



HERITAGE TAI CHI & KUNG FU

KUNG FU for KIDS

Updated Oct 2023



RED BELT TEST SHEET

Name:

Date:

Category	Score	Comments:
KICKS		
Straight Leg		
Diagonal		
Reverse Circle		
Front Heel Kick		
Stepping Circle Kick		
Jump 180		
Jump Front Kick		
PUNCHES		
Single		
Double		
Two Low, One High		
Kick Punch – Drop Punch		

Category	Score	Comments:
FORMS – SOUTHERN STYLE		
POISON HANDS		
IRON BODY		
LEOPARD		
SNAKE		
TIGER		
CRANE		
FORMS – NORTHERN STYLE		
Cannon Fist		
Raining Fist		
Grabbing Fist		
Sweeping & Tripping Fist		
Locking Fist		
WEAPONS		
2 Person Staff Solo: SIDES A&B		
2 Person Staff With Partner: SIDES A&B		
SINGLE FINGER POINTS TO CHINA 125 Count		