

Wing Chun Distance Learning Test Sheet

Testing level: **Wooden Dummy Level 1**

Student's name: _____

Date tested: _____

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

Wooden Dummy	Score		Score
<u>Section 1</u>		Double inside Tan Sau	_____
Preparing stance	_____	Double high palm	_____
Bridge hand	_____	Rolling arms	_____
Lap Sau side palm	_____	Bon Sau	_____
Neck grab	_____	Tan Sau knee kick	_____
Bon Sau	_____	Kan Huen Sau	_____
Tan Sau low palm	_____	Jut Sau high palm	_____
Kan Sau	_____	Total score:	_____
Quen Sau	_____		
Tan Sau low palm	_____	Test results	
Kan Huen Sau	_____	Testing score: _____(124)	
Jut Sau high palm	_____	Percentage: 	
Double Jut Sau	_____	() x 100/124	
Double Tak Sau	_____	Pass <input type="checkbox"/> Do not pass <input type="checkbox"/>	
<u>Section 2</u>		Promote to: <u>Green Sash</u>	
Three Pak Sau	_____		
Jut Sau Fak Sau	_____	Recommendations:	
Jut Sau punch	_____		
Low Bon Sau	_____		
Side step Fak Sau	_____		
Bon Sau side kick	_____		
Kan Huen Sau	_____		
Jut Sau palm strike	_____		
<u>Section 3</u>			
Double outside Kan	_____		
Double Huen Sau	_____		
Double low palm	_____		