



HERITAGE TAI CHI & KUNG FU

KUNG FU for KIDS

Updated October 13, 2023



GREEN BELT TEST SHEET

Name: Age:

Date:

Category	Score	Comments:
KICKS		
Straight Leg		
Diagonal		
Reverse Circle		
Front Heel Kick		
Stepping Circle Kick		
PUNCHES		
Single		
Double		
Two Low, One High		
Kick Punch - Drop Punch		
GROUND WORK		
Running Iron Arm Roll		
Somersault		
Shoulder Roll (right & left)		
Back Roll		

FORMS – NORTHERN & SOUTHERN

FORMS – SOUTHERN STYLE

POISON HANDS

IRON BODY

LEOPARD

SNAKE

TIGER

FORMS – NORTHERN STYLE

Cannon Fist

Raining Fist

WEAPONS

**2 Person Staff
Solo – SIDE A**

**2 Person Staff
With Partner
SIDE A**

**SINGLE FINGER POINTS
TO CHINA
100 Count**