

1st DEGREE YELLOW SASH TEST

Name _____ Date _____

Two line techniques _____ / _____

Er jiu ji ben gong _____ Wu bu quan yi _____ Wu bu quan er _____

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 _____

Close punch _____ verticle punch _____ internal punch _____

Shao-lin sinking punch _____ double whip punch low/high _____

Back thrust kick _____ groin thrust kick _____

Swiping side kick _____ lunge kick _____

Being grabbed _____

Sparring _____

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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