



### 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 -To be remitted with this application

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

Student Signature: \_\_\_\_\_  
(Parent if under 18)

### Check the Correct answers to the following questions (Read Blue Book for the answers)

#### 1. What is Sparring?

- ☐ A sophisticated game of 'Tag'
- ☐ An all-out fight with rules
- ☐ A chance to hurt someone using Karate
- ☐ A test of one's might as a fighter

#### 2. What is Self-Defense?

- ☐ A chance to hurt someone using Karate
- ☐ Applications based on real-life scenarios
- ☐ An exercise in skilled paranoia
- ☐ A different way to combine basics

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

- ☐ The Heel
- ☐ The Side Blade of the foot
- ☐ The 'Ball' of the foot
- ☐ The Top or 'Bridge' of the foot

#### 4. What are the 3 kicks I learned in Purple Belt?

- ☐ Front, Crescent, Spear
- ☐ Round, Rev. Crescent, Hook
- ☐ Side to Front, Round, Hook
- ☐ Stepping stool, X-Step, Hook

#### 5. How many of the 8pt Open Hand Blocks have you learned?

- ☐ 1 - 2
- ☐ 1 - 4
- ☐ 1 - 6
- ☐ 1 - 8

#### 6. The primary arts used in our grappling are:

- ☐ Chin-Na & Shuai Jiao
- ☐ Judo & Ninjutsu
- ☐ Brazilian Jujutsu & MMA
- ☐ All of the above

#### 7. How many Animals are part of the Shaolin Training system?

- ☐ 7
- ☐ 6
- ☐ 5
- ☐ 4

#### 8. Bodhidharma (or Tamo) is:

- ☐ An Indian dish of flat bread & rice
- ☐ A Buddhist monk/warrior from India
- ☐ The founder of the Shaolin Temple
- ☐ I don't know

#### 9. The Shaolin Temple is located in:

- ☐ Okinawa
- ☐ Japan
- ☐ China
- ☐ Tibet

#### 10. The Striking point of Immortal Hand is...

- ☐ The back of the hand
- ☐ The bottom two finger knuckles
- ☐ Tips of first two fingers
- ☐ The bottom of the hand

### BLUE SASH PROMOTION APPLICATION

Name: \_\_\_\_\_

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

BASICS		E	S	NI	FC	Comments:
<b>Stances:</b>	Xie-Bu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Pu-Bu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Xu-Bu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Strikes:</b>	Backhand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Back-Fist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Tiger Mouth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Immortal	<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"/>	
Ridge	<input type="checkbox"/> In <input type="checkbox"/> Out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/> Spear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Kicks:</b>	Round	<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"/>	
<b>Blocks:</b>	8 Open Hand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	CH/w Yin /Yang	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Moving Drills:</b>	Forward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Backward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Break Falls (Crouching)</b>		<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"/>	
<b>Rolls: (From one knee)</b>		<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"/>	
<b>KEMPO FORMS</b>						
<input type="checkbox"/> Taolu (Kata) #1		<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"/>	
<b>SHAOLIN FORMS</b>						
Wu Bu Quan (1st half)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>108 QUAN-FA COMBINATIONS</b>						
<input type="checkbox"/> #8 <input type="checkbox"/> #9		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Basic #		<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"/>	
<b>QIN-NA/SHUAI JIAO: Defense from 3 Punch, 1 Kick, 4 Grab, 2 Club attacks</b>						
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"/> Fron <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**  
PASS FAIL HOLD