

**WHITE SASH TEST**

Name \_\_\_\_\_ Date \_\_\_\_\_

Moving front snap kicks \_\_\_\_\_

Moving kung-fu triangles \_\_\_\_\_

Eye jabs \_\_\_\_\_

ER JIU JI BEN GONG \_\_\_\_\_

MA BU \_\_\_\_\_

GONG BU \_\_\_\_\_

PU BU \_\_\_\_\_

XU BU \_\_\_\_\_

XIE BU \_\_\_\_\_

MA BU ZOU \_\_\_\_\_

MA BU YOU' \_\_\_\_\_

Plum flower stance \_\_\_\_\_ Mai flower stance \_\_\_\_\_

Hard chi-gung stance \_\_\_\_\_

Focus \_\_\_\_\_ Speed \_\_\_\_\_ Balance \_\_\_\_\_ Breathing \_\_\_\_\_ Power \_\_\_\_\_

Body tension \_\_\_\_\_ Control \_\_\_\_\_ Sportsmanship \_\_\_\_\_

Comments \_\_\_\_\_

Examiner: \_\_\_\_\_

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