

Wooden Dummy 2nd Level Test Requirements

1. Perform Wooden Dummy form (section 4-7), require 45° camera angle. Show proper techniques with good details.
2. Perform Entire Wooden Dummy Form (section 1-7) Show your performance with medium speed.

Score: excellent-4 good-3 acceptable-2 need review-1 incorrect-0

Section 4	Score	Name_____
Wrist strikes		Date Tested_____
Lap Sau low palm		Testing Score_____x100/88
Quen Sau		Percentage_____
Po Pai Jeung		Promote to <u>Blue Sash Level</u>
Bon Sau		
Side Po Pai Jeung		
Kan Sau		
Po Pai Jeung		

Section 5	Score	<input type="checkbox"/> Pass
Three Kan Sau		<input type="checkbox"/> Do not pass
Bon Sau		
Lap and Fak Sau		
Trap with high palm		
Tep Sun Gerk		Instructor_____

Section 6	Score	Instructor recommendations:
Tan Sau Biu Gerk		
Bon Sau Stomp kick ..		
Three Gum Sau		
Low palm leg sweep..		

Section 7	Score
Turning Bon Sau	
Tan Sau high palm ...	
Pak Sau Dunk Gerk..	
Bon Sau	
Lap Sau front sweep..	

Total score: _____(88)