



HERITAGE TAI CHI & KUNG FU

KUNG FU for KIDS

Updated October 13, 2023



## YELLOW 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 Standing		
Somersault		
<b>SOUTHERN STYLE FORM REQUIREMENTS</b>		
POISON HANDS		
IRON BODY		
SINGLE FINGER POINTS TO CHINA 30 Count		

## 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

IRON BODY

STAND STRAIGHT
KUNG FU SALUTE
READY
IRON BODY
FRONT SWEEP
BACK SWEEP
FOREARMS
ELBOWS
STRIKE
OUT (right arm)
OUT (left arm)
(Single Finger) 1-2-3
ELBOWS
RAKE
SPEAR
GRAB - PULL IN & THROW (left)
PULL IN & THROW (front)
PULL IN & THROW (right)
PULL IN & THROW
CROSS
CHOP
CROSS
CRANE
CROSS
READY
SPEAR
THUMBS
CHOP
ATTACK (left)
EVADE (right)
BLACK TIGER METHOD (left)
THROW
ATTACK (right)
EVADE (left)
BLACK TIGER METHOD (right)
THROW
OUT (left)
OUT (right)
OUT (left)
OUT (right)
IRON BODY
DRAGON PRESENTS A PEARL
<i>BREATHE IN</i>
<i>BREATHE OUT</i>