

**Lok Dim Bon Kwan Level Test  
(Brown Sash Level)**

Scoring Method

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

**Preparation exercise Pt.**

- Horse stance .....
- Cat stance .....
- Stepping punches forward.....
- Stepping punches backward .....
- Press down .....
- Thrust forward .....
- Pole exercise (5 sets) .....

Score: \_\_\_\_\_(28)

**Basic pole techniques Pt.**

- Bil Kwan .....
- Dan Kwan & Til Kwan .....
- Soo Kwan & Sheung Lan Kwan ...
- Stepping Soo Kwan & Sheung Lan
- Kom Kwan & Soo Kwan .....

Score: \_\_\_\_\_(20)

**Pole Training Drills**

- Bil Kwan Target drill .....
- Soo Gwan & Sheung Lan Target..

Score: \_\_\_\_\_(8)

**Partner Drills**

- Kom Kwan .....
- Soo Kwan & Sheung Lan .....

Score: \_\_\_\_\_(8)

**Lok Dim Boon Kwan(slow) Pt.**

- Pick up pole .....
- Step & Bil Kwan .....
- Cat stance Til Kwan .....
- Cat stance Dim Kwan .....
- Cat stance Soo Kwan .....
- Cat stance Huen Kwan .....
- Forward steps .....
- Retreat steps .....
- Reverse Soo Kwan .....
- Huen, Bil, Til, Dim Kwan .....
- Huen Kwan .....
- Step back forward Larn Kwan .....
- Dim, Til, Bil, Til, Dim .....
- Step forward, reverse Larn Kwan ....
- Soo, Tarn Kwan .....

Score: \_\_\_\_\_(60)

**Lok Dim Boon Kwan(fast) Pt.**

- Speed .....
- Strength .....
- Stances .....
- Precise techniques .....
- Accuracy .....

Score: \_\_\_\_\_(20)

**Test Results**

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

Percentage: \_\_\_\_\_  
( )x100/144

Pass

Do not pass

Promote to: \_\_\_\_\_

**Instructor's recommendation:**