

**1<sup>ST</sup> DEGREE ORANGE 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 \_\_\_\_\_

Deflect punch/climb arm/whip punch \_\_\_\_\_

Deflect punch/inside ridge hand strike \_\_\_\_\_

Deflect punch/crane's beak/palm strike \_\_\_\_\_

Overhead punch into an uppercut \_\_\_\_\_

Defense against punches \_\_\_\_\_

Defense against kicks \_\_\_\_\_

Angled side kick \_\_\_\_\_

Anti tackling \_\_\_\_\_

Defense against front choke \_\_\_\_\_ rear choke \_\_\_\_\_ head lock \_\_\_\_\_

Apply the choke hold \_\_\_\_\_

Sparring \_\_\_\_\_

Sparring – end it: \_\_\_\_\_

Eagle claw stance \_\_\_\_\_

Plum flower stance \_\_\_\_\_ Mai flower stance \_\_\_\_\_

Hard chi-gung stance \_\_\_\_\_

Focus \_\_\_\_\_ Speed \_\_\_\_\_ Balance \_\_\_\_\_ Breathing \_\_\_\_\_ Power \_\_\_\_\_

Body tension \_\_\_\_\_ Control \_\_\_\_\_ Sportsmanship \_\_\_\_\_

Comments \_\_\_\_\_

Examiner: \_\_\_\_\_

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