

Out of State Training Program Test Sheet

Jow Ga Rank Test – Orange Sash

Name: _____

Date Tested: _____

Method of scoring

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

Reason:

- l – Improper technique b – lost balance
 p – poor posture s –poor stances
 c – lack coordination f – lack fluidity
 t – poor transition r – no power

Tiger Form (Siu Fook Fu)	Pt.	reason
Bridge hands	_____	_____
Double elbow	_____	_____
Return of the fist	_____	_____
Cross step /horse stance	_____	_____
Guard Hand/open hand block	_____	_____
Spade hand/low press	_____	_____
Cross hand	_____	_____
Double dynamic push	_____	_____
Wrist strike	_____	_____
Cat stance/guard hand	_____	_____
Three corners salute	_____	_____
Double punch	_____	_____
Double elbow	_____	_____
Back fist	_____	_____
Return of the fist	_____	_____
Horse stance	_____	_____
Forward punch	_____	_____
Brush & low block	_____	_____
Guard hand	_____	_____
Open hand block	_____	_____
Circular sweep	_____	_____
Forward punch	_____	_____
Elbow	_____	_____
Press & back fist	_____	_____

Low block fist	_____	_____
Guard hand	_____	_____
Open hand block	_____	_____
Circular sweep	_____	_____
Forward punch	_____	_____
Elbow	_____	_____
Open hand chop	_____	_____
Corner punch(3 times)	_____	_____
Cross step	_____	_____
low section block	_____	_____
Press & back fist	_____	_____
Kneel with low strike	_____	_____
Step forward block	_____	_____
Circular sweep	_____	_____
Forward punch	_____	_____
Guard hand	_____	_____
Step side	_____	_____
Open hand block	_____	_____
Circular sweep	_____	_____
Forward punch	_____	_____
Guard hand	_____	_____
Step around	_____	_____
open hand block	_____	_____
Circular sweep	_____	_____
Forward punch	_____	_____
Kneel with low strike	_____	_____
Guard hand	_____	_____
Open hand block	_____	_____
Step back elbow	_____	_____
Upward elbow	_____	_____
Sweep down	_____	_____
Kneel punch	_____	_____
Step up tiger claw	_____	_____
Pull back cat stance	_____	_____
Lifting punch	_____	_____
Forward punch	_____	_____
Guard hand	_____	_____
Step around with tiger claw	_____	_____

pull back with tiger claw (left) _____

Lifting punch _____

Forward punch _____

Corner low/high block _____

Thrust tiger claw _____

Forward punch _____

Guard hand _____

Look back/open hand block _____

Downward cut _____

Upward open hand block _____

Front snap kick _____

Guard hand _____

Open hand block _____

Circular sweep _____

Forward punch _____

Horse stance side punch _____

Single elbow _____

Back fist _____

Return of the fist _____

Cross step toward corner _____

Low/high block _____

Low whipping fist _____

Swinging hook _____

Swinging cross strike _____

Swinging lift punch _____

Horse stance side punch _____

Guard hand/open hand block _____

Cross step circular hand _____

Forward punch _____

Front snap kick _____

Guard hand _____

Open hand block _____

Double tiger claw _____

Cross step pull back _____

Cross step upward crawl _____

Double tiger claw _____

Side swing (right&left) _____

Cat stance twisting punch _____

Cross step block _____

Lifting punch _____

Cross step butterfly palm _____

Cross step upward palm _____

Butterfly palm strike _____

Step back elbow/guard hand _____

Block punch _____

Swinging hook (L & R) _____

Double elbow _____

Double back fist _____

Return of the fists _____

Salute _____

Test Results

Testing Score: _____ ()

Percentage: _____

()x100/

Pass

Do not pass

Promote to: Orange Sash

Instructor Comments: