

Biu Gee Test Requirements

1. Perform Biu Gee form, require front view only, with medium pace. Show proper techniques with details. Blocks and strikes should have good snaps from the wrists, hips, and shoulder. All strikes and blocks must be executed with the most power possible, make a short pause before next technique. Do not rush through.

Score: excellent-4 good-3 acceptable-2 need review-1 incorrect-0

Biu Gee Form

Score

Name _____

Opening

Date Tested _____

Wrist side way

Wrist up and down.....

Testing Score _____ x100/76

Three Cup Jern

Hidden Biu Gee

Percentage _____

Double Bil Gee

Double Huen Sau

Pass

Cup Jern, Tan Sau Biu

Do not pass

Lap Sau, high palm

Fak Sau, Jut Sau

Lap Sau, low palm

Promote to: Black Sash Level

Three Biu Sau

Turning side palm

Instructor recommendations:

Three Fak Sau

Center Jum Sau

Three Huen Sau, Jut Sau..

Three Kan Sau

Lap Sau Punch

Three throws

Total score: _____(76)

Instructor _____