



PLEASE READ AND COMPLETE ALL INFORMATION BELOW

TEST DATE: (See test notice that was emailed to you)

TEST TIME:

APPLICATION DUE:

By 8pm the Friday before Test Day!

(Late entries will not be admitted & a private test will need to be scheduled)

TEST DUES:

☐ \$70

☐ Cash/Debit

☐ EMT

☐ Account/Credit Card

PRIVATE TESTING – By Appointment Only (Check below if required)

☐ add \$25 to Test Dues*

*Please Note: As some aspects of the tests are partner based, you will need to bring a 'Test Buddy'

APPLICANT DECLARATION

☐ I have attended at least 2 classes/week for the last 4 months.(min 32 classes)

☐ I have learned, practiced, & understand all the requirements of this test, and have read the Training Guide.

☐ I have received 1 Star on my Belt

Check the Correct answers to the following questions (Answers are in the Level 2[Green] Book)

1. Who was considered the first true teacher of Kempo in Okinawa?

- ☐ Gichin Funakoshi
- ☐ Mr. Miyagi
- ☐ Sakugawa Kanga
- ☐ Matsumura Sokon

2. The Chinese word for Leopard means: (Basic Book)

- ☐ Taming Savagery
- ☐ Big Spotted Cat
- ☐ Strength & Agility
- ☐ Et Exsiliens Feline Mortis (Leaping Cat of Death)

3. Who created the 'Quan-Fa' (Kata) forms?

- ☐ Sonny Gascon
- ☐ Walter Godin
- ☐ Sijo Emperado
- ☐ David Kalamini

4. How many types of Elbows are there in the 12pt. system:

- ☐ 12
- ☐ 9
- ☐ 6
- ☐ 3

5. What are the 3 types of Chin-Na wrist locks?

- ☐ Right, Left, & Center twist
- ☐ Up, Down & Side twist
- ☐ Front, Back & Side twist.
- ☐ Inside, Outside & Half Twist

6. What leg takedowns are shown in Green Belt?

- ☐ Leg Pin & Collapsing
- ☐ Leg Reaping & Throwing
- ☐ Hip Throw, Leg Throw
- ☐ All of the above

7. Which of these Quan-Fa Combos do you have?

- ☐ 10, 11
- ☐ 14, 16
- ☐ 17, 19
- ☐ 13, 20

8. What is the aim of Blue Dragon breathing?

- ☐ To show a block and a palm strike
- ☐ To coordinate breath and motion
- ☐ To raise the Yin energy
- ☐ All of the above

9. When attacking you become more...

- ☐ Aggressive
- ☐ Off Balance
- ☐ Powerful
- ☐ Intimidating

10. Self Confidence is the ability to...

- ☐ Predict things about yourself
- ☐ Beat everyone at everything
- ☐ Be faster, stronger, and wiser
- ☐ Have all the answers.

GREEN/1 Stripe PROMOTION APPLICATION

Name: _____

DO NOT WRITE IN THIS BOX -FOR GRADING PANEL ONLY! -

QUAN-FA BASICS	E	S	NI	FC	Comments:
Stances: In General...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Strikes: 12 Elbows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Phoenix Eye	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Jian Zhi (Sword Finger)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Ridge <input type="checkbox"/> In <input type="checkbox"/> Out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sanda: <input type="checkbox"/> Jab <input type="checkbox"/> X-Jab	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Over <input type="checkbox"/> Shovel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Kicks: Rv. Crescent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Spin Hook	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Jump Step- Stool	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> F <input type="checkbox"/> S <input type="checkbox"/> B	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Blocks: 8pt.w Counters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sanda: Cover, Iron Fortress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Low & High Check	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Moving: Fwd. & Backward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Jiben Ce Ti Tui	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Gong: Di Dan Tui	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Gua Mian Jiao	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Break Falls: (Standing)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Front <input type="checkbox"/> Back <input type="checkbox"/> Side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Rolls: (From one knee)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Front <input type="checkbox"/> Back <input type="checkbox"/> Side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
SHAOLIN QUAN-FA FORMS					
<input type="checkbox"/> Babu Lian Huan Quan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> BaiHe Zi Quan (Crane)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Quan-Fa Taolu #3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Basic Review: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Level 1 Review: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
108 QUAN-FA COMBINATIONS					
<input type="checkbox"/> #10 <input type="checkbox"/> #17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Basic Review # _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Level 1 Review # _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
QIN-NA/SHUAI JIAO: Defense from 3 Punch, 1 Kick, 4 Grab, 2 Club attacks					
Wrist <input type="checkbox"/> In <input type="checkbox"/> Out <input type="checkbox"/> 1/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Throws: <input type="checkbox"/> Leg <input type="checkbox"/> Hip	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
WRITTEN TEST:	100	90	80	70	60 50 40 30 20 10 0
RESULTS: <input type="checkbox"/> PASS <input type="checkbox"/> FAIL <input type="checkbox"/> HOLD					