

## Black Sash Test

紅鳳-武術-校

Dào Chì Gūng Fū

道氣功夫

## Academics

Submit a letter of recommendation from another peer stating why you should hold the rank of black belt in this school

Submit a letter explaining why you have earned a black belt, what it means and what you plan on learning from here. What other martial arts have you taken that informed you in this school?

1 What is the meaning of "Gung fu?" - *Great skill and knowledge, mastering your skill by mastering yourself*

3 Present your Makimono to your head instructor at the test

3 Be able to write the kanji, its meaning, and the school motto

Method of Vital Energy Hard Work

3 What is the most fundamental blocking technique?

There is no such thing as blocking, only dispersion or redirection.

4 Have some understanding of the path of the martial arts out of China, into Japan and Korea

4 Be familiar with the meaning and history of the different styles that inform this martial art and this school

5 Define Automatic Body Responses

In your own words

5 Expand Pressure Point acronyms:

GB, TH, TW, S, SI, LI, H

5 Explain "Broken Rhythm"

無律動 (wú lǜ dòng | lack-law-motion) - to be un-rhythmic

6 How do you assist someone in recovering from being knocked out?

7 The Seven laws of Gung Fu

*Fluidity, Adaptation, Economy, Movement, Intent, Harmony, non-interference*

7 Describe Pressure Points:

GB20, TW17

7 Describe Pressure Points:

SI16, H3, S9

7 Meaning of Black Sash

*The student has learned control of the body; actions and thoughts are becoming unified; many more peaks follow and higher learning has just begun.*

## Kicks

1 White Front high TSD

1 White Inside to outside crescent TSD

1 White Outside to inside crescent TSD

1 White Front snap TSD

2 Yellow Side TSD

2 Yellow Round house TSD

2 Yellow Stomp TSD

3 Orange Ax TSD

3 Orange Hook TSD

3 Orange Muay Thai rising round house (core muscles) MYT

4 Blue Straight back TSD

## Spinning and Jumping section

4 Blue Spinning back TSD

4 Blue Spinning double crescent (in/out > out/in) TSD

4 Blue Jump front snap TSD

5	Purple	Jump straight back	TSD
5	Purple	Running, jump crescent (inside to outside)	SHL
5	Purple	Jump double front snap	TSD
5	Purple	Jump spinning back	TKD
5	Purple	Jumping roundhouse	TKD
6	Red	Butterfly	SHL
6	Red	Jump spinning crescent (inside to outside)	TKD
6	Red	Jumping Ax	TSD
7	Dan 1	Jump split (snap position)	TKD

## Capoeira

### Basic

1	White	Ginga (basic blocking/footwork)	
2	Yellow	Au "Kicking cartwheel" (wheel)	
3	Orange	Handstand walk	
3	Orange	Au de Frente (wheel to front)	
4	Blue	Negativa	
4	Blue	Cocharina (dodge down)	
4	Blue	Armada (spinning inside-to-outside)	
4	Blue	Meia Lua de Frente (inside crescent)	
5	Purple	Banda de Casta (back hook foot sweep)	
5	Purple	S kick	
5	Purple	Esquiva (escape)	
5	Purple	Rolê (varying uses)	
6	Red	Negativa Derrubando (negativa front foot sweep)	

### Advanced movements during Ginga

6	Red	Queixada (inside-to-outside crescent)	
6	Red	Compasso (spinning back kick)	
7	Dan 1	Martelo do Chao / Ground hammer (roundhouse from ground)	
7	Dan 2	Corta Capim (Grass cutter)	
8	Dan 3	5 technique combo (self-directed) from prior Capoeira techniques	

## Punches & Strikes

1	White	Front fist jab	
1	White	Rear fist punch	
1	White	Hammer fist (TSD & Krav)	KMG
2	Yellow	Uppercut	KMG
2	Yellow	Hook punch	
2	Yellow	Back fist (Uraken Uchi)	KTD
3	Orange	Ridge hand	
3	Orange	Knife hand (inside)	TSD
3	Orange	Knee strike	
3	Orange	Casting (hook) punch	Sambo
4	Blue	Elbow strike	
4	Blue	Palm heel strike	KMG
4	Blue	Double Fist heart Punch	WC
4	Blue	Eagle Claw	SHL
5	Purple	Key (thumb) strike	
5	Purple	Spinning back fist	
5	Purple	Superman punch	MYT
6	Red	Crane Beak	SHL
6	Red	One-inch punch	WC
6	Red	Head strike	

6	Red	Middle and full knuckle strikes	
<b>Locks, Chokes, Arm Bars</b>			
1	White	Wrist & hand trapping	
2	Yellow	Supinating (same side) wrist lock (Kote Gaeshi)	AKD
2	Yellow	Pronating (prostrating) wrist lock (Kote mawashi)	AKD
2	Yellow	Adductive wrist lock (Nikyo [or] Kote hono gaeshi)	AKD
3	Orange	Americana Keylock (standing)	BJJ
		outside arm under, inside arm under armpit	
		outside arm under, inside arm over armpit	
		outside arm over armpit, inside arm under	
3	Orange	Open end escape to wrist locks (3)	
		Same side – Pronating	
		Same side – Supinating	
		Opposite side – Supinating	
3	Orange	Appendage locks (fingers/toes)	HKD
3	Orange	Handshake wristlocks ( <i>under, horse stance, behind</i> ) + ( <i>counter-clockwise turn, switch hands</i> ) to throw	AKD
4	Blue	<b>Form 4 Xiang Zi Carries Basket</b>	QinNa
4	Blue	<b>Standing Arm Lock (Ude Gatami)</b>	HKD
4	Blue	Hyperflexing wristlocks (Tekubi Gatami)	HKD
5	Purple	Standing Elbow lock (Maki Hiji)	JJTS
5	Purple	Hammerlock (includes wristlock) - Law enforcement	
5	Purple	Kimura lock	BJJ
6	Red	Knee and ankle locks (standing)	BJJ
6	Red	Standing rear naked choke	BJJ
<b>Defense</b>			
2	Orange	<b>Defend 10 random punches</b>	
3	Orange	Muay Thai wall of defense	MYT
4	Blue	Muay Thai Clinch	MYT
5	Purple	<b>Defend 25 random punches</b>	
7	Dan 1	<b>Defend 100 random punches</b>	
<b>Wing Chun (Future Use)</b>			
1	White	Xiǎo niàn tóu (section 1)	
2	Yellow	Chi Sau (dān) “single hand”	
3	Orange	Xiǎo niàn tóu (section 2)	
4	Blue	Continuous chain fist (lián huán chuí)	
4	Blue	Chi sau (kǔn) “binding hands”	
5	Purple	Xiǎo niàn tóu (section 3)	
6	Red	Chi sau (lù) “rolling hands”	
<b>Forms</b>			
1	White	1 - Infant Phoenix is Born	DCGF
2	Yellow	2 - Young Phoenix Walks	DCGF
3	Orange	3 - Growing Phoenix Flies	DCGF
4	Blue	4 - Grown Phoenix Soars High	DCGF
5	Purple	5 - Matured Phoenix Dominates	DCGF
6	Red	6 - Older Phoenix Nests	DCGF
7	Dan 1	7 - Elder Phoenix Dies, is Reborn in Fire	DCGF

7   Dan 1		Creative Form (2 min)	
<b>Stances</b>			
<i>Basic, common</i>			
1   White		Kāi jàn "Starting Stance" (開站) L covers R	DCGF
1   White		Jèong shì dǎ jàn "Formal/official fighting stance" (正式打站)	DCGF
1   White		Yáng mǎ jàn "goat horse stance" (羊馬站)	WC
2   Yellow		Closed & open fighting stances (demonstrate)	
3   Orange		Spring, fighting (intermediate)	TSD
3   Orange		Muay Thai fighting position (fingers curled)	MYT
1   White		Chyán jàn - Fist Stance (拳站)	
<i>Shaolin</i>			
1   White		Mǎ Bù - "horse step" (馬步)	DCGF
2   Yellow		Gōng Bù - Bow step (稽步)	SHL
2   Yellow		<b>Chu Bu - blocking, preparing step (步)</b>	SHL
3   Orange		Jǔ/Xu Bù - Empty Step (虛步)	SHL
3   Orange		<b>Tǐ Bù - Rooster Step (雞步)</b>	SHL
4   Blue		Yēn Bù - Drawing Bow Step (yǐn 引步) with eagle claw	DCGF
5   Purple		Shē Bù - Cross Step (Xié Bù 蟹步)	SHL
6   Red		Drop Step (Pǔ Bù 仆步)	SHL
6   Red		Shao-lin 13 ChiGong Step (少林十三氣功步) shào lín shí sān qì gōng bù	SHL
<b>Judo Ukemi</b>			
1   White		Front fall (Mae Ukemi)	JD
1   White		Back fall "defensive" (Ushiro Ukemi)	JD
2   Yellow		Back roll	
2   Yellow		Side fall (Yoko Ukemi)	JD
2   Yellow		Forward Roll breakfall (Zenko Kaiten)	JD
5   Purple		Aerial rolls/falls (various)	
<b>Judo Throws</b>			
2   Yellow		<b>Front Kick Sweep</b>	KMG
3   Orange		One-handed Shoulder throw (Ippon Seoi Nage)	JD
3   Orange		Major Hip throw (O'Goshi: closed feet & Koshi Nage: Open feet)	JD
4   Blue		Outer Reaping Throw (Osoto Gari)	JD
4   Blue		Circle Throw (Tomoe Nagi) - into sidefall	JD
5   Purple		<b>Major Inner Reaping Throw (O'uchi Gari)</b>	JD
5   Purple		<b>Scooping throw (Sukui Nage)</b>	JD
6   Red		<b>High Lift (Daki Age) - transition from BJJ full mount</b>	JD
6   Red		<b>Body Drop (Tai Otoshi)</b>	JD
<b>Board breaks</b>			
1   White		Hammer fist	
2   Yellow		Reverse punch	
3   Orange		Front snap, palm strike, ax kick	
4   Blue		Jumping front snap, knife hand, side kick	
5   Purple		Jumping double front snap, roundhouse, ridge hand	
6   Red		Elbow, head, spinning back, jumping ax, Jumping Round	
7   Dan 1		<b>Options (pick four):</b> Four-board break, one-inch punch, jump straight	
		back (2 boards), knife hand speed break, s-kick, soft break, Jump split	
8   Dan 2		Four-board - holding break (or more!), any technique	

## Common Defense Scenarios

4	Blue	Rear bear hug
4	Blue	Shrimping escape from side mount and full mount
5	Purple	Defuse a fight
5	Purple	An attacker grabs your throat, take to submission
5	Purple	An attacker has you in a headlock
6	Red	Escape from an arm bar (ground)
6	Red	Two attackers have you cornered, back against a wall
6	Red	Attacker is intoxicated and unruly
7	Dan 1	3-minute freestyle sparring (with gear), tournament rules, one opponent
7	Dan 1	Defend against two people grabbing you using throws to submission, locks, armbars, anything (no face/head, using gear)

## BJJ

1	White	Framing from the ground
1	White	Shrimping
1	White	“Upa” / Bridge and Roll Escape
2	Yellow	Half guard
2	Yellow	Full guard
2	Yellow	Open guard (legs not closed)
2	Yellow	Hip Bump Sweep
3	Orange	Over-Under Guard Pass
3	Orange	Guillotine Choke escape (falling back)
3	Orange	Full mount
3	Orange	Rear mount
3	Orange	Sweeps
3	Orange	Americana Lock (Ude Garami) from Side Control
4	Blue	Full guard with sweeps
4	Blue	Deep half guard
4	Blue	Spider guard
4	Blue	Rear Naked Choke
5	Purple	Del Tiva
5	Purple	Locks (various) - knee, ankle, etc
5	Purple	Chokes (various)
6	Red	Triangle choke from guard
6	Red	Cross collar choke

## 7 Laws of Gung Fu

1	White	<b>Fluidity:</b> As one technique completes, another begins
2	Yellow	<b>Adaptation:</b> Moving with the flow of energy
3	Orange	<b>Economy:</b> Efficiency of expenditure
4	Blue	<b>Movement:</b> Move only as required; no less, no more
5	Purple	<b>Intent:</b> You will perform as you train
6	Red	<b>Harmony:</b> Compliment hard with soft, strong/weak, heavy/light
7	Dan 1	<b>Non-interference:</b> Remove your mind and ego from the moment and simply respond, trust your training; strive not for an outcome