

**Chum Kau Level Test Sheet  
(Orange Sash Level)**

Scoring Method

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

**Chum Kau Footwork Pt.**

- Sil Lim Tau Ma .....
- Turning Stance (Juen Ma) .....
- Sheung Ma (step forward).....

Score: \_\_\_\_\_

**Basic techniques**

- Chain punch .....
- Turning ppunch .....
- Turn around punch .....
- Step forward punch .....
- Step backward punch .....
- Diagonal Step punch .....
- Turning Kan Sau .....
- Turning Quen Sau .....
- Stepping Kan Sau .....
- Stepping Quen Sau .....
- Tan Sau punch .....
- Kan Sau punch .....
- Side Fak Sau .....
- Upward Fak Sau .....
- Pyk Jern .....

Score: \_\_\_\_\_

**Chum Kau Form Pt.**

- Cross hands .....
- Center punch .....
- Double jum sau .....
- Turning elbow .....
- Turning stance .....
- Double kam sau .....
- Double tan sau .....
- Three pak sau .....
- Three palm strikes.....
- Turning lan sau .....
- Turning bon sau .....
- Over lan sau punch.....
- Whipping hand .....
- Jum sau to center .....
- Front fak sau .....
- Lan sau .....
- Bil gerk .....
- Thrusting bon sau .....
- Short punch .....
- Fook sau .....
- Fak sau .....
- Lift kick .....
- Forward bon sau .....
- Tan sau .....
- Huen sau .....
- Jut sau and sink .....
- Double palm and lift.....
- Turning bil gerk .....
- Turning gam sau .....
- Chain punch .....

Score: \_\_\_\_\_

Name \_\_\_\_\_

Date tested: \_\_\_\_\_

Instructor: \_\_\_\_\_