

**Bak Jom Dao Level Test
(Red Sash Level)**

Scoring Method

- excellent-4pt.
- good-3pt.
- fair-2pt.
- acceptable-1pt.
- poor-0 pt.

Bak Jom Dao form

- Opening, kick
- 1st section** Jum Dao
- Jom Dao
- Gap Dao
- Huen Jom Dao
- Return Jom Dao
- 2nd section** Bil Dao
- Step double Jom Dao
- Return Tall Dao
- 3rd section** Kan Dao
- Step Kan, Fak, Jom
- Return Jom Dao
- 4th section** Quen Dao
- Step Quen, Fak, side cut
- Reach out Jom Dao
- Return reach out Jom Dao
- 5th section** Fak Dao
- Step Fak, Huen, Jom Dao
- Return Pak Dao
- 6th section** Yut Gee Dao
- Step forward Yut Gee Dao
- Lap Jom, Fak Dao
- Return Lap Fak Dao
- Return Lap, Lap Dao
- 7th section** Tan Jom Dao
- Forward double Tan Dao
- Forward Tan Jom
- Forward upward cut
- Turn Tan Jom
- Kan upward cut
- Kan Dao return
- 8th section** Kan Cup Jern Dao ...
- Step double cross elbow Dao ...
- Turn side cut, front cut

Pt.

Name _____

Date tested: _____

Instructor: _____

- Step turn double elbow cut
- Turn front cut
- Reverse double elbow cut
- Turn front cut
- Jom Dao closing

Score (156): _____

Test Results

Testing Score: _____ (156)

Percentage: _____
(_____)x100/156

Pass

Do not pass

Promote to: _____

Instructor's recommendation: