



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** -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 the Green book for the answers)

1. Medium stances are good for:

- ☐ Fighting many opponents
- ☐ Sparring technique
- ☐ Flexibility and strength
- ☐ Stability and body control

2. The 3 Centers of Power in the body are:

- ☐ Head, Knees, and Toes
- ☐ Legs, Waist, and Shoulders
- ☐ Hips, Spine, and Ankles
- ☐ None of the above

3. What is the primary drawback of Spin Kicks?

- ☐ They can be slow.
- ☐ They can be off-balance
- ☐ They can leave big openings
- ☐ All of the above

4. When executing a Spin kick, it is a good idea to:

- ☐ Lead with a fake kick or punch
- ☐ Turn your back as fast as possible
- ☐ Start the kick as he attacks
- ☐ Wait until he is in range

5. In English, Lian Huan Quan translates to:

- ☐ Eight Step Fist
- ☐ Five Step Fist
- ☐ Chain Linked Fist
- ☐ I have no Idea

6. Which of these means 'Drop Stance'? (*Blue Book)

- ☐ Shu-Bu
- ☐ Pu-Bu
- ☐ Xie-Bu
- ☐ Ji-Bu

7. What kind of position is the Dragon Stance?

- ☐ Deceptive and defensive
- ☐ Long and slow
- ☐ Close range and aggressive
- ☐ None of the above

8. All self-defense skills should be practiced on:

- ☐ One opponent only
- ☐ Thursdays when there is a full moon
- ☐ Both sides, against many attacks
- ☐ Smaller, students than ourselves

9. The Phoenix Eye strike can be used on what targets?

- ☐ Eyes, Cheek bones, and Throat
- ☐ Ribs, Kidneys and Gut
- ☐ Arms, Legs, and Feet
- ☐ All of the above

10. If your opponent has equal skill, strength and speed, what will be the deciding factor for achieving a successful outcome?

- ☐ An aggressive attitude
- ☐ A positive Martial (Fighting) Spirit
- ☐ A passive attitude
- ☐ Using distraction techniques

GREEN/2nd Stripe PROMOTION APPLICATION

Name: _____

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

BASICS	E	S	NI	FC	Comments:						
Strikes: 12 Elbows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
Trig. Finger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
Hammer <input type="checkbox"/> Out <input type="checkbox"/> Rev	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
Spin-Kicks:											
<input type="checkbox"/> Round <input type="checkbox"/> Hook <input type="checkbox"/> Back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
Jump Kicks:											
<input type="checkbox"/> Front <input type="checkbox"/> Side <input type="checkbox"/> Back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
Knee (Crane Kicks):											
<input type="checkbox"/> Round <input type="checkbox"/> Front <input type="checkbox"/> Down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
Blocks: CH w Yin-Yang	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
OH w Yin-Yang	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
Stances: Bow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
Crane	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
Dragon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
Moving Drills											
Turn/Spin in all stances	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
Break Falls (Standing)											
<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: (Standing)											
<input type="checkbox"/> Front <input type="checkbox"/> Back <input type="checkbox"/> Side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
KEMPO FORMS											
<input type="checkbox"/> Ping-An Taolu #3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
<input type="checkbox"/> Ping-An Taolu #4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
<input type="checkbox"/> Ping-An Taolu #5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
L1 Review:	<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"/>							
SHAOLIN FORM											
Lian Huan Quan (Full)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
108 SHAOLIN COMBINATIONS											
<input type="checkbox"/> #17 <input type="checkbox"/> #19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
Current <input type="checkbox"/> #14 <input type="checkbox"/> #16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
<input type="checkbox"/> #10 <input type="checkbox"/> #11	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>							
QIN-NA/SHUAI JIAO: Defense from 5 Punch, 3 Kick, 5 Grab, 4 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"/>							
<input type="checkbox"/> Leg Throw <input type="checkbox"/> Hip Throw	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>							
Club <input type="checkbox"/> In <input type="checkbox"/> Out <input type="checkbox"/> Dwn	<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