

## Wing Chun Distance Learning Test Sheet

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Testing level: **Lok Dim Boon Gwan (pole)**

Student's name: \_\_\_\_\_

Date tested: \_\_\_\_\_

Scoring Method:    Good technique – 4    Acceptable – 3    Need to review – 2    Missing - 0

<b>Lok Dim Boon Gwan (slow)</b>	<b>Score</b>		<b>Score</b>
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Pick up pole	_____	Strength	_____
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Tarn Gawn	_____	Speed	_____
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Step and Biu (thrust)	_____	Total score:	_____
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Cat stance Til (upward)	_____		
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Cat stance Dim (downward)	_____		
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Soo Gwan (sweep)	_____	Test results	
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Huen Gwan (circle)	_____	Testing score: _____(100)	
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Forward steps	_____	Percentage: <span style="background-color: yellow; display: inline-block; width: 50px; height: 15px;"></span>	
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Retreat step	_____	(        ) x 100/100	
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Reverse Soo (sweep)	_____	Pass <input type="checkbox"/>	Do not pass <input type="checkbox"/>
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Huen Biu Gwan	_____	Promote to: <u>Brown Sash</u>	
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Til Dim Gwan	_____	Recommendations:	
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Low Huen Gwan	_____		
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Step back upper sweep	_____		
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Dim, Til, Biu, Til, Dim,	_____		
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Reverse upper sweep	_____		
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Soo Gwan (sweep)	_____		
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Huen Gwan	_____		
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<b><u>Lok Dim Boon Gwan (fast)</u></b>	<b>Score</b>		
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Smoothness	_____		
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Stances	_____		
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Posture	_____		
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Details	_____		
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Transitions	_____		
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