

| Orange Sash Test | | |
|--------------------------------|--|--|
| Level / 級別 / Ji | <p style="text-align: center;">紅鳳-武術-校 Đào Chi Gung Fū 道氣功夫</p> | |
| | Academic Section | |
| | Present your Makimono to your head instructor at the test | Art |
| | Why have you earned your belt? What is the mindset of an orange sash? | <personal answer> <i>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.</i> |
| | Define the third law of Gung Fu | Economy: Efficiency of expenditure |
| | Be able to write the Chinese characters for this martial art, and what each character means, and how they are pronounced | 道氣功夫 <i>Way of Inner-Strength Kung Fu Method of Vital Energy Hard Work "The way of inner strength & hard work"</i> |
| Kicks | | |
| | 1 Ax 2 Hook 3 Muay Thai rising round house (core muscles) | TSD TSD MTY |
| Capoeira | | |
| | 4 Rolê (both versions: au & ground kick) 5 Esquiva Lateral (escape) | v=YkjKw8FPA6Y v=ZHLflaWB17Q https://www.youtube.com/watch?v=iuebJy4_JFQ |
| Punches & Strikes | | Art form/style: |
| | 6 Ridge hand 7 Knife hand (inside) 8 Knee strike 9 Casting (hook) punch | https://blackbeltwiki.com/ridge-hand-strike https://blackbeltwiki.com/sambo-casting-punch |
| | | KMP TSD SMB |
| Locks, Chokes, Arm Bars | | Instruction |
| | | <i>Ai Ki Do, Hapkido</i> |
| | 10 Americana Keylock (standing) | outside arm under, inside arm under armpit (under/under) |
| | 11 Open end escape to wrist locks (3) | outside arm under, inside arm over armpit Same side – Pronating Same side – Supinating Opposite side – Supinating |
| | 12 Appendage locks (fingers/toes) | |
| | 13 Handshake Wristlocks | i. under, horse stance, behind ii. counter-clockwise turn, switch hands behind |
| | | HPKD |
| Defense | | |
| | 14 Defend against 5 second attack 15 Muay Thai wall of defense | MYT |
| Forms (DCGF) | | |
| | 16 3 - Growing Phoenix Flies | |
| Stances | | |
| | | <i>Basic, common</i> |
| | 17 Muay Thai fighting position (fingers curled) | |
| | | <i>Shaolin</i> |
| | 18 Jgu/Xu Bu - Empty Step (虚步) (cat stance) | SHL https://youtu.be/reyrSeHkgM?t=97 |
| | 19 Tji Bu - Rooster Step (雞步) | SHL https://youtu.be/h22gz051xwQ |
| | | MYT |
| Judo | | |
| | | <i>Ukemi</i> |
| | 20 Shoulder Roll SIDE breakfall (Zenpo Kaiten) | https://blackbeltwiki.com/zenpo-kaiten |
| | | <i>Throws</i> |
| | 21 One-handed Shoulder throw (Ippon Seoi Nage) | https://blackbeltwiki.com/ippone-seoi-nage |
| | 22 Major Hip throw (O Goshi: Closed feet & Koshi Nage: Open feet) | https://blackbeltwiki.com/o-goshi |
| Board breaks | | |
| | 23 (3 breaks) Front snap, palm strike, ax kick | |
| BJJ | | |
| | 24 Over-Under Guard Pass | https://www.youtube.com/watch?v=rjiPRwM1Oc |
| | 25 Standing Headlock Choke escape (falling back) | https://www.bjj-spot.com/guillotine-choke/ |
| | 26 Half guard | |
| | 27 Full guard | |
| | 28 Kimura (JD / JJS) | v=3xLozWErNhE |
| | 29 Keylock / Americana (side mount) | https://youtu.be/3z67tCt3b00 |
| | | DCGF JD/JSS |