

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



HÓNG FÈNG WU SHU XIÀO

紅鳳武術校

YELLOW SASH

DAO CHI GUNG FU
YELLOW SASH TEST

DÀO CHÌ GŌNG FŪ
道氣功夫

WAY OF “INNER STRENGTH” THROUGH HARD WORK

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ISBN: 9781719932691

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RED PHOENIX
MARTIAL ARTS ACADEMY, INC.
Lawrenceville, GA
<http://RedPhoenixMAA.com>

Founders: Ty Steele & Knighton Steele
Head Instructor: Sensei Ty Steele

YELLOW SASH TEST MANUAL

June 2019, Version 1

QUESTIONS

Why have you earned your yellow sash?

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

What is the name of the first form?

Infant Phoenix is Born

What is the name of the second form?

Young Phoenix Walks

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

*The student's path has become brightened as morning light;
inner strength is just awakening;
the student has grown in confidence and has trained diligently.*

Translate " Mǎ Bù " (first stance of the Shaolin combo)

Horse Step

Translate Gōng Bù & Chu Bu

Bow Step & Blocking/Preparing Step

What is the second Law of Gung Fu?

Adaptation: moving with the flow of energy

KICKS

TANG SO DO

a. Side (rear and front leg)

- i. Turn non-kicking foot outward
- ii. Chamber as if laying leg on a table
- iii. Extend kicking foot while leaning into the target
- iv. Use edge/blade of foot to kick target
- v. Land with kicking foot in front, below/through target (OR)
retract/re-chamber foot as quickly as possible

b. Round house (rear and front leg)

- i. Turn non-kicking foot outward
- vi. Chamber with torso straight/flat to kicking leg, not bend. Do not
bend at the waist.
- vii. Knee points at target
- viii. Strike with top of foot and/or shin
- ix. Re-chamber as quickly as possible

c. Stomp (rear and front leg)

- i. Lift kicking knee up
- ii. Lean back
- iii. Place weight forward
- iv. Push foot downward as if shattering a kneecap
- v. Land with kicking foot forward

PUNCHES & STRIKES

KRAV MAGA & KARA TE DO

a. Uppercut

- i. Elbow is the force of the punch
- ii. Always use the ground: twist foot that is same side as punch
- iii. Always face-guard with opposite arm
- iv. Elbow and fist are vertical, elbow as centered as possible
- v. Strike opponent's jaw with top knuckles, palm toward you
- vi. Follow through with elbow
- vii. Return to face-guard position

b. Hook punch

- i. Elbow is the force of the punch
- ii. Always use the ground: twist foot that is same side as punch
- iii. Always face-guard with opposite arm
- iv. Elbow and fist are horizontal
- v. Strike opponent's jaw with bottom knuckles, palm downward
- vi. Follow through with elbow
- vii. Return to face-guard position

c. Backfist (Uraken Uchi)

- i. Any direction
- ii. Always face-guard with opposite arm
- iii. This is a fast & surprise strike with closest hand to target
- iv. Aim for softer targets like bridge of nose, clavicle, jaw
- v. Strike with back of fist
- vi. Return to face-guard position

CAPOEIRA

- a. **Au** (kicking cartwheel) – test with clapper pad
 - viii. Feet shoulder-width apart
 - ix. Twist body opposite direction of cartwheel with arms at abdomen height, opposite of cartwheel direction
 - x. Spin direction of cartwheel, landing inside hand first
 - xi. Kick waist-high with second foot
 - xii. Use ball of foot to kick target
 - xiii. Land on leading/first foot
 - xiv. Spin around to face target

LOCKS, CHOKES, ARM BARS

AI KI DO

(PERFORM ON BOTH SIDES)

- a. **Supinating** (same side) wrist lock (Kote Gaeshi)
- b. **Pronating** (prostrating) wrist lock (Kote mawashi)
- c. **Adductive** wrist lock (Nikyo [or] Kote hono gaeshi)

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 tucking the chin to the chest. Always Kiop loudly!

- a. Back roll (Ushiro) from standing
 - i. Direction: Backward over head, onto feet
 - ii. Sit with knees bent
 - iii. Palms to the ground
 - iv. Push yourself backward
 - v. Straighten one leg, bend another
 - vi. Roll over shoulder not over your head
 - vii. Straight leg goes directly upward over your body

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YELLOW SASH TEST

- b. Side fall (Yoko) from standing
 - i. May demonstrate in stages if physical limited
 - Cross arms in front
 - Straighten landing leg (left if falling on left side)
 - Bend non-landing leg
 - Fall/sit to buttocks
 - Lay torso onto falling side
 - ii. Hand/arm at 45 degree angle, adjacent to hip
 - iii. Land on side, not back
 - iv. If falling on left, then left leg is straight (landing leg)
 - v. Non-landing leg has toe pointed, foot behind landing leg

- c. Forward Roll breakfall (Zenko Kaiten) from standing
 - i. Bend at the waist
 - ii. Bend one knee
 - iii. Place one hand to the ground with fingers facing you (rolling hand)
 - iv. Place other hand forward
 - v. Lean forward until rolling shoulder touches the ground
 - vi. The opposite foot of rolling hand should be straight up (landing leg)
 - vii. You will land with landing leg straight on the ground
 - viii. Opposite foot will be in normal side fall position
 - ix. Strike the ground with landing hand at 45 degree angle

STANCES

- a. Demonstrate Closed and Open fighting stances
- b. Demonstrate the Masculine/male and Feminine/female footwork
- c. Perform the first three moves of the Shaolin stance combination
 - i. Mǎ Bù - "horse step" (馬步)
 - ii. Gōng Bù - Bow step (稽步)
 - iii. Chu Bu - blocking, preparing step

THROWS

- a. Front Kick Sweep/Front Kick Heel (Krav Maga)
 - i. Push down on Uke's shoulder
 - ii. Front kick upward to Uke's side (same side)
 - iii. Drop foot backward to Uke's heel
 - iv. Push Uke downward as you strike the heel

BRAZILIAN JIUJITSU

- a. Half guard
- b. Full guard
- c. Open guard (legs not closed)
- d. Hip Bump Sweep

FORMS & BOARD BREAKING

- a. Break a single board with a **Reverse** punch
- b. Perform Second Form: "*Young Phoenix Walks*"