

White Sash Test

Technique #

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Academic Section

Why have you earned your sash? What is the mindset of a white sash?	<i><personal answer></i> <i>The student's path to inner strength has been lighted; the student's mind is clear, ready to be taught</i>
What is the meaning of "Gung Fu"?	<i>Great skill and knowledge, mastering your skill by mastering yourself</i>
Define the First Law of Gung Fu	Fluidity: <i>as one technique completes, another begins</i> <small>cup 完 (完) 始 始</small>
How do we bow? What is it called? How is it performed?	Stand upright, feet together Right foot is 1/2 foot in front of left Clench right fist in front of chest, palm down Elbows remain pointing downward Straighten your left palm, place over right fist Wrap left fingers around the right fist, closing them Bow slightly Look forward, greeting one another

Kicks (Tang Soo Do)

- 1 Front high
- 2 Inside to outside crescent
- 3 Outside to inside crescent
- 4 Front snap

Capoeira

- 5 Ginga (basic blocking/footwork)

Punches & Strikes

- 6 Front fist jab (combo with elbow block)
- 7 Rear fist punch (combo with elbow block)
- 8 Hammer fist (TSD & Krav)

Art form/style:

Krav Maga

Locks, Chokes, Arm Bars (Ai Ki Do)

- 9 Wrist & hand trapping

Forms (DCGF)

- 10 Infant Phoenix is Born

Stances

	Art form/style:
<i>Basic, common</i>	
11 Kāi jàn "Starting/Ready Stance" (開站) L covers R	DCGF
12 Jèong shì dǎ jàn "Formal/official fighting stance" (正式打站)	DCGF
13 Yáng mǎ jàn "goat horse stance" (羊馬站)	Wing Chun
14 Chyán jàn - Fist Stance (拳站)	
<i>Shaolin</i>	
15 Mǎ Bù - "horse step" (馬步)	SHLN

Judo Ukemi

- 16 Front fall (Mae Ukemi)
- 17 Back fall "defensive" (Ushiro Ukemi)

Board breaks

- 18 Hammer fist

BJJ

- 19 Framing from the ground
- 20 Bridge
- 21 Shrimping Out