

Yellow Sash Test	
Technique #	<p>紅鳳-武術-校 Dào Chì Gūng Fū 道氣功夫</p>
	<p>Academic Section</p> <p>UNOFFICIAL TEST - there is no Yellow Sash test - awarded during class</p> <p>Why have you earned your belt? What is the mindset of a yellow sash?</p> <p>Define the second law of Gung Fu</p>
	<p><personal answer> 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.</p> <p>Adaptation: moving with the flow of energy</p>
<p>Kicks (Tang Soo Do)</p> <p>1 Side 2 Round house 3 Stomp</p>	
<p>Capoeira</p> <p>4 Au "Kicking cartwheel" (wheel)</p>	
<p>Punches & Strikes</p> <p>5 Uppercut 6 Hook punch 7 Back fist (Uraken Uchi) (not spinning)</p> <p>Art form/style: Krav Maga Kara Te Do</p>	
<p>Locks, Chokes, Arm Bars (Ai Ki Do)</p> <p>8 Supinating (same side) wrist lock (Kote Gaeshi) 9 Pronating (prostrating) wrist lock (Kote mawashi) 10 Adductive wrist lock (Nikyo [or] Kote hono gaeshi)</p>	
<p>Wing Chun (Future use)</p> <p>Chi Sau (dān) "single hand"</p>	
<p>Forms (DCGF)</p> <p>11 Young Phoenix Walks</p>	
<p>Stances</p> <p><i>Basic, common</i></p> <p>12 Demonstrate closed & open fighting stances 13 Demonstrate the Masculine and Feminine footwork</p> <p><i>Shaolin</i></p> <p>14 Gōng Bù - Bow step (稽步) 15 Chu Bu - blocking, preparing step (?步)</p>	
<p>Judo Ukemi</p> <p>16 Back roll (backward over head, onto feet) also "Ushiro" 17 Side fall (Yoko Ukemi) 18 Forward Roll breakfall (Zenpo Kaiten)</p>	
<p>Throws</p> <p>19 Front Kick Sweep/Front Kick Heel</p> <p>Art form/style: Krav Maga</p>	
<p>Board breaks</p> <p>20 Reverse punch</p>	
<p>BJJ</p> <p>21 Half guard 22 Full guard 23 Open guard (legs not closed) 24 Hip Bump Sweep</p>	