



HERITAGE TAI CHI & KUNG FU

KUNG FU for KIDS

Updated October 13, 2023



## BLUE 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		
Kick Punch-Drop Punch		
<b>GROUND WORK</b>		
Iron Arm Roll - Standing		
Somersault		
Shoulder Roll (right & left)		
<b>SOUTHERN STYLE FORM REQUIREMENTS</b>		
POISON HANDS		
IRON BODY		
LEOPARD		
SNAKE		
<b>SINGLE FINGER POINTS TO CHINA 75 Count</b>		

