

Sil Lim Tau Level Test Sheet
(Yellow Sash Level)

1. Perform Sil Lim Tau form; require front view only, with medium speed. Show proper techniques with details. Do not rush through.

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	___

Student Name _____

Date Tested: _____

Grade: _____ x100/128

Percentage: _____

pass Promote to Yellow Sash

do not pass

Instructor recommendations:

Sifu Signature: _____

Total Score: _____(128)