



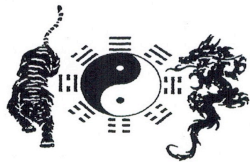
HERITAGE TAI CHI & KUNG FU  
 KUNG FU for KIDS  
 Updated October 13, 2023



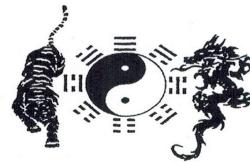
## WHITE BELT TEST SHEET

Name:      Age      Date:

Category	Score	Comments:
<b>KICKS</b>		
Straight Leg		
Diagonal		
Reverse Circle		
Front Heel Kick		
<b>PUNCHES</b>		
Single		
Double		
<b>GROUND WORK</b>		
Iron Arm Roll		
<b>SOUTHERN STYLE FORM REQUIREMENTS</b>		
POISON HANDS		
SINGLE FINGER POINTS TO CHINA 30 Count		



HERITAGE TAI CHI & KUNG FU  
KUNG FU for KIDS



## POISON HANDS

1. STAND STRAIGHT
2. KUNG FU SALUTE
3. READY
4. TOES OUT - HEELS OUT
  
5. DOWN - BEGIN WITH RIGHT HAND
6. OUT
7. IN
8. RAKE
9. IN
10. PALM
11. SINGLE FINGER
12. ONE
13. TWO
14. THREE
15. EYEFICK
16. IN
17. OUT
18. IN
19. CHOP
20. PALM
21. ELBOW
22. PALM
23. DOWN
24. BACKFIST
  
25. REPEAT WITH LEFT HAND beginning at #5 "Down"
  
26. PUNCH ONE, TWO, THREE
  
27. DRAGON PRESENTS A PEARL
28. BREATHE IN
29. BREATHE OUT