

**Sil Lim Tau Level Test Sheet
(Yellow Sash Level)**

Scoring Method

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

Sil Lim Tau Form	Pt.
Opening structure	___
Sau im tau ma	___
Double cross hands	___
Center line punch	___
Tan huen and return	___
Tan sau	___
Huen sau	___
Wu sau	___
Fook sau	___
Side pak sau	___
Forward palm strike	___
Kum sau side	___
Kum sau back	___
Kum sau front	___
Double lan sau	___
Fak sau	___
Jum sau	___
Huen Jut sau	___
Bil sau	___
Pull down	___
Lift up	___
Side pak sau	___
Side palm	___
Forward tan sau	___
Kan sau	___
Tan sau	___
Huen sau dy jeung	___
Bon sau	___
Tan sau	___
Side palm	___
Tuk sau	___
Chain punch	___

Score: _____(128)

Name _____

Date tested: _____

Instructor: _____

Don Chi Sau	Pt.
Pak sau	___
Bon sau	___
Tan sau	___
Fook sau	___
Jum sau	___
Punch	___

Score: _____(24)

Test Results

Testing Score: _____

Percentage: _____
(_____)x100/152

Pass

Do not pass

Promote to: _____