

**Mok Yan Jong Test 1**  
**(Green Sash Level – section 1-3)**

Scoring Method

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

**Wooden Dummy 1<sup>st</sup> section** **Pt.**

- Bil Sau .....
- Lap sau strike .....
- Bon Sau .....
- Tan Sau low palm .....
- Kan Sau .....
- Quen Sau .....
- Huen Sau high palm .....
- Huen Sau low palm .....
- Double Jut Sau .....
- Double Tak Sau .....
- Understand the techniques .....

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

**Wooden Dummy 2<sup>nd</sup> section** **Pt.**

- Pak Sau .....
- Jut Sau Chop .....
- Jut Sau Punch .....
- Low Bon Sau .....
- Fak Sau .....
- Side kick .....
- Kan Sau .....
- Huen Sau high palm .....
- Double Jut Sau .....
- Double Tak Sau .....
- Use of waist to general power .....

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

Name \_\_\_\_\_

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

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

**Wooden Dummy 3<sup>rd</sup> section** **Pt.**

- Double outside Tan .....
- Double Huen Sau .....
- Double low Palm .....
- Double inside Tan .....
- Double high palms .....
- Rolling arms .....
- High palm .....
- Bon Sau .....
- Tan Sau low palm kick .....
- Use of body weight .....

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

**Test Results**

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

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

Pass

Do not pass

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

**Instructor's recommendation:**