

1ST DEGREE WHITE SASH TEST

Name _____ Date _____

Moving kung-fu triangles _____

Moving front snap kicks _____

Er ji ji ben gong _____ Wu bu quan yi _____

Boxer's rebellion roll _____ Upward scooping block _____

Inside scooping groin block _____ Deflect punch _____

Straight punch _____ Left jab _____ Right jab _____

Left/right jab combination _____ Right/left jab combination _____

Side snap kick _____ Side thrust kick _____

Sparring _____

Plum flower stance _____ Mai flower stance _____

Crouching tiger _____ Hard chi-gung stance _____

Focus _____ Speed _____ Balance _____ Breathing _____ Power _____

Body tension _____ Control _____ Sportsmanship _____

Comments _____

Examiner: _____

Master Sifu Frank Versagi, 5th Degree Black Sash