

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



HÓNG FÈNG WU SHU XIÀO

紅鳳武術校

ORANGE SASH

DÀO CHÌ GŌNG FŪ

道氣功夫

WAY OF “INNER STRENGTH” THROUGH HARD WORK

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ORANGE SASH TEST MANUAL

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QUESTIONS

Why have you earned your orange 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?

Growing Phoenix Flies

What is the name of the second form?

Young Phoenix Walks

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

The student's path to inner strength is glowing as inner strength begins; the hunger for knowledge is fiery as an ember becoming a flame.

Translate Xu Bù & Tji Bu

Empty Step & Roster Step

What is the third Law of Gung Fu?

Economy: Efficiency of expenditure

KICKS

TANG SO DO, MUAY THAI

a. Ax

- i. Chamber knee upward
- ii. Bring knee inward similar to in/out crescent
- iii. Whip foot up, then down onto target

b. Hook

- i. Turn front foot out & back (similar to side kick)
- ii. Chamber rear knee inward toward your abdomen
- iii. Strike target with inside of your foot, face level
- iv. Follow through with bent knee

c. Muay Thai rising round house

- i. Rear leg kicks straight, no bend in knee
- ii. Lead with hip
- iii. Kick in a straight line from ground to target in an upward motion
- iv. Use your abdomen/core muscles

PUNCHES & STRIKES

KEMPO, TANG SOO DO, SAMBO

a. Ridge Hand

- i. Curve hand
- ii. Strike with inside edge of hand
- iii. Thumb IN to protect it
- iv. From all directions

b. Knife Hand

- i. Strike with either edge of hand
- ii. Thumb IN to protect it
- iii. From all directions

c. Knee Strikes

- i. Grab your target's head (or kick pad) from behind neck
- ii. Bring your target to your knee
- iii. Knee your target using abdomen muscles

d. Casting (hook) punch

- i. Lead with the shoulder aimed at target
- ii. Follow with elbow level with shoulder
- iii. Follow with wrist/fist level with elbow
- iv. Strike with back of fist (back fist strike)
- v. Strike should create an arc horizontal to target

CAPOEIRA

- a. **Rolè**
 - a. Au version
 - b. Ground kick version
- b. **Esquiva Lateral** (escape)

DEFENSE AND SCENARIOS

- a. **Defend against 5 second attack**
- b. **Muay Thai wall of defense**

LOCKS, CHOKES, ARM BARS

AI KI DO, HAPKIDO
(PERFORM ON BOTH SIDES)

- a. **Americana Keylock** (standing)
 - i. outside arm under, inside arm under armpit (under/under)
 - ii. outside arm under, inside arm over armpit (under/over)
 - iii. outside arm over armpit, inside arm under (over/under)
- b. **Open end escape to wrist locks** (3)
 - i. Same side – Pronating
 - ii. Same side – Supinating
 - iii. Opposite side – Supinating
- c. **Appendage locks (fingers/toes)**
- d. **Handshake wristlocks**
 - i. *Under, horse stance, behind*
 - ii. *Counter-clockwise turn, switch hands*

JUDO UKEMI & THROWS

- a. Shoulder Roll SIDE breakfall (Zenpo Kaiten)
- b. One-handed Shoulder throw (Ippon Seoi Nage)
- c. Major Hip throw
 - i. O Goshi: Closed feet
 - ii. Koshi Nage: Open feet

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

BRAZILIAN JIUJITSU

- a. Over-Under Guard Pass
- b. Standing Headlock Choke escape (falling back)
- c. Half Guard
- d. Full Guard
- e. Kimura (JD / JJS)
- f. Keylock / Americana (from ground)

FORMS & BOARD BREAKING

- a. Board Breaks
 - i. Front snap
 - ii. Palm strike
 - iii. Ax kick
- b. Perform Third Form: “*Growing Phoenix Flies*”