**Testing Requirements**

**Orange Star\_– Star Chigi (Strike) Set**

$5 fee for this test

**If you think you are ready to test, Please see Mr. Bain before or after class for pre-testing.**

Testing Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructor’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Star Chigi (Strike) Set:**

-Student must be able to perform Star Chigi (Strike) Set from beginning to end without coaching from the instructor.

-Student must call out each technique in a clear, loud voice.

1. **Chimbee Stance.** Feet shoulder width apart, pointing forward with open palms scooping from belt level to chest level moving down into tight fists at front of belt. Eyes looking forward, loud Giyup.
2. Step out into **Sitting Stance** with feet shoulder width apart with hands chambered at sides.
3. Right **Hammer Fist,** which stops at midsection centre line (target #3)
4. Left **Hammer Fist,** which stops at midsection centre line (target #3)
5. Right **Back Fist** to the nose/mouth (target #1)
6. Left **Back Fist** to the nose/mouth (target #1)
7. Right **Mid Section Punch** on your centre line to the solar plex (target #3)
8. Left **Mid Section Punch** on your centre line to the solar plex (target #3)
9. Right **Palm Strike** to the nose/mouth (target #1)
10. Right **Palm Strike** to the nose/mouth (target #1)
11. Right **Spear Hand** to the throat (target #2)
12. Left **Spear Hand** to the throat (target #2)

1. Right **Inside Knife Hand Strike** to the throat (target #2)

1. Left **Inside Knife Hand Strike** to the throat (target #2)

1. Turning to the Right **Knife Hand Strike** to the throat (target #2)
2. Turning to the Right **Knife Hand Strike** to the throat (target #2)
3. Padoe, back into Chimbee position.

**Testing Tips:**

-Be enthusiastic (speak loud, use power in movements, smile)

-Clean, un-wrinkled uniform

-Long hair tied back

-Finger and toe nails trimmed and clean

-KNOW YOUR STUFF! COME PREPARED!

**“Perfect Practice Makes Perfect”**