

Level/Gup/級/ji	Test: Black Sash		Style/art form
	Red Phoenix Martial Arts Academy 紅鳳-武術-校 Dào Chì Gūng Fū 道氣功夫		
Academics			
The purpose of this test is to demonstrate efficiency and unification of all prior knowledge and skills			
1		What is the meaning of "Gung fu?" - <i>Great skill and knowledge, mastering your skill by mastering yourself</i>	
3		DCGF Kanji = <i>Method of "Vital Energy" Hard Work</i>	
3		How would you utilize an opponent's energy? <i>Energy is dispursed or redirected</i>	
5		Explain "Broken Rhythm:" 無律動 (wú lǜ dòng lack-law-motion) - to be un-rhythmic, unpredictable	
Mindset of a Blacksash:			
7		<i>The student has learned control of the self; knowledge is becoming unified; higher learning has just begun.</i>	
7 Laws of Gung Fu			
1	White	Fluidity: As one technique completes, another begins	F
2	Yellow	Adaptation: Moving with the flow of energy	A
3	Orange	Economy: Efficiency of expenditure	E
4	Blue	Movement: Move only as required; no less, no more	M
5	Purple	Intent: You will perform as you train	I
6	Red	Harmony: Compliment hard with soft, strong/weak, heavy/light	H
7	Black	Non-interference: Remove your mind and ego from the moment and simply respond, trust your training; strive not for an outcome	N
Stances 道氣功夫			
5	Purple	Shao-lin 6 ChiGong Step (shào lín shí qì gōng bù 少林六氣功步)	SHL
6	Red	Tji Bù - Rooster Step (雞步) = (leg up, opposite hand touches thigh)	SHL
6	Red	Drop/crouch Step (Pù Bù 仆步) = (opposite leg of Chu Bu)	SHL
Forms 道氣功夫			
8,9	Black	Demonstrate all forms as one	DCGF
Kicks			
5	Purple	Jump straight back	TSD
5	Purple	Jump double front snap	TSD
5	Purple	Jump spinning back	TKD
5	Purple	Jumping roundhouse	TKD
6	Red	Butterfly	SHL
6	Red	Jump spinning crescent / Armada (inside to outside)	TKD
6	Red	Jumping Ax	TSD
8	Black	Shaolin Running, jump crescent (inside to outside & out-to-in)	SHL
Punches & Strikes			
5	Purple	Muay Thai Superman punch	MYT
6	Red	Crane Beak	SHL
6	Red	One-inch punch	WC
6	Red	Head strike	
6	Red	Middle and full knuckle strikes	

BJJ (use BJJ gi top)

3	Orange	Hip Bump Sweep (escape from full mount, shrimp)	
3	Orange	Standing Headlock Choke escape (falling back)	DCGF
4	Blue	Americana (side mount)	
5	Purple	Rear Naked Choke	
8	Black	Cross collar choke	

Locks, Chokes, Arm Bars (use BJJ gi top)

4	Blue	Xiang Zi "Carries Basket" (rear attack - Opposite hand to shoulder, trap, R-arm over, turn stance, force into pronating, then drop)	QinNa
4	Blue	Standing Arm Lock (Ude Gatami) (front attack - both hand grab arm, same side elbow over oppoent's elbow, turn stance)	HKD
4	Blue	Hyperflexing wristlocks (Tekubi Gatami) - ANY	HKD
5	Purple	Standing Elbow lock (Maki Hiji Nage) (front attack on shoulder - Same hand to shoulder, trap with opposite hand, R-elbow over, wrap under, lift)	JJTS
5	Purple	Hammerlock (includes wristlock) - Law enforcement	
5	Purple	Kimura lock (standing)	BJJ
6	Red	Knee and ankle locks (standing)	BJJ
6	Red	Standing rear naked choke (standing)	BJJ

Judo Throws (use BJJ gi top)

4	Blue	Minor Inner Reaping Throw (Kouchi Gari) = Cross foot > inside of leg	JD
4	Blue	Major Inner Reaping Throw (Ouchi Gari) = Same-side foot > inside of leg (sacrifice throw)	JD
5	Purple	Minor Outer Reaping Throw (Ko Soto Gari) = Same-side foot > outside of leg	JD
5	Purple	Major Outer Reaping Throw (O Soto Gari) = Cross-foot > outside of leg (sweep, leg throw)	JD
6	Red	Circle Throw (Tomoe Nagi) - into sidefall	JD

Common Defense Scenarios (no gi top)

7	Black	Defend (only, no attack) against 30 second attack	
7	Black	3-minute freestyle sparring (with gear), Simple tournament rules, one opponent	

Capoeira (no gi top)

7	Black	Au de Frente (wheel to front) 90°	
---	-------	-----------------------------------	--

Board breaks (Red gi tops)

7	Black	Options (pick three): One-inch punch, jump straight back (2 boards), knife hand speed break, s-kick, soft break	
---	-------	--	--