

Wing Chun Distance Learning Test Sheet

Testing level: **Chum Kiu**

Student's name: _____

Date tested: _____

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

Chum Kiu form	Score		Score
Cross hand and pull back	_____	Lifting Double palm	_____
Center punch	_____	Turning Biu Gerk	_____
Double bridge hands	_____	Three turning Gum Sau	_____
Double Larn Sau	_____	Turning chain punches	_____
Turning elbows	_____	Pull back and close	_____
Turning stances	_____	Total score:	_____
Double Gum Sau	_____	Test results	
Double Tan Sau	_____	Testing score: _____(124)	
Three Tak Sau	_____	Percentage: 	
Three upright palm	_____	() x 100/124	
Turn around Larn Sau	_____	Pass <input type="checkbox"/> Do not pass <input type="checkbox"/>	
Three turning Bon Sau	_____	Promote to: <u>Orange Sash</u>	
Punch over Larn Sau	_____		
Fak Sau	_____	Recommendations:	
Jum Sau to center	_____		
Forward Fak Sau	_____		
Larn Sau Biu Gerk	_____		
Stepping Bon Sau	_____		
Bon Sau punch	_____		
Center Jum Sau	_____		
Forward Fak Sau	_____		
Lift kick	_____		
Three Low Bon Sau	_____		
Three Tan Sau	_____		
Huen Sau	_____		
Sinking Jut Sau	_____		