

SHAO-LIN CENTER FOR MARTIAL ARTS

YELLOW SASH TEST

Name _____ Date _____ Age _____

- ❖ WU BU QUAN ER _____
- ❖ KUNG-FU TRIANGLE _____
- ❖ PLUM FLOWER STANCE _____ MAI FLOWER STANCE _____
- ❖ KNIFE HAND BLOCK _____ PALM CROSS BLOCK _____
- ❖ SHAO-LIN PUNCH _____
- ❖ SINGLE LONG FIST _____ DOUBLE LONG FIST _____
- ❖ INSIDE RIDGE HAND STRIKE _____
- ❖ BACK FIST _____ RAKING TIGER CLAW/EYE JAB _____
- ❖ LEFT/RIGHT JAB COMBINATION – FRONT SNAP KICK _____
- ❖ RIGHT/LEFT JAB COMBINATION – FRONT SNAP KICK _____
- ❖ FRONT THRUST KICK _____ SIDE THRUST KICK _____
- ❖ ROUNDHOUSE SNAP KICK _____
- ❖ ROUNDHOUSE THRUST KICK _____
- ❖ SPARRING TWO ONE-MINUTE ROUNDS _____
- ❖ _____
- ❖ _____
- ❖ HARD CHI-GUNG STANCE 40 SECONDS _____
- ❖ MONK STANCE 2 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