

Red Sash Test

Level/Gup/級/ji

Red Phoenix Martial Arts Academy

紅鳳-武術-校

Dào Chì Gūng Fū

道氣功夫

Art form

Why have you earned your belt? <personal answer>

What is the mindset of a Red sash?

The student's path to inner strength is clear, bright and burning;

Knowledge is becoming crystalized;

The student is ambitious only toward the moment at hand.

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

- 5 *Way of Inner-Strength Kung Fu*
Method of Vital Energy Hard Work
"The way of inner strength & hard work"

Know the following:

DCGF Kanji = *Method of "Vital Energy" Hard Work*

School Motto: *The way of inner strength & hard work*

- 1 **What is the meaning of "Gung fu?"** - *Great skill and knowledge, mastering your skill by mastering yourself*

- 3 **Translate DCGF:** *Method of Vital Energy Hard Work*
School Motto: *"The way of inner strength & hard work"*

Recite the first six laws of Gung Fu

- 5 *1. Fluidity: As one technique completes, another begins*
2. Adaptation: Moving with the flow of energy
3. Economy: Efficiency of expenditure
4. Movement: Move only as required; no less, no more
5. Intent: You will perform as you train
6. Harmony: Compliment hard with soft, strong/weak, heavy/light

Forms

- 1 Infant Phoenix is Born
 2 Young Phoenix Walks
 3 Growing Phoenix Flies
 4 Grown Phoenix Soars High
 5 Matured Phoenix Dominates

6 | Older Phoenix Nests

Defense

6 | Defend against 20 second attack

Stances

6 | Tji Bù - Rooster Step (雞步) = (leg up, opposite hand touches thigh) SHL

6 | Drop/crouch Step (Pù Bù 仆步) = (opposite leg of Chu Bu) SHL

Judo Ukemi

Aerial rolls/falls (various)

Judo Throws

Circle Throw (Tomoe Nagi) - into sidefall

Board breaks

(5 breaks) Elbow, head, spinning back, jumping ax, Jumping Round

Common Defense Scenarios

Escape from an arm bar (ground)

Two attackers have you cornered, back against a wall

Attacker is intoxicated and unruly

BJJ

TBD

Kicks

Butterfly

Jump spinning crescent (inside to outside)

Jumping Ax

Capoeira

Meia Lua de Frente (inside crescent)

Punches & Strikes

Crane Beak SHL

One-inch punch WC

Head strike

Middle and full knuckle strikes

Locks, Chokes, Arm Bars

"Dumbbell" or "wrapping" arm lock: Trap opposite hand; same-side hand wraps out-to-in from top; move under armpit; lift like a dumbbell DCGF

Knee and ankle locks (standing)

Standing rear naked choke (standing)