

GREEN SASH TEST

Name _____ Date _____

Moving Shao-lin stretches: straight, outside crescent, cross legged, front snap kick/eye jab,
opposite sides kick/punch, shin groin block/eagle claw _____

Three line techniques _____ / _____ / _____

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 _____

Boxer's rebellion roll/down block/punch to face _____

Kung-fu triangle/tiger claw to face _____ eye jab _____ eye jab/elbow strike _____

Lead leg side kick low _____ lead leg side kick high _____ lead leg side kick low/high _____

All other kicks _____

Defense against punches _____ defense against kicks _____

Defense against all holds _____ held by two opponents _____

Anti tackling _____ club defense _____

Shao-lin sparring warm up drill _____

Two man knife defense _____ Real knife defense _____

Sparring _____ Sparring – end it: _____

Child's prayer to Buddha _____

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, 5th Degree Black Sash