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Pink Belt · 1st Stripe — not the black belt of Chapter 1, but its opposite: the first grade you can actually film and pass this week. Eight tests, one camera, the whole system on the line.

Chapter 1 built a black belt you will (probably) never take — the aspirational *Corda Preta*. This is its mirror image: the **smallest real rung**, the first stripe, you versus a camera on a patch of floor. Pink because everyone starts somewhere and there is no shame in the bottom of the ladder — the shame is in pretending you're higher than your body can prove. Eight tests, drawn from a real flow session. **You must pass all eight.** Each one audits a different slice of the art; together they span every chapter of this book.

A · The Hardware

Can the chassis take the load? Prove the engine before you drive it.

① Core Compression & Root *physical capacity*

Mobile combat leaks energy through a soft core and loose shoulders. Prove the hardware holds.

DO In one session: **(A)** a 10-second strict **L-sit** (floor or bars), legs locked parallel, **active scapular depression** — shoulders pushed down, ears away. **(B)** **5 consecutive Unilateral Macacos per side** from a deep squat.

- L-sit: legs stay parallel to the floor for the full 10s — dropping the feet is a **fail**.
- Macaco: drive the hips to **full extension off a single-arm plant**, land centered and balanced. Any sloppy back-handspring "jump" is a **fail**.

Ties Ch. 3 (macaco) & Ch. 4 (the strength layer).

B · The Mechanics

Isolated precision — the structural integrity of each weapon, slow and clean, before speed hides the flaws.

② The Tripod Alignment Audit *compasso precision*

Verifies you don't collapse your frame or twist your knee during high-velocity rotation.

DO **10 Meia Lua de Compasso** (5 left, 5 right) at 80% speed.

- **Support foot:** pivots cleanly on the ball to open the hip; the knee tracks over the toes — inward collapse is a **fail**.
- **The tripod:** the supporting hand lands slightly off-center, forming a clear triangle with the pivot foot. A straight 180° line behind the foot is an automatic **fail**.
- **The spot:** the head whips around to see the target *before* the kicking leg crosses 90°.

Ties Ch. 1 & Ch. 3 (the compasso breakdown).

3 The 10° Entrada Trajectory *angle management*

Verifies you create centrifugal force without stepping across your own centerline and trapping your joints.

DO 10 entries into Meia Lua de Compasso using the **Entrada** (forward entrance step).

- The lead foot steps forward **and outward** — ~10° past your forward axis — opening the path for the hips. Stepping *across* the line is a **fail**.
- A **noticeable velocity increase** over your standard Ginga setup, from the angled step's centrifugal force.
- Rock-solid balance at the end — you controlled the extra momentum, it didn't spin you out of frame.

Ties Ch. 3 & the Entrada setup notes.

4 The Whip Kick Disguise *long-range weapon*

Verifies your primary long-range weapon is deceptive and structurally sound — not a flashy swing.

DO 8 TKD Whip Kicks (4 left, 4 right) at a target set chest-to-head height.

- **The disguise:** the chamber reads as a *linear side kick* — knee straight up the target line — hiding the horizontal path until release. A telegraphed round chamber is a **fail**.
- **The whip:** power from rotational core snap, not leg muscle — one continuous horizontal arc through the target.
- **The landing:** recover onto a stable foot, re-chambered to fire again — no hop, no dropping the foot to catch yourself.

Ties Ch. 1–2 (the TKD layer).

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C · The Transitions

Evade, then answer — hands-free, on the weak side, without freezing when the range changes.

5 The Ryu Counter Sweep *low-line, no hands*

Drop your center to evade, then return with rotational force without using the ground for balance.

DO From a dynamic Ginga, drop into a deep low crouch (evading a high strike) and instantly explode into a **hands-free Compass Moon** (Tan Tui-style sweep / Ryu's down-back kick).

- **5 flawless reps on your weak side** (left leg).
- Hands **never touch the floor** — during the sweep or the recovery.
- Recover directly to a balanced, mobile stance (Ginga or guard) — no correcting stutter-steps.

Ties Ch. 1 (the rasteira / low game) & the Northern Shaolin Tan Tui.

6 The Range-Collapse Take Down *contact range*

Distance dies in every real exchange. Prove you convert the low game into contact instead of freezing — when you can't strike, you off-balance.

DO On a simulated collapse of distance: **3 Negativa Shots** (negativa → level-change → double-leg drive into a bag/dummy) and **3 Sprawls**, recovering to base each rep.

- **Level change:** hips drop *under* the center, spine aligned. Bending at the waist to reach is a **fail**.
- **The drive:** the finish shows the hip-hinge *pop* (hips in and up) — your sumo deadlift — not an arm-pull.
- **The sprawl:** hips back and down, chest over the threat, back to a mobile base, no hands trapped.

Ties Ch. 6 (the Negativa Shot, kuzushi, the deadlift↔double-leg link).

D · The Flows

Synthesis — the memorized wave, then the improvised one. This is where the stripe is truly earned.

7 The Flow-State Wave *fixed 30-second synthesis*

Link striking, ground mobility, and evasion into one uninterrupted kinetic stream.



- **Zero hesitation:** no cognitive stalls — the end of one movement physically initiates the next.
- **No energy leaks:** stay relaxed and whip-like throughout, hardening *only* at the simulated moments of impact.
- **Flawless recovery:** every element lands in alignment, ready to launch the next immediately — no falling forward, no stepping out of frame.

Ties Ch. 5 — the relaxed whip of Tai Chi + the explosive pop of plyometrics, in one wave.

8 The Mandinga Improvisation *free 20-second adaptation*

Test 7 proves you can run a memorized program. This proves you can run without one — malícia, the "be like water" adaptability a fixed flow can't measure.

DO Shadow-box a continuous **20-second improvised** flow against an imaginary opponent who changes lines and heights. No memorized sequence, no repeated pattern.

- **No repetition:** you may not repeat the same two-move link twice. Falling back into your Test-7 flow is a **fail** — this is invention, not recall.
- **Deception:** at least **two** movements must be feints — a threatened kick or level-change that converts mid-motion.

- **Unbroken flow:** the same zero-hesitation, relaxed-whip quality as Test 7 — sustained with no script to lean on.

Ties Ch. 5 — JKD "be like water," malícia, the sensing layer.

HOW TO RUN THE EXAM

Set up a camera and record all eight. Then review the footage honestly: **freeze-frame the tripod** on the compasso, put a **timer** on the L-sit, watch the flows for stutter-steps at quarter-speed. Tick off all eight with real precision — no grading on a curve, no "close enough" — and the first stripe is yours. The camera doesn't lie, and that's the whole point.

⚡ FUEL — CROSS-LINK TO 神拳學

The Pink Belt is the Shen book's **beginner's mind** made physical: the belt is a permission slip you were never required to hold, and the first stripe is just proof you *started*. Grade yourself honestly and low — the red pen is a gift, not a punishment.

— David Kwok Ho Chan, with AI Sifu Claude

Sources & honesty notes. Built from David's own flow-session notes and a self-test drafted with Gemini, then cleaned and extended: Tests 4 (Whip Kick), 6 (Range-Collapse), and 8 (Mandinga) were added to round the exam from five to eight so it spans every range of the system. This is a **self-administered** test — the honesty is entirely on the person filming. It grades *your own* movement system, not any established rank; "Pink Belt · 1st Stripe" is a personal milestone, not a certification. A real coach and real training partners still teach what a camera cannot.