

**BLACK SASH TEST**

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

All moving Shao-lin Stretches \_\_\_\_\_ All Yi ba ji ben gongs \_\_\_\_\_

(after each talou, pick one movement and explain its application)

4 up 4 down \_\_\_\_\_ Er jiu ji ben gong \_\_\_\_\_ Wu bu quan yi \_\_\_\_\_

Wu bu quan er \_\_\_\_\_ Chinese finger set \_\_\_\_\_ Kew sao \_\_\_\_\_ Lianhuan \_\_\_\_\_

Night Battle Dao Shu \_\_\_\_\_ Toy Koon \_\_\_\_\_ Gim Doi \_\_\_\_\_

Tai Tzu Chan Quan \_\_\_\_\_ Qiang Shu (spear) \_\_\_\_\_ Yin Gun Shu (staff) \_\_\_\_\_

Sip du jong \_\_\_\_\_ Shao hong quan \_\_\_\_\_

Leg sweeps \_\_\_\_\_ Defense against punches \_\_\_\_\_ Defense against kicks \_\_\_\_\_

Wing chun trapping/counterstrikes \_\_\_\_\_ Chi sao \_\_\_\_\_ Chi sao knife defense \_\_\_\_\_

Chin na \_\_\_\_\_ Tibetan snake boxing \_\_\_\_\_ Anti tackling \_\_\_\_\_

All kicks \_\_\_\_\_ All punches \_\_\_\_\_ All stances \_\_\_\_\_

Defense against all holds \_\_\_\_\_ Apply the choke hold standing \_\_\_\_\_ /on the ground \_\_\_\_\_

Club defense \_\_\_\_\_ knife defense \_\_\_\_\_ knife attacks \_\_\_\_\_ real knife defense \_\_\_\_\_

bat defense \_\_\_\_\_ gun defense \_\_\_\_\_

Staff sparring \_\_\_\_\_ two man knife defense \_\_\_\_\_ sparring \_\_\_\_\_ sparring – end it: \_\_\_\_\_

Two opponent sparring \_\_\_\_\_ three opponent sparring \_\_\_\_\_

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

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

Breaking: hands \_\_\_\_\_ feet \_\_\_\_\_

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

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

Comments \_\_\_\_\_

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

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