

Wing Chun Distance Learning Test Sheet

Testing level: **Bak Jom Dao (knives)**

Student's name: _____

Date tested: _____

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

Bak Jom Dao	Score	Section 6	Score
Section 1		Yut Gee Dao	_____
Opening, kick	_____	Forward Yut Gee Dao	_____
Double Jum Dao	_____	Lap Jom, Fak Dao	_____
Jom Dao	_____	Retreat Lap Jom, Fak Dao	_____
Gop Dao	_____	Section 7	
Huen Jom	_____	Tan Jom	_____
Retreat Jom Dao	_____	Forward double Tan	_____
Section 2		Forward Tan Jom	_____
Biu Dao	_____	Forward upward cut	_____
Forward double Jom	_____	Turning Tan Jom	_____
Retreat Tull Dao	_____	Retreat Kan, upward cut	_____
Section 3		Section 8	
Kan Dao	_____	Kan, Cup Jern Dao	_____
Step Kan, side Fak, Jom	_____	Double cross elbow	_____
Retreat Jom Dao	_____	Turning side cut, front cut	_____
Section 4		Retreat double elbow, side cut	_____
Quen Dao	_____	Double Jom Dao, closing	_____
Step Quen, side Fak, side cut	_____	Total score:	_____
Reach Jom Dao	_____	Test results	
Retreat Jom Dao	_____	Testing score: _____ (144)	
Section 5		Percentage: 	
Fak Dao	_____	() x 100/144	
Step Fak Dao	_____	Pass <input type="checkbox"/> Do not pass <input type="checkbox"/>	
Huen side cut	_____	Promote to: <u>Red Sash</u>	
Step Jom Dao	_____	Recommendations:	
Retreat Push Dao	_____		