

Orange Sash Test		
Level/Gup/級/段	Red Phoenix Martial Arts Academy 紅鳳-武術-校 Đào Chi Gūng Fū 道氣功夫	Art form
Academic Section		
Present your Makimono to your head instructor at the test		
Why have you earned your belt?	<personal answer>	
What is the mindset of an orange 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.	
Define the third law of Gung Fu	<i>Economy: Efficiency of expenditure</i>	
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</i> <i>Method of Vital Energy Hard Work</i> <i>"The way of inner strength & hard work"</i>	
Kicks		
1 Ax		TSD
2 Hook		TSD
3 Muay Thai rising round house (core muscles)		MTY
Capoeira		
4 Rolê (4-paws/monkey + esciva lateral + negativa)	v=YkjKw8FPA6Y v=ZhlflaWB17Q	
5 Esquiva Lateral (escape)	https://www.youtube.com/watch?v=ieubJy4_JFQ	
Punches & Strikes		
6 Ridge hand	Art form/style: https://blackbeltwiki.com/ridge-hand-strike	KMP
7 Knife hand (inside)		TSD
8 Knee strike		
9 Casting (hook) punch	https://blackbeltwiki.com/sambo-casting-punch	SMB
Locks, Chokes, Arm Bars		
<i>Ai Ki Do, Hapkido</i>		
10 Americana Keylock (standing)	Positions 1, 2, 3	
11 Open end escape to wrist locks (3)	Same side – Pronating Same side – Supinating Opposite side – Supinating	
12 Appendage locks (fingers/toes)		HPKD
13 Handshake Wristlocks	i. under, horse stance, behind ii. counter-clockwise turn, switch hands [behind back]	
Defense		
14 Defend against 5 second attack		
15 Standing Headlock Choke escape (falling back)		DCGF
16 Muay Thai wall of defense		MYT
Forms (DCGF)		
17 3 - Growing Phoenix Flies		
Stances		
<i>Basic, common</i>		
18 Muay Thai fighting position (fingers curled)		MYT
Demonstrate closed & open fighting stances		
Demonstrate the Masculine and Feminine footwork		
Kāi jàn "Starting/Ready Stance" (開站) L covers R	DCGF	
Jèong shì dǎ jàn "Formal/official fighting stance" (正式打站)	DCGF	
Yáng mǎ jàn "goat horse stance" (羊馬站)	Wing Chun	
Chyán jàn - Fist Stance (拳站)		
<i>Shaolin</i>		
Mǎ Bù - "horse step" (馬步)	SHLN	
Gōng Bù - Bow step (稽步)		
Chu Bù - blocking, preparing step (?步)		
19 Jū/Xū Bù - Empty Step (虛步) (cat stance)	SHL https://youtu.be/reyrSeHlkgM?t=97	
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/ippon-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 Hip Bump Sweep	https://youtu.be/B-kuT_ZinkI?t=154 https://www.youtube.com/watch?v=dKGgZaEcouY	