

Chum Kiu Test Requirements

1. Perform Chum Kiu form; require front view only, with medium pace. Show proper techniques with details. Do not rush through.
2. Perform Basic techniques.

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

Chum Kiu Form	Score	Basic techniques	Score
Cross hands		Chain punch	
Center punch.....		Turning punch.....	
Turning stance		Turning around punch ...	
Turning elbow		Step forward punch	
Double kam sau		Step backward punch ...	
Double tan sau		Diagonal step punch	
Three pak sau		Turning Kan Sau.....	
Three palm strikes.....		Turning Quen Sau	
Turning lan sau		Stepping Kan Sau	
Turning bon sau		Stepping Quen Sau	
Over lan sau punch.....		Tan Sau punch	
Whipping hand		Kan Sau punch	
Jum sau to center		Side Fak Sau	
Front fak sau		Upward Fak Sau	
Lan sau		Pyk Jern	
Biu gerk			
Thrusting bon sau		Score: _____(60)	
Short punch		Testing score: _____x100/176	
Fook sau		Percentage: _____	
Fak sau		Promote to <u>Orange Sash Level</u>	
Lift kick		<input type="checkbox"/> pass <input type="checkbox"/> Do not pass	
Forward bon sau		Student Name _____	
Tan sau		Date Tested: _____	
Huen sau		Instructor: _____	
Jut sau and sink			
Double palm and lift.....			
Turning Biu gerk			
Turning gam sau			
Chain punch			
Score: _____(116)			