

Wing Chun Distance Learning Test Sheet

Testing level: **Wooden Dummy Level 2**

Student's name: _____

Date tested: _____

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

Wooden Dummy	Score	<u>Entire 1-7 sections</u>	Score
<u>Section 4</u>		Smoothness	_____
Wrist strikes – right hand	_____	Transitions	_____
Lap Sau low side palm	_____	Judge distance	_____
Quen Sau	_____	Footwork	_____
Front Po Pai Jeung	_____	Posture	_____
Side Po Pai Jeung	_____	Details	_____
Wrist strikes – left hand	_____	Tightness	_____
<u>Section 5</u>		Timing	_____
Three Kan Sau	_____	Proper energy use	_____
Bon Lap Fak Sau	_____		
Trapping high palm	_____	Test results	
Close body kick	_____	Testing score: _____(120)	
<u>Section 6</u>		Percentage: 	
Tan Sau Biu Gerk	_____	() x 100/120	
Bon Sau stomping kick	_____	Pass <input type="checkbox"/> Do not pass <input type="checkbox"/>	
Three Gum Sau	_____	Promote to: <u>Blue Sash</u>	
Huen Gerk low palm	_____		
<u>Section 7</u>		Recommendations:	
Three turning Bon Sau	_____		
Tan Sau high palm	_____		
Side step Pak Sau	_____		
Dunk Gerk	_____		
Bon Lap Sau	_____		
Pulling leg sweep	_____		
Closing	_____		