



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:

☐ \$60

☐ 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
- ☐ 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 1[Blue] Book)

1. Crane represents which element? (Basic Book)

- ☐ Aggressiveness & Fearlessness
- ☐ Passive
- ☐ Flexibility
- ☐ Balance & Control

2. The Xu-Bu (Cat stance) is what kind of position?

- ☐ Passive
- ☐ Defensive
- ☐ Tentative
- ☐ Offensive

3. What part of the foot is used for a Hook Kick?

- ☐ The Heel of the foot
- ☐ The Toe of the foot
- ☐ The 'Ball' of the foot
- ☐ The Sole of the foot

4. When performing the ½ Moon turn:

- ☐ The Back foot becomes the front foot
- ☐ Front foot becomes new front foot
- ☐ Back-foot steps through and pivots
- ☐ Jump and turn in place with a Kiai!

5. The term 'Gong-Fu/Kung-Fu' actually refers to activities that require:

- ☐ Fighting technique
- ☐ Skill through time and effort
- ☐ Acrobatic ability
- ☐ All of the above

6. Level 1 Self-defense includes

- ☐ Wrist lock & Hip Throws
- ☐ Elbow Locks & Head/Arm Throws
- ☐ Arm-bars & Leg Sweeps
- ☐ All of the above

7. The hands in 'Front Position' represent?

- ☐ Respect, Self-Control, Self-Discipline
- ☐ Peace over Fighting
- ☐ A readiness to fight
- ☐ A fancy way to clap your hands

8. How many Directions of Movement are there:

- ☐ 4
- ☐ 6
- ☐ 8
- ☐ 10

9. Which are the 4 Defensive Skills of Kempo:

- ☐ Guns, Knives, Bats, Chains
- ☐ Striking, Kicking, Blocking, Evading
- ☐ Running, Walking, Hiding, Crawling
- ☐ Striking, Kicking, Grappling, Throwing

10. What are 3 strategies used when engaging an opponent in self-defense?

- ☐ Upward, Downward, Front/Back
- ☐ Inside, Outside, Center
- ☐ Spin, Shuffle, Cross-step
- ☐ Long, Middle, Close

BLUE/Stripe PROMOTION APPLICATION

Name: _____

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

QUAN-FA BASICS	E	S	NI	FC	Comments:
Stances: Ma, Gong Xu, Xie, Pu,	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Strikes: Spear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Back-hand / Back-Fist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Rev. Hammer Fist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Outside Hammer fist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3 Knife: <input type="checkbox"/> D <input type="checkbox"/> O <input type="checkbox"/> R	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sanda: Jab	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Hook	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Kicks: Turning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Hook	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Front-Side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Step- Stool	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
X-Step: <input type="checkbox"/> S <input type="checkbox"/> R <input type="checkbox"/> H	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Blocks: 8 Open Hand W Strikes	<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 Xu-Bu Liang Zhang	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Gong: Xie-Bu Chong Quan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Zheng Ti Tui	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Break Falls: (Crouching)					
<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"/> 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"/> Lian Huan Quan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Quan-Fa Taolu #1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Quan-Fa Taolu #2	<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"/>	
108 QUAN-FA COMBINATIONS					
<input type="checkbox"/> #4 <input type="checkbox"/> #18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> #8 <input type="checkbox"/> #9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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					
Armbar: <input type="checkbox"/> In <input type="checkbox"/> Out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Leg Sweep: <input type="checkbox"/> Front <input type="checkbox"/> Back	<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		