

# SHAO-LIN CENTER FOR MARTIAL ARTS

## BLUE SASH TEST

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

- ❖ YI BA JI BEN GONG ( 1 THROUGH 6) \_\_\_\_\_
- ❖ TAI TZU CHAN QUAN \_\_\_\_\_
- ❖ DEFENSE AGAINST PUNCHES/KICKS \_\_\_\_\_
- ❖ TIBETAN SNAKE BOXING \_\_\_\_\_
- ❖ CHAIR FIGHTING \_\_\_\_\_
- ❖ ANTI-TACKLING TECHNIQUES \_\_\_\_\_
- ❖ HOOK KICK \_\_\_\_\_ SPINNING KICK \_\_\_\_\_ BILLY JACK KICK \_\_\_\_\_
- ❖ DOUBLE FRONT JUMP KICK \_\_\_\_\_ DOUBLE ROUNDHOUSE KICK \_\_\_\_\_
- ❖ ROUNDHOUSE KICK (high/low) \_\_\_\_\_ FRONT SNAP KICK TO GROIN/ROUNDHOUSE TO HEAD \_\_\_\_\_
- ❖ CHIN NA \_\_\_\_\_
- ❖ WING CHUN TRAPPING TECHNIQUES AND COUNTER STRIKES \_\_\_\_\_
- ❖ SPARRING THREE ONE-MINUTE ROUNDS \_\_\_\_\_
- ❖ SPARRING ONE ONE-MINUTE ROUND AGAINST TWO OPPONENTS \_\_\_\_\_
- ❖ REAL KNIFE DEFENSES \_\_\_\_\_
- ❖ ZHAN ZHUANG \_\_\_\_\_
- ❖ HARD CHI-GUNG STANCE 1:50 \_\_\_\_\_ MONK STANCE 10 MINUTES \_\_\_\_\_
- ❖ BREAKING: \_\_\_\_\_ HANDS \_\_\_\_\_ FEET \_\_\_\_\_
- ❖ FOCUS \_\_\_\_\_ SPEED \_\_\_\_\_ BALANCE \_\_\_\_\_ CONTROL \_\_\_\_\_
- ❖ BREATHING \_\_\_\_\_ POWER \_\_\_\_\_ BODY TENSION \_\_\_\_\_ SPORTSMANSHIP \_\_\_\_\_
- ❖ COMMENTS \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ PROMOTION YES \_\_\_\_\_ NO \_\_\_\_\_
- ❖ EXAMINER \_\_\_\_\_
- ❖ Sifu Frank Versagi, 5th Degree Black Sash

RATING SYSTEM:  - NEEDS WORK       GOOD       + VERY GOOD