

**RED PHOENIX
MARTIAL ARTS ACADEMY
SASH TEST MANUALS**



HÓNG FÈNG WU SHU XIÀO

紅鳳武術校

WHITE SASH

DAO CHI GUNG FU
WHITE SASH TEST

DÀO CHÌ GŌNG FŪ
道氣功夫

WAY OF “INNER STRENGTH” THROUGH HARD WORK

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WHITE SASH TEST MANUAL

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QUESTIONS

Why have you earned your white sash?

This is a personal answer, and can be anything. But know that we are looking for confidence.

What is the art form that you study, and what does it mean?

Dào Chì Gūng Fū = Way of Inner Strength (through) Hard Work

What is the progression from No sash to Black sash?

Beginner: White / Yellow

Intermediate: Orange / Blue

Advanced: Purple / Red

What is mindset of a **White Sash**?

*The student's path to inner strength has been lighted;
the student's mind is clear, ready to be taught*

What is the meaning of "Gung Fu?"

Great skill and knowledge; mastering your skill by mastering yourself

What is the first Law of Gung Fu?

Fluidity: as one technique completes, another begins

What is the name of the Wing Chun bow?

Cup-Fist (抱拳) Bào Chuán?

DAO CHI GUNG FU
WHITE SASH TEST

Show the instructor how to perform the bow/standard greeting.

- *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*

DEFINITIONS

*The following definitions are **not** essential to your test. Your test is about self-defense and technique. These are what you will need to know as you move forward, and what you will teach to new-comers.*

JAPANESE

- **Uke:** the person who receives a technique.
- **Tori:** the person who completes the technique against the Uke.
- **Ukemi:** Traditionally refers to accepting a fall, but the literal definition is *Receiving body or self*. “Uke” means receiving; “Mi” means “body” or “self.”
- **Sempai:** an upper-belt who is a higher age, a mentor with seniority, or a person *within* a formation who directs the class in a group-executed technique.
- **Sensei:** an honorific term referring to “one who comes before,” or a Blackbelt with a rank of 1st, 2nd, or 3rd Dan.
- **Kiyap:** A quick burst yell, performed as instructed

CHINESE (MANDARIN)

- **Kāi jàn** “Ready/starting Stance” (開站) is the most common stance you will use and demonstrates readiness to learn. The position is both respectful of the instructor, as well as the class, and teaches the student a state of mind that prepared for learning. You will eventually learn to be comfortable in this position.
- **Jèong shì dǎ jàn** “Official fighting stance” (正式打站)
- **Yáng mǎ jàn** “goat horse stance” (羊馬站) – The *Wing Chun Training Stance*.
- **Chyán jàn** “Fist Stance” (拳站) – This is our proprietary stance that teaches using power from the ground and fundamental body movements that create power.
- **Mǎ Bù** “horse step” (馬步) – This is a Shao-Lin stance. The name is from DCGF.
- **Bào Chuán** “Cup-Fist” (抱拳) – a Wing Chun greeting “Bao”
- **Dào Chì Gūng Fū** “Way Inner-Strength Hard Work” (道氣功夫)

KICKS

a. Front High

- i. Point toes/foot
- ii. Straight leg
- iii. Keep back straight (no crouching)
- iv. Kick upward as high as is comfortable

b. Inside to Outside Crescent

- i. Kick knee **Inward** in a semi-circle, toward your chin
- ii. Relax and release the shin and foot as if throwing it

c. Outside to Inside Crescent

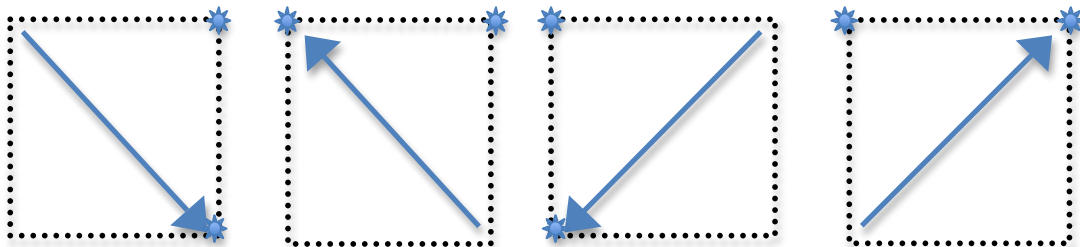
- i. Kick knee **Outward** in a semi-circle, toward your chin
- ii. Relax and release the shin and foot as if throwing it

PUNCHES & STRIKES

- Vertical punch with Ulna bone and knuckles
 - Return to protection, or to “home,” quickly
 - Guard face with other elbow
- a. Front-hand jab
 - b. Standard Reverse punch
 - c. Hammer Fist (Krav Maga)
 - i. Any direction
 - ii. Do not bend elbow
 - iii. Strike across the target
 - iv. Use your weight

CAPOEIRA

- a. Ginga (basic blocking/footwork)
 - i. Feet parallel, shoulder width
 - ii. Move one foot behind the other, stretched backward/inline
 - iii. Use hips, move arms (trotting, not pacing)
 - iv. Return rear foot to parallel position
 - v. Repeat on opposite side
 - vi. Motion should make a square



LOCKS, CHOKES, ARM BARS (AI KI DO)

- a. Wrist & Hand trapping (able to perform on both sides)
 - i. The attacker grabs your shoulder
 - ii. Trapping hand is same-side hand
 - iii. Cover attackers hand (likely the pectoral area)
 - iv. Cover trapping hand with opposite hand
 - v. Do not support the attacker's wrist
 - vi. Bend at the waist
 - vii. Change stance to opposite direction

JUDO UKEMI

**** Note ****

In all Ukemi protection of the head is the most important aspect of falling. The head must be guarded from hitting the ground by either turning the head (front fall) or by tucking the chin to the chest (all other falls).

- a. Front fall (Mae)
 - i. Hands in diamond shape with fingers together
 - ii. "Bridge" hips upward
 - iii. Feet spread shoulder width
 - iv. Ki-yap loudly (to expel the breath and absorb the impact)
 - v. Turn head either side to protect the face
 - vi. Elbows on mat/ground
 - vii. Land with center-line of body where the feet began on the mat

- b. Back fall, Defensive (Ushiro)
 - i. Start on buttocks with knees up, feet on ground
 - ii. Fall/roll backward, keeping chin up into chest
 - iii. Place hands at 45° angle, palms down
 - iv. Ki-yap loudly (to expel the breath and absorb the impact)
 - v. Feet shoulder width apart
 - vi. Feet pointed upward, ready to kick opponent

STANCES

- a. Kāi jàn “Starting/Ready Stance” (開站) L covers R
To get into the correct position, only as a matter of training:
- i. Place your right hand over your left pectoral
 - ii. Place your left hand over the right
 - iii. Bring down both hands, touching your abdomen, keeping them crossed
 - iv. Turn the left toe to the left, move the left heel to match
- Although you are now in the correct stance, these steps are not required*
- b. Jèng shì dǎ jàn “Formal/official fighting stance” (正式打站)
- i. Rear foot is pointed at a 45 degree angle outward
 - ii. All the pressure/weight is on the rear leg, on the heel
 - iii. Bend at the knee slightly and draw into the ground
 - iv. Front foot touches the ground slightly
 - v. Buttocks are thrust backward
 - vi. Hips are directed frontward
 - vii. Low blocking hand is same side as front leg; palm outward; on “mother line”
 - viii. High blocking hand is centered on “mother line” and nearly outstretched, elbow is pointed down, palm outward, sideways
- c. Yáng mǎ jàn “goat horse stance” (羊馬站)
- i. Both hands stretched outward in front of you slowly
 - ii. Palms up, then make fists
 - iii. Draw fists downward, then up to side of ribs in a semi-circle
 - iv. Bend at the knees slightly
 - v. Open your hips and point toes outward all the way
 - vi. Move heels outward passed the toes (pigeon toed)
- d. Chyán jàn “Fist Stance” (拳站)
- i. Both hands stretched outward in front of you slowly

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- ii. Palms up, then make fists
 - iii. Draw fists downward, then up to side of ribs in a semi-circle
 - iv. Drive both fists downward (together, touching), turning them so palms face you
 - v. AT THE SAME TIME:
 - 1. Bend your knees quickly
 - 2. Drop your weight to the ground
 - 3. Imagine driving your heels into the ground and causing a minor earthquake
- e. Mǎ Bù – “horse step” (馬步) (Shao-Lin)
- i. From Ready Stance, cross palms/hands upward in an “X” pattern, palms facing outward
 - ii. Draw LEFT foot outward in front of you, sliding in a small semi-circle outward until they are the width of a horse saddle
 - iii. Point toes frontward best as you can
 - iv. Squat as if sitting on a saddle with back straight up
 - v. AT THE SAME TIME:
 - 1. Uncross your hands to the down position
 - 2. Circle them upward into an “A” frame with palms together
 - 3. Draw hands downward until horizontal with palms still together (triangle frame)

BRAZILIAN JIUJITSU

- a. Framing from the ground
- b. Upa “Bridge, Roll, Escape”
- c. Shrimping out

FORMS & BOARD BREAKING

- a. Simply break a single board with a hammer fist in any direction
- b. Perform First Form: “*The Infant Phoenix is Born*”