

SHAO-LIN CENTER FOR MARTIAL ARTS

WHITE SASH TEST

Name _____ Date _____ Age _____

❖ ER JIU JI BEN GONG _____

❖ MA BU _____

❖ GONG BU _____

❖ XU BU _____

❖ PU BU _____

❖ XIE BU _____

❖ MA BU ZOU _____ MA BU YOU? _____

❖ HARD CHI-GUNG STANCE 20 SECONDS _____

❖ MONK STANCE 40 SECONDS _____

❖ 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