

Wing Chun Distance Learning Test Sheet

Testing level: **Biu Gee**

Student's name: _____

Date tested: _____

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

Biu Gee form	Score	Score
Punch, Tan Sau, Huen Sau	_____	Transitions _____
Fingers strikes	_____	Spinning strength _____
Three Cup Jern	_____	Explosive Strength _____
Under elbow Biu Sau	_____	Speed _____
Step forward double Biu Sau	_____	Balance _____
Tan, Huen and return	_____	Total score: _____
Huen Gerk	_____	
Cup Jern, Tan Sau, Biu	_____	Test results
Lap Sau high palm	_____	Testing score: _____(120)
Fak Sau, Jut Sau, Biu	_____	Percentage:
Lap Sau low palm	_____	() x 100/120
Three turning Biu Sau	_____	Pass <input type="checkbox"/> Do not pass <input type="checkbox"/>
Turning side palm	_____	Promote to: <u>Black Sash</u>
Fak Sau, Jut Sau, Biu	_____	
Three turning Fak Sau	_____	Recommendations:
Jum, Huen, Jut Sau	_____	
Three Kan Sau	_____	
Jut Sau, Biu Sau	_____	
Double Lap Sau	_____	
Center punch	_____	
Three Bent forward Biu Sau	_____	
Chain punches	_____	
 <u>Biu Gee (fast)</u>	 Score	
Smoothness	_____	
Posture	_____	
Details	_____	