



HERITAGE TAI CHI & KUNG FU

KUNG FU for KIDS

Updated October 13, 2023



# ORANGE BELT TEST SHEET

Name:    AGE:    Date:

| Category  | Score | Comments: |
|---|-------|-----------|
| <b>KICKS</b>  |       |           |
| Straight Leg  |       |           |
| Diagonal  |       |           |
| Reverse Circle  |       |           |
| Front Heel Kick                                       |       |           |
| Stepping Circle Kick                                  |       |           |
| <b>PUNCHES</b>  |       |           |
| Single  |       |           |
| Double  |       |           |
| Two Low, One High                                     |       |           |
| <b>GROUND WORK</b>                                    |       |           |
| Iron Arm Roll- Standing                               |       |           |
| Somersault  |       |           |
| Shoulder Roll – 1 side                                |       |           |
| <b>SOUTHERN STYLE FORM REQUIREMENTS</b>               |       |           |
| POISON HANDS  |       |           |
| IRON BODY   |       |           |
| LEOPARD   |       |           |
|   |       |           |
| <b>SINGLE FINGER<br/>POINTS TO CHINA<br/>50 Count</b> |       |           |

