

SHAO-LIN CENTER FOR MARTIAL ARTS

1ST DEGREE WHITE SASH TEST

Name _____ Date _____ Age _____

- ❖ WU BU QUAN YI _____
- ❖ BOXER'S REBELLION ROLL _____
- ❖ UPWARD SCOOPING BLOCK _____
- ❖ INSIDE SCROOPING GROIN BLOCK _____
- DEFLECT PUNCH _____
- STRAIGHT PUNCH _____
- ❖ LEFT JAB _____ RIGHT JAB _____
- ❖ LEFT/RIGHT JAB COMBINATION _____
- ❖ RIGHT/LEFT JAB COMBINATION _____
- ❖ FRONT SNAP KICK _____
- ❖ SIDE SNAP KICK _____
- ❖ SIDE THRUST KICK _____
- ❖ SPARRING ONE MINUTE _____
- ❖ HARD CHI-GUNG STANCE 30 SECONDS _____
- ❖ CROUCHING TIGER _____
- ❖ MONK STANCE 1 MINUTE _____
- ❖ 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