

**Bil Gee Level Test
(Black Sash Level)**

Scoring Method

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

Bil Gee Form Pt.

- Punch, Tan Sau, Huen Sau
- Wrist exercise
- Three Cup Jern
- Under arm Bil Gee
- Step forward Bil Gee
- Tan, Huen and return
- Huen Gerk
- Cup Jern, Tan Sau Bil Gee.....
- Lap Sau High Palm
- Fak Sau, Jut Sau, Bil Gee
- Lap Sau Low Palm
- Fak Sau, Jut Sau, Bil Gee
- Three turning Bil Gee
- Side Palm
- Fak Sau, Jut Sau, Bil Gee
- Three Fak Sau
- Jum Sau, Huen Sau, Jut Sau
- Three Kan Sau
- Jut Sau, Bil Sau
- Lap Sau, Turn punch
- Bent forward sweep hands

Score: _____(84)

Elbows Strikes Pt.

- Pike Jern (cross elbow)
- Cup Jern (diagonal elbow)

Score: _____(8)

Name _____

Date tested: _____

Blind fold Chi Sau Pt.

- Techniques
- Engage
- Disengage
- Control

Score: _____(16)

Test Results

Testing Score: _____

Percentage: _____
()x100/108

Pass

Do not pass

Promote to: _____

Instructor's recommendation:

Instructor: _____