVERHEAD PUNCH INTO AN UPPERCUT _____
- ❖ DEFENSE AGAINST PUNCHES _____
- ❖ DEFENSE AGAINST KICKS _____
- ❖ THREE LINE TECHNIQUES _____ / _____ / _____
- ❖ ANGLED SIDE KICK _____
- ❖ ANTI-TACKLING _____
- FRONT CHOKE _____ REAR CHOKE _____
- HEAD LOCK _____ APPLY THE CHOKE HOLD _____
- ❖ SPARRING THREE ONE-MINUTE ROUNDS _____
- ❖ EAGLE CLAW STANCE _____
- ❖ HARD CHI-GUNG STANCE 1 MINUTE _____
- ❖ MONK 5 MINUTES _____
- ❖ 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