

Techniq #

Level/Cup/級/段/ji

## Black Sash Test

紅鳳-武術-校

Dào Chì Gūng Fū

道氣功夫

## Academics

Submit a letter of recommendation from another peer stating why you should hold the rank of black belt in this school

Submit a letter explaining why you have earned a black belt, what it means and what you plan on learning from here. What other martial arts have you taken that informed you in this school?

1	What is the meaning of "Gung fu?" - <i>Great skill and knowledge, mastering your skill by mastering yourself</i>
3	Present your Makimono to your head instructor at the test
3	Be able to write the kanji, its meaning, and the school motto
3	Method of Vital Energy Hard Work
3	How would you utilize an opponent's energy?
3	Energy is dispursed or redirected
4	Have some understanding of the path of the martial arts out of China, into Japan and Korea
4	Be familiar with the meaning and history of the different styles that inform this martial art and this school
5	Define Automatic Body Responses
5	In your own words
5	Expand Pressure Point acronyms:
5	GB, TH, TW, S, SI, LI, H
5	Explain "Broken Rhythm"
5	無律動 (wú lǜ dòng   lack-law-motion) - to be un-rhythmic, unpredictable
6	How do you assist someone in recovering from being knocked out?
7	The Seven laws of Gung Fu
7	<i>Fluidity, Adaptation, Economy, Movement, Intent, Harmony, non-interference</i>
7	Describe Pressure Points:
7	GB20, TW17
7	Describe Pressure Points:
7	SI16, H3, S9
7	Mindset of a Blacksash
7	<i>The student has learned control of the body; actions and thoughts are becoming unified; many more peaks follow and higher learning has just begun.</i>

## Kicks

1	1	White Front high	TSD
2	1	White Inside to outside crescent	TSD
3	1	White Outside to inside crescent	TSD
4	1	White Front snap	TSD
5	2	Yellow Side	TSD
6	2	Yellow Round house	TSD
7	2	Yellow Stomp	TSD
8	3	Orange Ax	TSD
9	3	Orange Hook	TSD
10	3	Orange Muay Thai rising round house (core muscles)	MYT
11	4	Blue Straight back	TSD
<i>Spinning and Jumping section</i>			
12	4	Blue Spinning back	TSD
13	4	Blue Spinning double crescent (in/out > out/in)	TSD
14	4	Blue Jump front snap	TSD
15	5	Purple Jump straight back	TSD
16	5	Purple Running, jump crescent (inside to outside)	SHL
17	5	Purple Jump double front snap	TSD
18	5	Purple Jump spinning back	TKD
19	5	Purple Jumping roundhouse	TKD
20	6	Red Butterfly	SHL
21	6	Red Jump spinning crescent (inside to outside)	TKD
22	6	Red Jumping Ax	TSD
23	7	Dan 1 Jump split (snap position)	TKD

## Capoeira

Basic

24	1	White Ginga (basic blocking/footwork)
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25	2	Yellow Au "Kicking cartwheel" (wheel)	
26	3	Orange Rolè (both versions)	
27	3	Orange Esquiva Lateral (escape)	
28	4	Blue Negativa	
29	4	Blue Cocharina (dodge down)	
30	4	Blue Armada (spinning inside-to-outside)	
31	4	Blue Meia Lua de Frente (inside crescent)	
32	5	Purple Banda de Casta (back hook foot sweep)	
33	5	Purple S kick	
34	5	Purple Au de Frente (wheel to front) 90°	
35	5	Purple 180 handstand Au (???)	
36	6	Red Negativa Derrubando (negativa front foot sweep)	
<i>Advanced movements during Ginga</i>			
37	6	Red Queixada (inside-to-outside crescent)	
38	6	Red Compasso (spinning back kick)	
39	7	Dan 1 Martelo do Chao / Ground hammer (roundhouse from ground)	
40	8	Dan 2 Corta Capim (Grass cutter)	
41	9	Dan 3 5 technique combo (self-directed) from prior Capoeira techniques	
<b>Punches &amp; Strikes</b>			
39	1	White Front fist jab	
40	1	White Rear fist punch	
41	1	White Hammer fist (TSD & Krav)	KMG
42	2	Yellow Uppercut	KMG
43	2	Yellow Hook punch	
44	2	Yellow Back fist (Uraken Uchi)	KTD
45	3	Orange Ridge hand	KMP
46	3	Orange Knife hand (inside)	TSD
47	3	Orange Knee strike	
48	3	Orange Casting (hook) punch	Sambo
49	4	Blue Elbow strike	
50	4	Blue Palm heel strike	KMG
51	4	Blue Double Fist heart Punch	WC
52	4	Blue Eagle Claw	SHL
53	5	Purple Key (thumb) strike	
54	5	Purple Spinning back fist	
53	5	Purple Superman punch	MYT
54	6	Red Crane Beak	SHL
55	6	Red One-inch punch	WC
56	6	Red Head strike	
57	6	Red Middle and full knuckle strikes	
<b>Locks, Chokes, Arm Bars</b>			
53	1	White Wrist & hand trapping	
54	2	Yellow Supinating (same side) wrist lock (Kote Gaeshi)	AKD
55	2	Yellow Pronating (prostrating) wrist lock (Kote mawashi)	AKD
56	2	Yellow Adductive wrist lock (Nikyo [or] Kote hono gaeshi)	AKD
57	3	Orange Americana Keylock (standing)	BJJ
		outside arm under, inside arm under armpit (under/under)	
		outside arm under, inside arm over armpit (under/over)	
		outside arm over armpit, inside arm under (over/under)	
58	3	Orange Open end escape to wrist locks (3)	
		Same side – Pronating	
		Same side – Supinating	
		Opposite side – Supinating	
59	3	Orange Appendage locks (fingers/toes)	HPKD
60	3	Orange Handshake wristlocks ( <i>under, horse stance, behind</i> ) + ( <i>counter-clockwise turn, switch hands [behind back]</i> )	
61	4	Blue Form 4 Xiang Zi Carries Basket	QinNa
62	4	Blue Standing Arm Lock (Ude Gatami)	HKD
63	4	Blue Hyperflexing wristlocks (Tekubi Gatami)	HKD
64	5	Purple Standing Elbow lock (Maki Hiji)	JJTS
65	5	Purple Hammerlock (includes wristlock) - Law enforcement	
66	5	Purple Kimura lock	BJJ
67	6	Red Knee and ankle locks (standing)	BJJ

68	6	Red Standing rear naked choke	BJJ
<b>Defense</b>			
	2	Orange <b>Defend against 5 second attack</b>	
69	3	Orange Muay Thai wall of defense	MYT
70	4	Blue Muay Thai Clinch	MYT
	5	Purple <b>Defend against 15 second attack</b>	
	7	Dan 1 <b>Defend against 30 second attack</b>	
<b>Forms</b>			
71	1	White 1 - Infant Phoenix is Born	DCGF
72	2	Yellow 2 - Young Phoenix Walks	DCGF
73	3	Orange 3 - Growing Phoenix Flies	DCGF
74	4	Blue 4 - Grown Phoenix Soars High	DCGF
75	5	Purple 5 - Matured Phoenix Dominates	DCGF
76	6	Red 6 - Older Phoenix Nests	DCGF
77	7	Dan 1 7 - Elder Phoenix is Reborn in Fire (weapons + non-weapons, dual form)	DCGF
	8	Dan 1,2 Creative Form (2 min)	
<b>Stances</b>			
<i>Basic, common</i>			
78	1	White Kāi jàn "Starting Stance" (開站) L covers R	DCGF
79	1	White Jèng shì dǎ jàn "Formal/official fighting stance" (正式打站)	DCGF
80	1	White Yáng mǎ jàn "goat horse stance" (羊馬站)	WC
81	2	Yellow Closed & open fighting stances (demonstrate)	
82	3	Orange Muay Thai fighting position (fingers curled)	MYT
83	1	White Chyán jàn - Fist Stance (拳站)	
<i>Shaolin</i>			
84	1	White Mǎ Bù - "horse step" (馬步)	SHL
85	2	Yellow Gōng Bù - Bow step (稽步)	SHL
86	2	Yellow Chu Bu - blocking, preparing step (步)	SHL
87	3	Orange Jū/Xū Bù - Empty Step (虛步) (cat stance)	SHL
89	4	Blue Yēn Bù - Drawing Bow Step (yīn 引步) with eagle claw	DCGF
90	5	Purple Shē Bù - Cross/rest Step (Xié Bù 蟹步)	SHL
92	5	Purple Shào-lín 6 ChìGōng Step (少林六氣功步) shào lín shí sān qì gōng bù	SHL
88	6	Red Tjī Bù - Rooster Step (雞步)	SHL
91	6	Red Dǎo Bù - Drop/crouch Step (仆步)	SHL
<b>Judo Ukemi</b>			
93	1	White Front fall (Mae Ukemi)	JD
94	1	White Back fall "defensive" (Ushiro Ukemi)	JD
95	2	Yellow Back roll (Ushiro)	
96	2	Yellow Side fall (Yoko Ukemi)	JD
97	2	Yellow Forward Roll breakfall (Zenko Kaiten)	JD
98	3	Orange Shoulder Roll SIDE breakfall (Zenko Kaiten)	
99	5	Purple Aerial rolls/falls (various)	
<b>Judo Throws</b>			
100	2	Yellow Front Kick Sweep (push opponent downward)	KMG
101	3	Orange One-handed Shoulder throw (Ippon Seoi Nage)	JD
102	3	Orange Major Hip throw (O Goshi: Closed feet & Koshi Nage: Open feet)	JD
103	4	Blue Minor Inner Reaping Throw (Kouchi Gari) = Cross foot > inside of leg	JD
104	4	Blue Major Inner Reaping Throw (Ouchi Gari) = Same-side foot > inside of leg	JD
105	5	Purple Minor Outer Reaping Throw (Ko Soto Gari) = Same-side foot > outside of leg	JD
106	5	Purple Major Outer Reaping Throw (O Soto Gari) = Cross-foot > outside of leg (sweep)	JD
107	6	Red Circle Throw (Tomoe Nagi) - into sidefall	JD
108	6	Red Body Drop (Tai Otoshi)	JD
<b>Board breaks</b>			
109	1	White Hammer fist	
110	2	Yellow Reverse punch	

111	3	Orange (3 breaks) Front snap, palm strike, ax kick	
112	4	Blue (3 breaks) Jumping front snap, knife hand, side kick	
113	5	Purple (3 breaks) Jumping double front snap, roundhouse, ridge hand	
114	6	Red (5 breaks) Elbow, head, spinning back, jumping ax, Jumping Round	
115	7	Dan 1 <b>Options (pick four):</b> Four-board break, one-inch punch, jump straight back (2 boards), knife hand speed break, s-kick, soft break, Jump split	
116	8	Dan 2 Four-board - holding break (or more!), any technique	

### Common Defense Scenarios

4		Blue Rear bear hug	
4		Blue Shrimping escape from side mount and full mount	
5		Purple Defuse a fight	
5		Purple An attacker grabs your throat, take to submission	
5		Purple An attacker has you in a headlock	
6		Red Escape from an arm bar (ground)	
6		Red Two attackers have you cornered, back against a wall	
6		Red Attacker is intoxicated and unruly	
7		Dan 1 3-minute freestyle sparring (with gear), tournament rules, one opponent	
7		Dan 1 Defend against two people grabbing you using throws to submission, locks, armbars, anything (no face/head, using gear)	

### BJJ

117	1	White Framing from the ground	
118	1	White Bridge	
119	1	White Shrimping	
120	2	Yellow Full mount	
121	2	Yellow Rear Mount	
122	2	Yellow Open guard (legs not closed)	
123	2	Yellow Hip Bump Sweep	
124	3	Orange <b>Over-Under Guard Pass</b>	
125	3	Orange Standing Headlock Choke escape (falling back)	DCKF
126	3	Orange Half guard	
127	3	Orange Full guard	
128	3	Orange Kimura (JD / JJS)	
129	3	Orange Keylock / Americana (side mount)	
130	4	Blue <b>Full guard with sweeps</b>	
131	4	Blue Deep half guard	
132	4	Blue Spider guard	
129	4	Blue Rear Naked Choke	
130	5	Purple <b>Del Tiva</b>	
131	5	Purple Locks (various) - knee, ankle, etc	
132	6	Red Triangle choke from guard	
133	6	Red Cross collar choke	

### 7 Laws of Gung Fu

1	White <b>Fluidity:</b> As one technique completes, another begins	F
2	Yellow <b>Adaptation:</b> Moving with the flow of energy	A
3	Orange <b>Economy:</b> Efficiency of expenditure	E
4	Blue <b>Movement:</b> Move only as required; no less, no more	M
5	Purple <b>Intent:</b> You will perform as you train	I
6	Red <b>Harmony:</b> Compliment hard with soft, strong/weak, heavy/light	H
7	Dan 1 <b>Non-interference:</b> Remove your mind and ego from the moment and simply respond, trust your training; strive not for an outcome	N