

SHAO-LIN CENTER FOR MARTIAL ARTS

ORANGE SASH TEST

Name _____ Date _____ Age _____

- ❖ LIANHUAN _____
- ❖ JKD ENTRY PUNCH _____ JKD ANGLE PUNCH _____
- ❖ JKD ENTRY PUNCH / FRONT SNAP KICK _____
- ❖ INSIDE SCOOPING GROIN BLOCK/OUTSIDE TIGER CLAW BLOCK/TIGER CLAW STRIKE _____
- ❖ DOWNWARD SCOOPING BLOCK/CONCAVE/STRIKE _____
- ❖ SPEAR HAND TO THROAT _____ SWIPING TIGER CLAW _____
- ❖ STRAIGHT PUNCH/CIRCULAR BACK FIST _____
- ❖ MUAY THAI SHIN KICK _____
- ❖ INSIDE CRESCENT KICK _____ OUTSIDE CRESCENT KICK _____
- ❖ INSIDE CRESCENT/FRONT SIDE KICK _____ JKD FRONT INTERCEPTING KICK _____
- ❖ JKD REAR INTERCEPTING KICK _____
- ❖ THREE LINE TECHNIQUES _____ / _____ / _____
- ❖ GRABBED AND PUNCHED _____
- ❖ ANTI-TACKLING _____
- ❖ SPARRING THREE ONE-MINUTE ROUNDS _____
- ❖ ADVANCED PLUM FLOWER STANCE _____ ADVANCED MAI FLOWER STANCE _____
- ❖ HARD CHI-GUNG STANCE 1 MINUTE _____ MONK STANCE 5 MINUTES _____
- ❖ 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