

Wooden Dummy 1st Level Test Requirements

1. Perform Wooden Dummy form (section 1-3), require 45° camera angle. Show your performance 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

Section 1 Score Name_____

Biu Sau.....

Lap Sau side palm

Bon Sau

Tan Sau low palm

Kan Sau

Quen Sau

Huen Sau high palm ...

Huen Sau low palm

Double Jut Sau

Double Tak Sau

Date tested_____

Testing Score_____x100/116

Percentage_____

Promote to Green Sash Level

 pass

Section 2 Score

Pak Sau

Jut Sau Chop

Jut Sau Punch

Low Bon Sau

Fak Sau

Side kick

Kan Sau

Huen Sau high palm ...

Double Jut Sau

Double Tak Sau

 Do not pass

Instructor recommendations:

Section 3 Score

Double outside Tan

Double Huen Sau

Double low palm

Double inside Tan

Double high side palm..

Rolling arms

High palm

Bon Sau

Tan Sau low palm kick..

Instructor:_____