



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

☐ 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 2-4 months

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

☐ (Dragon Kids Only) My Sash has 4 Orange Stripes on my Sash

☐ (Tiger Kids Only) My Sash has 4 Orange Stripes & 1 Star

Check the Correct answers to the following questions (Answers are in the Yellow Book)

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

☐ Level 1

☐ Level 2

☐ Basic

☐ Level3/Mudansha

2. Who is the Head Master of the school?

☐ Mr. Warden

☐ Mr. Villari

☐ Mr. Wakefield

☐ Mr. Nugent

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 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. What is Ping'an Quan really teaching us?

☐ ...a dance with blocks and punches

☐ How to fight many opponents

☐ How to turn 90°, 180°, and 270°?

☐ To generate power in the 3 directions

9. Which is one of the 5 Shaolin Animals?

☐ Eagle

☐ Praying Mantis

☐ Monkey

☐ 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 EXAM APPLICATION

Name: _____

DO NOT WRITE IN THIS BOX

-FOR GRADING PANEL ONLY!

BASICS		E	S	NI	FC	Comments:
Strikes:	Front	<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"/>	
	Thrust	<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"/>	
Animals:	Crane	<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"/>	
	Palm(s)	<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"/>	
	Leopard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Kicks:	Front	<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"/>	
	Side	<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"/>	
	Cres-Out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Blocks:	8 CH/strike	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Stances:	Fnt Pos.	<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"/>	
	Horse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Break Falls (Sitting)	Front	<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"/>	
	*Side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Moving	Fwd	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Drills:	Back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
QUAN-FA FORMS						
Ping-An Quan (All- YFH)		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Wu Bu Quan (1st Half)		<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"/>	
	#7	<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"/>	
	#5	<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"/>	
WRITTEN TEST		100	90	80	70	60 50 40 30 20 10 0

RESULTS
PASS FAIL HOLD