

**BLUE SASH TEST**

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

Yi ba ji ben gong ( 1 through 6 ) \_\_\_\_\_

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 \_\_\_\_\_

Defense against punches \_\_\_\_\_ defense against kicks \_\_\_\_\_

Tibetan snake boxing \_\_\_\_\_ Anti tackling \_\_\_\_\_

Hook kick \_\_\_\_\_ Spinning kick \_\_\_\_\_ Billy Jack kick \_\_\_\_\_ Roundhouse high low \_\_\_\_\_

Double front jump kick \_\_\_\_\_ double roundhouse kicks \_\_\_\_\_

Front snap kick/roundhouse kick \_\_\_\_\_

Chin na \_\_\_\_\_ Wing chun trapping/counterstikes \_\_\_\_\_

Real knife defense \_\_\_\_\_

Sparring \_\_\_\_\_ Sparring – end it: \_\_\_\_\_

Zhan Zhuang \_\_\_\_\_

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

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

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

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

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

Comments \_\_\_\_\_

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

*Master Sifu Frank Versagi, 5<sup>th</sup> Degree Black Sash*

Phone: 440.716.5425

Email: [sifufrank@shao-lin.net](mailto:sifufrank@shao-lin.net)