

**Mok Yan Jong Test 2**  
**(Blue Sash Level – section 4-7)**

Scoring Method

- excellent-4pt.
- good-3pt.
- fair2pt.
- acceptable-1pt.
- poor-0 pt.

**Wooden Dummy 4th section**      **Pt.**

Wrist strikes .....  
Lap sau low palm .....  
Quen Sau .....  
Po Pai Jeung .....  
Footwork/posture .....

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

**Wooden Dummy 5<sup>th</sup> section**      **Pt.**

Kan Sau .....  
Bon,Lap,Fak Sau .....  
Trap with high palm .....  
Tep Sun Gerk .....  
Tightness .....  
Transition .....

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

**Wooden Dummy 6<sup>th</sup> section**      **Pt.**

Tan Sau Bil Gerk .....  
Bon Sau stomping kick .....  
Three Gum Sau .....  
Low palm Soo Gerk .....  
Judge distant .....

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

**Wooden Dummy 7<sup>th</sup> section**      **Pt.**

Turning Bon Sau .....  
Tan Sau high palm .....  
Pak Sau Deng Gerk .....  
Bon,Lap Sau Soo Gerk .....  
Redirecting .....

Name \_\_\_\_\_

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

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

**Test Results**

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

Percentage: \_\_\_\_\_

(            )x100/

Pass   

Do not pass   

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

**Instructor's recommendation:**

