

Lok Dim Boon Gwan Test Requirements

1. Perform Lok Dim Boon Gwan form. Require front view only. Show your form with both medium speed and fast speed. Show proper techniques with good details.

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

Lok Dom Boon Gwan (slow)	Score	Name _____
Pick up pole		Date tested _____
Tarn Gawn		Testing score _____x100/88
Step and Biu Gwan		Percentage _____
Cat stance Til Gwan		Promote to _____
Cat stance Dim Gwan		<input type="checkbox"/> Pass
Soo Kwan		<input type="checkbox"/> Do not pass
Huen Kwan		Instructor _____
Forward step		Instructor recommendations:
Retreat step		
Reverse Soo Gwan		
Huen, Biu Gwan		
Til, Dim Gwan		
Step back		
Upper Larn Gwan		
Step forward		
Reverse upper Larn		
Soo Gwan		
Huen Gwan		

Score: _____(72)

Lok Dim Boon Gwan (fast)	Score
Speed	
Strength	
Techniques	
Stances	

Score: _____(16)