



### 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 the Blue Book for the answers)

#### 1. Crane represents which element? (Basic Book)

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

#### 2. The 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:

- ☐ 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 Shout!

#### 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. The shout, "HA!" is a:

- ☐ Measure of one's effort in technique
- ☐ Way to shock opponents
- ☐ Energetic Breath
- ☐ All of the Above

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

- ☐ Inside edge of hand above the thumb
- ☐ Side of the fingers
- ☐ Inside edge of the forearm
- ☐ The edge of the thumb-knuckle

### BLUE/Stripe 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"/>	
Shu-Bu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Strikes:</b>					
Back-Hand	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Ridge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
In	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Out	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
R	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<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"/>	
(Dang)	<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</b>					
Forward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Drills:</b>					
Backward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Break Falls</b> (Crouching)					
<input type="checkbox"/> Front	<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"/> Side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Rolls:</b> (From one knee)					
<input type="checkbox"/> Front	<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"/> 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"/>	
<input type="checkbox"/> Taolu (Kata) #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"/>	
<b>SHAOLIN FORMS</b>					
Wu Bu Quan (Full)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>108 QUAN-FA COMBINATIONS</b>					
<input type="checkbox"/> #4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> #8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> #18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<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:</b> Defense from 3 Punch, 1 Kick, 4 Grab, 2 Club attacks					
Armbar:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Leg Sweep:	<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"/>	
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