

DRAGON PHOENIX



Testing Rubric

Xing Yi Quan

The following must be demonstrated to pass Xing Yi testing.

- ⇒ - Able to demonstrate the 5 Element Palms
- ⇒ - Correct Stepping
- ⇒ - Issues Power
- ⇒ - Can Say Chinese Names of Palms
- ⇒ - Correct Posture

- ⇒ - Able to demonstrate the 5 Element Linking Form
- ⇒ - Demonstrates Focus
- ⇒ - Fluid Movement/ not stopping to think
- ⇒ - Eyes show awareness
- ⇒ - Medium Paced

Tai Chi

The following must be demonstrated to pass Tai Chi testing.

- ⇒ - Able to demonstrate Old Frame First Form parts 1&2
- ⇒ - Correct Posture
- ⇒ - Can recite names of the movements
- ⇒ - Demonstrates understanding of Peng, Lu, Ji, and An
- ⇒ - Demonstrates Focus
- ⇒ - Calm and Relaxed
- ⇒ - Eyes show awareness
- ⇒ - Evenly Paced, no breaks in movement

Baguazhang

The following must be demonstrated to pass Baguazhang testing.

- ⇒ - Able to demonstrate the 8 Turning Palms

- ⇒ - Able to demonstrate the 8 Mother Palm Linking Form
- ⇒ - Good Posture - Head up, body stretching
- ⇒ - Fluid Movement/ not stopping and starting
- ⇒ - Eyes show awareness
- ⇒ - Shows awareness of application in movement

Pao Choi

The following must be demonstrated to pass Pao Choi testing.

- ⇒ - Able to demonstrate Old Frame 2nd Form
- ⇒ - Correct Posture
- ⇒ - Issues Power
- ⇒ - Can recite names of movements
- ⇒ - Demonstrates Focus
- ⇒ - Calm and relaxed
- ⇒ - Eyes aware/ follow movement
- ⇒ - Demonstrates awareness of Cai, Lei, Zhou, Kao

Black Sash

The following must be demonstrated to pass Black Sash testing.

- ⇒ - Able to demonstrate advanced form along with previous material
- ⇒ - Accurate
- ⇒ - Full Speed
- ⇒ - Shows Martial Spirit

When you are ready for testing, please video yourself outside of class demonstrating the necessary material. Go through the checklist to make sure you are demonstrating each of the necessary points. When you feel you ready, please email the video to me at aaron@dragonphoenix.org. Your video submission will be your test. When we have the in person testing date, it will be more of a performance to show everyone your hard work and how awesome you are.

Also, please use this rubric to guide your practice at home. :)