

# SHAO-LIN CENTER FOR MARTIAL ARTS

## 1ST DEGREE YELLOW SASH TEST

Name \_\_\_\_\_ Date \_\_\_\_\_ Age \_\_\_\_\_

- ❖ CHINESE FINGER SET \_\_\_\_\_
- ❖ KEW SAO \_\_\_\_\_
- ❖ LADY'S STANCE \_\_\_\_\_ XING-I DRAGON STANCE \_\_\_\_\_
- ❖ DEFLECT PUNCH/CRANE'S BEAK \_\_\_\_\_ DOWNWARD SCOOPING BLOCK \_\_\_\_\_
- ❖ SHIN BLOCKS \_\_\_\_\_
- ❖ PALM STRIKES: DOWNWARD \_\_\_\_\_ LOW \_\_\_\_\_ MEDIUM \_\_\_\_\_ HIGH \_\_\_\_\_
- ❖ ELBOW STRIKES: FORWARD \_\_\_\_\_ SIDE \_\_\_\_\_ BACK \_\_\_\_\_ RISING \_\_\_\_\_
- ❖ CLOSE PUNCH \_\_\_\_\_ VERTICAL PUNCH \_\_\_\_\_
- ❖ INTERNAL PUNCH \_\_\_\_\_ SHAO-LIN SINKING PUNCH \_\_\_\_\_
- ❖ DOUBLE BACK FIST (LOW/HIGH) \_\_\_\_\_
- ❖ BACK THRUST KICK \_\_\_\_\_ GROIN THRUST KICK \_\_\_\_\_
- ❖ SWIPING SIDE KICK \_\_\_\_\_ LUNGE KICK \_\_\_\_\_
- ❖ TWO LINE TECHNIQUES \_\_\_\_\_ / \_\_\_\_\_
- ❖ BEING GRABBED \_\_\_\_\_
- ❖ SPARRING TWO ONE-MINUTE ROUNDS \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ PLUM FLOWER STANCE \_\_\_\_\_ MAI FLOWER STANCE \_\_\_\_\_
- ❖ HARD CHI-GUNG STANCE 50 SECONDS \_\_\_\_\_
- ❖ MONK STANCE 3 MINUTES \_\_\_\_\_
- ❖ FOCUS \_\_\_\_\_ SPEED \_\_\_\_\_ BALANCE \_\_\_\_\_ CONTROL \_\_\_\_\_
- ❖ BREATHING \_\_\_\_\_ POWER \_\_\_\_\_ BODY TENSION \_\_\_\_\_ SPORTSMANSHIP \_\_\_\_\_
- ❖ COMMENTS \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ PROMOTION YES \_\_\_\_\_ NO \_\_\_\_\_
- ❖ EXAMINER \_\_\_\_\_
- ❖ Sifu Frank Versagi, 5<sup>th</sup> Degree Black Sash

RATING SYSTEM:  - NEEDS WORK       GOOD       + VERY GOOD