

Out of State Training Program Test Sheet

Jow Ga Rank Test – Yellow Sash

Name: _____

Date Tested: _____

Method of scoring

Name: _____

Date Tested: _____

Method of scoring

poor-0 pt. acceptable-1pt.

fair-2pt. good-3pt excellent-4pt

Reason:

I – Improper technique b – lost balance

p – poor posture s – poor stances

c – lack coordination f – lack fluidity

t – poor transition r – no power

Basic hand structure

Pt.	reason
_____	_____
_____	_____

Hold the fist

Open palm

Eight Stances

Horse stance _____

Front stance _____

Cat stance _____

Cross stance _____

Kneel stance _____

Hanging stance _____

Drop down stance _____

Triangle stance _____

Breathing Exercise

Dynamic punch _____

Dynamic push _____

Kicks

Front snap kick _____

Front push kick _____

Round kick _____

Side kick _____

Partner drills

	Pt.	reason
Som Sing	_____	_____
Dil Sau grab	_____	_____
Leg conditioning	_____	_____

Single hand techniques

Horse stance punch _____

Kar Chu _____

Chun Chu _____

Sow Chu _____

Stepping punch _____

Stepping upper cut _____

Stepping Pow Chu _____

Stepping Cup Chu _____

Stepping Lok Chu (hook) _____

Jow Ga Salutation

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 _____

Test Results

Testing Score: _____ ()

Percentage: _____

(_____)x100/

Pass Do not pass

Promote to: Yellow Sash