

## YELLOW SASH TEST

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

Moving front snap kicks \_\_\_\_\_ Moving kung-fu triangles \_\_\_\_\_

Er jiu ji ben gong \_\_\_\_\_

Wu bu quan yi \_\_\_\_\_ Wu bu quan er \_\_\_\_\_

Knife hand block \_\_\_\_\_ Palm cross block \_\_\_\_\_

Shao-lin punch \_\_\_\_\_ Single long fist \_\_\_\_\_ Double long fist \_\_\_\_\_

Inside ridge hand strike \_\_\_\_\_ Whip punch \_\_\_\_\_ 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 kick \_\_\_\_\_ Roundhouse thrust kick \_\_\_\_\_

Sparring \_\_\_\_\_

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

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

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

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

Comments \_\_\_\_\_

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

*Master Sifu Frank Versagi, 5<sup>th</sup> Degree Black Sash*