



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:

☐ \$50 -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 2 months

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

☐ (Kids Only) I have received 4 Orange Stripes on my Belt

Student Signature: _____
(Parent if under 18)

Check the Correct answers to the following questions (Read the Yellow book for the answers)

1. The Orange Belt falls under which Shaolin Kempo Kung-Fu training category??

- ☐ Level 1
- ☐ Level 2
- ☐ Basic
- ☐ Level3/Wu Duan Zhe

2. Who is the Head Master of the school?

- ☐ Grandmaster Shi Yong Xin
- ☐ Grandmaster Villari
- ☐ Grandmaster Wakefield
- ☐ Grandmaster Philipman Chow

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

- ☐ The Heel
- ☐ The Sole
- ☐ The Ball
- ☐ The Toe

4. Who was the first master of the Shaolin Temple?

- ☐ Fred Villari
- ☐ Batou
- ☐ Po the Dragon Warrior
- ☐ Jackie Chan

5. The act of Bowing is...

- ☐ A deferent gesture of subservience
- ☐ A requirement of a lesser person
- ☐ A gesture of mutual respect
- ☐ A way to find loose change on floor

6. How should the hands be held when in Bao Quan (Front Position)?

- ☐ Right fist, Left covering
- ☐ Two fist together in front
- ☐ Left fist, Right covering
- ☐ Both hands open, pressed together

7. What is a Chinese term used for a teacher of Kung-Fu?

- ☐ Sabum
- ☐ Sensei
- ☐ Shifu
- ☐ Bob

8. How many ranks are there before Black Sash?

- ☐ 12
- ☐ 10
- ☐ 9
- ☐ 7

9. Which is not one of the 5 Shaolin Animals?

- ☐ Dragon
- ☐ Praying Mantis
- ☐ Snake
- ☐ Leopard

10. What are the 4 stages of front, back, or side kick?

- ☐ Chamber, kick, chamber, down
- ☐ Chamber, kick, drop, land
- ☐ Step, swing back, soccer kick, down
- ☐ Raise leg, slap toe out, drop, drag back

ORANGE SASH PROMOTION APPLICATION

Name: _____

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

BASICS		E	S	N	I	F	C	Comments:					
<u>Strikes:</u>	Front	<input type="checkbox"/>	<input type="checkbox"/>	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>						
	Thrust	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
	Hammer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
<u>Animals:</u>	Crane	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
	Snake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
	Palm(s)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
	Tiger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
	Leopard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
<u>Kicks:</u>	Front	<input type="checkbox"/>	<input type="checkbox"/>	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>						
	Side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
	Cres.-In	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
	Cres-Out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
<u>Blocks:</u>	8 CH/strike	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
<u>Stances:</u>	Fnt Pos.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
	Front	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
	Horse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
<u>Break Falls</u> (Sitting)	Front	<input type="checkbox"/>	<input type="checkbox"/>	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>						
	*Side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
<u>Moving</u>	Fwd	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
<u>Drills:</u>	Back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
QUAN-FA FORMS													
<u>Ping-An Taolu #1</u> (All- YYH)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
108 QUAN-FA COMBINATIONS													
	#6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
	#7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
	#3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
	#5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
	#2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
WRITTEN TEST		100	90	80	80	70	60	50	40	30	20	10	0

RESULTS
PASS FAIL HOLD