

Master Sifu Frank Versagi, 5th Degree Black Sash

ORANGE SASH TEST

Name _____ Date _____

Three line techniques _____ / _____ / _____

Er jiu ji ben gong _____ Wu bu quan yi _____ Wu bu quan er _____

Chinese finger set _____ Kew sao _____ Lianhuan _____

JKD entry punch _____ JKD angle punch _____

JKD entry punch/front snap kick _____

Inside scooping groin block/outside tiger claw block/punch to face _____

Downward scooping block/concave/strike _____

Spear hand to throat _____ Swiping tiger claw _____

Straight punch/whip punch _____

Muay thai shin kick _____ inside crescent kick _____ outside crescent kick _____

Inside crescent kick/front side kick _____ JKD front intercepting kick _____

JKD rear intercepting kick _____

Grabbed and punched _____

Anti tackling _____

Sparring _____

Sparring – end it: _____

Plum flower stance _____ Mai flower stance _____

Hard chi-gung stance _____

Focus _____ Speed _____ Balance _____ Breathing _____ Power _____

Body tension _____ Control _____ Sportsmanship _____

Comments _____