

Technique #	White Sash Test Red Phoenix Martial Arts Academy 紅鳳-武術-校 Dào Chì Gōng Fū 道氣功夫	

Academic Section	Ar
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Why have you earned your belt? What is the mindset of a white sash?	<i><personal answer></i> <i>The student's path to inner strength has been lighted; the student's mind is clear, ready to be taught</i>
What is the meaning of "Gung Fu?"	<i>Great skill and knowledge, mastering your skill by mastering yourself</i>
Define the First Law of Gung Fu	Fluidity: as one technique completes, another begins Cup-Fist (抱拳) bào chuán
How do we bow? What is it called? How is it performed?	Stand upright, feet together Right foot is 1/2 foot in front of left Clench right fist in front of chest, palm down Elbows remain pointing downward Straighten your left palm, place over right fist Wrap left fingers around the right fist, closing them Bow slightly Look forward, greeting one another

Kicks (Tang Soo Do)	
1 Front high 2 Inside to outside crescent 3 Outside to inside crescent 4 Front snap	

Capoeira	
5 Ginga (basic blocking/footwork)	

Punches & Strikes	Art form/style:
6 Front fist jab (combo with elbow block) 7 Rear fist punch (combo with elbow block) 8 Hammer fist (TSD & Krav)	Krav Maga

Locks, Chokes, Arm Bars	
9 Wrist & hand trapping	

Wing Chun (For future use)	
Xiǎo niàn tóu (section 1)	

Forms (DCKF)	
10 1 - Infant Phoenix is Born	

Stances	Art form/style:
<i>Basic, common</i>	
11 Kāi jàn "Starting/Ready Stance" (開站) L covers R 12 Jèng shì dǎ jàn "Formal/official fighting stance" (正式打站) 13 Yáng mǎ jàn "goat horse stance" (羊馬站) 14 Chyán jàn - Fist Stance (拳站) <i>Shaolin</i> 15 Mǎ Bù - "horse step" (馬步)	DCKF DCKF Wing Chun DCKF

Judo Ukemi	
16 Front fall (Mae Ukemi) 17 Back fall "defensive" (Ushiro Ukemi)	

Board breaks	
18 Hammer fist	

BJJ	
19 Framing from the ground 20 Shrimping 21 "Upa" / Bridge and Roll Escape	