



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

☐ 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 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

Check the Correct answers to the following questions (Answers are in the Level 1[Blue] Book)

1. What is Sanda (Sanshou)?

- ☐ A chance to hurt people using Gong-Fu
- ☐ Organized play-fighting for fun
- ☐ A Chinese fusion of Kickboxing & Gongfu
- ☐ An all-out fight with few rules.

2. What is Self-Defense?

- ☐ A chance to hurt someone using Gong-Fu
- ☐ 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
- ☐ Vale Tudo & Sambo
- ☐ Judo & Ninjutsu
- ☐ MMA & Brazilian Jujutsu

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

- ☐ 7
- ☐ 6
- ☐ 5
- ☐ 4

8. Boddhidharma (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. 'Shaolin Jiben Gong Shi-ba Shi' means...

- ☐ 18 Shaolin Basic Defense Combos
- ☐ 18 Shaolin Fundamental Drills
- ☐ 18 Ancient Shaolin Practices
- ☐ 18 Shaolin Fighting Drills

BLUE SASH PROMOTION APPLICATION

Name: _____

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

QUAN-FA BASICS	E	S	NI	FC	Comments:
Stances: Ma, Gong	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Xu, Xie, Pu,	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Strikes: Spear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Back-hand / Back-Fist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Rev. Hammer Fist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Outside Hammer fist	<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"/>	
Sanda: Jab Cross	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Hook Upper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Kicks: Turning	<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"/>	
Blocks: 8 Open Hand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
W Strikes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Moving: Fwd & Backward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Jiben Gong-Bu Xie Xing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Gong: Ma-Bu Dan Bian	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Pu-Bu Qie Zhang	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Break Falls: (Crouching)	<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"/>	
Rolls: (From one knee)	<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"/>	
SHAOLIN QUAN-FA FORMS					
<input type="checkbox"/> Lian Huan Quan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Quan-Fa Taolu #1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Quan-Fa Taolu #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"/>	
108 QUAN-FA COMBINATIONS					
<input type="checkbox"/> #8 <input type="checkbox"/> #9	<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"/>	
Review # _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
QIN-NA/SHUAI JIAO: Defense from 3 Punch, 1 Kick, 4 Grab, 2 Club attacks					
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"/> Front <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: <input type="checkbox"/> PASS <input type="checkbox"/> FAIL <input type="checkbox"/> HOLD					