

SHAO-LIN CENTER FOR MARTIAL ARTS

BROWN SASH TEST

Name _____ Date _____ Age _____

YI BA JI BEN GONG (13 through 18) _____

❖ YIN SHOU GUN _____ GIM DOI _____

❖ SPEAR _____ KEW SAO (with contact) _____

❖ DEFENSE AGAINST PUNCHES _____

❖ DEFENSE AGAINST KICKS _____

❖ DEFENSE AGAINST HOLDS _____

❖ DEFENSE AGAINST CLUB _____

❖ DEFENSE AGAINST KNIFE _____ KNIFE ATTACKS _____

❖ DEFENSE AGAINST GUN _____

❖ DEFENSE AGAINST BAT _____

❖ TIBETAN SNAKE BOXING _____

❖ CHAIR FIGHTING _____

❖ CHIN NA _____

❖ ANTI-TACKLING TECHNIQUES _____

❖ WING CHUN TRAPPING TECHNIQUES/COUNTER STRIKES _____

❖ JKD INTERCEPTING TECHNIQUES _____

❖ LEG SWEEPS _____

❖ TWO MAN KNIFE SPARRING - ONE MINUTE _____

❖ STAFF SPARRING ONE MINUTE _____

❖ SPARRING ONE ONE-MINUTE ROUND _____

❖ TWO OPPONENT SPARRING ONE MINUTE _____

❖ ARMED OPPONENT SPARRING ONE MINUTE _____

❖ REAL KNIFE DEFENSES _____

❖ HARD CHI-GUNG STANCE 2:30 _____ MONK STANCE 15 MINUTES _____

❖ BREAKING: HANDS _____ FEET _____

RATING SYSTEM: - NEEDS WORK GOOD + VERY GOOD

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❖ 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