

Level/Gup/級/子	Blue Sash Test		Art form
	Red Phoenix Martial Arts Academy 紅鳳-武術-校 Dào Chì Gūng Fū		
Academic Section			
Present your Makimono to your head instructor at the test			
Why have you earned your belt? <personal answer>			
4	What is the mindset of an Blue sash? <i>The student's path to inner strength is unclouded as the blue sky; knowledge is connecting with skill.</i>		
4	Define the fourth law of Gung Fu Motion: Move only as required; no less, no more.		
Kicks			
4	Straight back		TSD
<i>Spinning and Jumping section</i>			
4	Spinning back		TSD
4	Spinning double crescent (in/out > out/in)		TSD
4	Jump front snap		TSD
Capoeira			
4	Negativa (back, ground dodge)		
4	Cocharina (dodge down)		
Punches & Strikes			
4	Elbow strike		KMG WC SHL
4	Palm heel strike		
4	Double Fist heart Punch		
4	Eagle Claw		
Locks, Chokes, Arm Bars			
4	Form 4 Xiang Zi "Carries Basket" (rear attack - Opposite hand to shoulder, trap, R-arm over, turn stance, force into pronating, then drop)		QNA
4	Standing Arm Lock (Ude Gatami) (front attack - both hand grab arm, same side elbow over oppoent's elbow, turn stance)		HKD
4	Hyperflexing wristlocks (Tekubi Gatami) - ANY		HKD
Defense			
4	Muay Thai Clinch		
4	Rear bear hug escape		
4	Shrimping escape from side mount and full mount		
Forms (DCGF)			
1	Infant Phoenix is Born		
2	Young Phoenix Walks		
3	Growing Phoenix Flies		
4	Grown Phoenix Soars High		
Stances			
1	Chyán jàn - Fist Stance (拳站)		DCGF
<i>Shaolin</i>			
1	Mǎ Bù - "horse step" (馬步)		SHLN
2	Gōng Bù - Bow step (稽步)		SHLN
2	Chu Bù - blocking, preparing step		SHLN
3	Jū/Xū Bù - Empty Step (虛步) (cat stance)		SHLN
4	Yēn Bù - Drawing Bow Step (yīn 引步) with eagle claw		DCGF
Judo			
4	Minor Inner Reaping Throw (Kouchi Gari) = Cross foot > inside of leg		
4	Major Inner Reaping Throw (Ouchi Gari) = Same-side foot > inside of leg (sacrifice throw)		
Board breaks			
4	(3 breaks) Jumping front snap, knife hand, side kick		
BJJ			
4	Kimura / Keylock / Americana (side mount)		