

BROWN SASH TEST

Name _____ Date _____

Yi ba ji ben gong (13 through 18) _____

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) _____

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 _____ Chin na _____ anti tackling _____

Wing chun trapping/countersrikes _____ JKD intercepting techniques _____

Leg sweeps _____ Two man knife defense _____ Staff sparring _____

Sparring _____ Sparring – end it: _____ Two opponent sparring _____

Armed opponent sparring _____ real knife defense _____

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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