

## Wing Chun Distance Learning Test Sheet

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Testing level: **Sil Lim Tau**

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

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

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

<b>Sil Lim Tau form</b>	<b>Score</b>		<b>Score</b>
Opening structure	_____	Bon Sau	_____
Sil Lim Tau stance	_____	Tan Sau	_____
Double cross hand	_____	Forward side palm	_____
Center line punch	_____	Downward Kan Sau	_____
Tan Huen Sau and pull back	_____	Three Kan Sau	_____
Tan Sau	_____	Chain punches	_____
Huen Sau	_____	Total score:	_____
Wu Sau	_____	Test results	
Fook Sau	_____	Testing score: _____(132)	
Side Pak Sau	_____	Percentage: <span style="background-color: yellow; display: inline-block; width: 50px; height: 15px;"></span>	
Forward upright Palm	_____	(        ) x 100/132	
Gum Sau side	_____	Pass <input type="checkbox"/> Do not pass <input type="checkbox"/>	
Gum Sau back	_____	Promote to: <u>Yellow Sash</u>	
Gum Sau front	_____		
Double Lan Sau	_____	Recommendations:	
Fak Sau	_____		
Jum Sau	_____		
Huen Jut Sau	_____		
Biu Sau	_____		
Pull down	_____		
Lift up	_____		
Side Pak Sau	_____		
Forward side palm	_____		
Tan Sau	_____		
Downward Kan Sau	_____		
Upward Tan Sau	_____		
Huen Sau low palm	_____		