

Level/Gup級/じ	Black Sash Test
	紅鳳-武術-校
	Đào Chì Gūng Fū
	道氣功夫

School 校 xiào  
 Phoenix: 鳳 fèng  
 Red 紅 hóng  
 院 = institution (yuàn) | 校 = school (xiào) | both = academy  
 紅 = blood (hóng) | 色 = color (sè) | both = "blood color" or "red"

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 stating what becoming a black belt means to you within this school, and why you are confident you have earned it	
1 What is the meaning of "Gung fu?" - <i>Great skill and knowledge, mastering your skill by mastering yourself</i>	
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?	Don't be there!
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
<i>Spinning and Jumping section</i>			
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

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<https://blackbeltwiki.com/butterfly-kick>  
 Was "tornado"  
 v=IRnT1NN3Z\_Y

Capoeira		
<i>Basic</i>		
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)
<i>Advanced movements during Ginga</i>		
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	<a href="https://blackbeltwiki.com/hammer-fist">https://blackbeltwiki.com/hammer-fist</a>
2	Yellow	Uppercut	KMG	<a href="https://blackbeltwiki.com/uppercut-punch-krav-maga">https://blackbeltwiki.com/uppercut-punch-krav-maga</a>
2	Yellow	Hook punch		
2	Yellow	Back fist (Uraken Uchi)	KTD	
3	Orange	Ridge hand		
3	Orange	Knife hand (inside)	TSD	<a href="https://blackbeltwiki.com/ridge-hand-strike">https://blackbeltwiki.com/ridge-hand-strike</a>
3	Orange	Knee strike		
3	Orange	Casting (hook) punch	Sambo	<a href="https://blackbeltwiki.com/sambo-casting-punch">https://blackbeltwiki.com/sambo-casting-punch</a>
4	Blue	Elbow strike		
4	Blue	Palm heel strike	KMG	
4	Blue	Double Fist heart Punch	WC	
4	Blue	Eagle Claw	SHL	<a href="https://blackbeltwiki.com/eagle-claw">https://blackbeltwiki.com/eagle-claw</a>
5	Purple	Key (thumb) strike		
5	Purple	Spinning back fist		
5	Purple	Superman punch	MYT	<a href="https://blackbeltwiki.com/superman-punch">https://blackbeltwiki.com/superman-punch</a>
6	Red	Crane Beak	SHL	<a href="https://blackbeltwiki.com/crane-beak-strike">https://blackbeltwiki.com/crane-beak-strike</a>
6	Red	One-inch punch	WC	<a href="https://blackbeltwiki.com/wing-chun-one-inch-punch">https://blackbeltwiki.com/wing-chun-one-inch-punch</a>
6	Red	Head strike		
6	Red	Middle and full knuckle strikes		

### Locks, Chokes, Arm Bars

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	Form 4 Xiang Zi Carries Basket	QinNa	<a href="https://youtu.be/-59hs0MpHI?t=559">https://youtu.be/-59hs0MpHI?t=559</a>
4	Blue	Standing Arm Lock (Ude Gatami)	HKD	<a href="https://blackbeltwiki.com/standing-arm-lock">https://blackbeltwiki.com/standing-arm-lock</a>
4	Blue	Hyperflexing wristlocks (Tekubi Gatami)	HKD	
5	Purple	Standing Elbow lock (Maki Hiji)	JJTS	<a href="https://blackbeltwiki.com/jujutsu-maki-hiji-nage">https://blackbeltwiki.com/jujutsu-maki-hiji-nage</a>
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	<a href="https://blackbeltwiki.com/rear-naked-choke">https://blackbeltwiki.com/rear-naked-choke</a>

### Defense

2	Orange	Defend 10 random punches		
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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>	

### Wing Chun (Future Use)

1	White	Xiǎo nián tóu (section 1)	
2	Yellow	Chi Sau (dǎn) "single hand"	
3	Orange	Xiǎo nián tóu (section 2)	
4	Blue	Continuous chain fist (lián huán chuí)	
4	Blue	Chi sau (kūn) "binding hands"	
5	Purple	Xiǎo nián tóu (section 3)	
6	Red	Chi sau (lǔ) "rolling hands"	

### Forms

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)	

### Stances

<i>Basic, common</i>			
1	White	Kāi jàn "Starting Stance" (開站) L covers R	DCGF
1	White	Jièng 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	Chǎn 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	Chu Bù - blocking, preparing step (步)	SHL
3	Orange	Jū/Xū Bù - Empty Step (虛步)	SHL
3	Orange	Tǐ Bù - Rooster Step (雞步)	SHL
4	Blue	Yēn Bù - Drawing Bow Step (yīn 引步) with eagle claw	DCGF
5	Purple	Shē Bù - Cross Step (Xie Bù 蟹步)	SHL
6	Red	Drop Step (Pū Bù 仆步)	SHL
6	Red	Shào-lín 13 ChìGōng Step (少林十三氣功步) shào lín shí sān qì gōng bù	SHL

<https://dictionary.writtenchinese.com/#sk=%E9%96%8B%E7%AB%99&svt=pinyin>

<https://dictionary.writtenchinese.com/#sk=%E6%AD%A3%E5%BC%8F%E6%89%93%E7%AB%99&svt=pinyin>

<https://dictionary.writtenchinese.com/#sk=%E7%BE%8A%E9%A6%AC%E7%AB%99&svt=pinyin>

<https://dictionary.writtenchinese.com/#sk=%E6%8B%B3%E7%AB%99&svt=pinyin>

<https://www.youtube.com/watch?v=w-4n7cbNXZw>

<https://shaolinsticksandstones.wordpress.com/2015/06/25/the-five-basic-wushu-stances-in-no-particular-order/>

<https://youtu.be/h22gz051xwQ>

<https://dictionary.writtenchinese.com/#sk=%E5%B0%91%E6%9E%97%20%E5%8D%81%E4%B8%89%20%E6%B0%A3%E5%8A%9F%20%E6%AD%A5&svt=pinyin>

### Judo Ukemi

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 (Zenpo Kaiten)	JD
5	Purple	Aerial rolls/falls (various)	

<https://blackbeltwiki.com/mae-ukemi>

<https://blackbeltwiki.com/ushiro-ukemi>

<https://blackbeltwiki.com/yoko-ukemi>

<https://blackbeltwiki.com/zenpo-kaiten>

### Judo Throws

2	Yellow	Front Kick Sweep	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	Major Inner Reaping Throw (O'uchi Gari)	JD
5	Purple	Scooping throw (Sukui Nage)	JD
6	Red	High Lift (Daki Age) - transition from BJJ full mount	JD
6	Red	Body Drop (Tai Otoshi)	JD

<https://blackbeltwiki.com/front-kick-sweep-krav-maga>

<https://blackbeltwiki.com/o-goshi>

<https://blackbeltwiki.com/osoto-gari>

<https://blackbeltwiki.com/tomoe-nagi>

<https://blackbeltwiki.com/ouchi-gari>

<https://blackbeltwiki.com/sukui-nage>

<https://blackbeltwiki.com/daki-age>

<https://blackbeltwiki.com/tai-otoshi>

### Board breaks

1	White	Hammer fist	
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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