

**Siu Fook Fu Dui Chak  
(Sparring Form)**

**(Purple Sash Level)**

Scoring Method

- excellent-4pt.
- good-3pt.
- fair-2pt.
- acceptable-1pt.
- poor-0 pt.

**Siu Fook Fu Dui Chak-Offense Pt.  
(the person who jump at beginning)**

- Opening .....
- Offense techniques .....
- Defense techniques.....
- Footwork .....
- Realistic .....
- Timing .....
- Kicks .....
- Eye contact .....
- Body movements .....
- Closing .....

Score: \_\_\_\_\_

**Siu Fook Fu Dui Chak-Defense Pt.**

- Opening .....
- Offense techniques .....
- Defense techniques.....
- Footwork .....
- Realistic .....
- Timing .....
- Kicks .....
- Eye contact .....
- Body movements .....
- Closing .....

Score: \_\_\_\_\_

**RESULTS:**

Total Scores: 40

Testing Scores

Percentage: % \_\_\_\_\_

( ) x100/40

Name \_\_\_\_\_

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

Instructor: \_\_\_\_\_

**Instructions:**

You do not require to perform both sides of the sparring form. Just pick one side.

**Instructor's recommendation:**

Promote to: \_\_\_\_\_