



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 2-4 months
- ☐ I have learned, practiced, & understand all the requirements of this test, and have read the Training Guide.
- ☐ (Kids Only) I have received 4 Yellow Stripes on my Belt

Student Signature: _____
(Parent if under 18)

Check the Correct answers to the following questions (Answers are in the Basic Training Guide)

1. What are the three things we bow to at the beginning of class?

- ☐ The Floor, our Uniform, the Mirror
- ☐ The Flag, The Great Masters, the Front
- ☐ The Clock, the Door, the guy next to me
- ☐ The Belt Display, Myself, my lunch

2. How do we greet Instructors at the door?

- ☐ Stand and say "Hi!"
- ☐ Bow and enter the room
- ☐ Bow and say "Hello, Sir!"
- ☐ Nod and walk into class

3. How do you answer Instructors in the Class?

- ☐ "Yes, Sir!" or "No, Sir!"
- ☐ "Yep"
- ☐ "Uh-huh"
- ☐ "- 'kay"

4. An appropriate use of Shaolin Kempo Kung-Fu is

- ☐ Showing off at work or school
- ☐ In defense of myself or others
- ☐ When you are upset
- ☐ Play fighting with family or friends

5. Which of the 8pt. Blocks have you learned?

- ☐ #1 and #2
- ☐ All of them
- ☐ None of them
- ☐ Just the even numbered ones

6. Which Martial Arts make up our system?

- ☐ Kempo (Quan-Fa)
- ☐ Shaolin Chan Wu Kung-Fu
- ☐ Chin-Na & Shuai Jiao
- ☐ All of the above

7. What is the name of the style we teach?

- ☐ Karate
- ☐ Kempo Karate
- ☐ Shaolin Kempo Kung-Fu
- ☐ Krav Maga

8. What is #3 of the 5 Points of Horse Stance?

- ☐ Toes forward, Heels back
- ☐ Back straight, Heads up
- ☐ Fists upside-down, at the sides
- ☐ Knees bent, down & out

9. Where should your shoes go before class?

- ☐ On the floor in the hall
- ☐ In the cubbies at the front
- ☐ Just wear them during class
- ☐ At the edge of the mats by the door

10. What is the order of movement is ½ moon stepping?

- ☐ Punch, then step
- ☐ Step, then punch
- ☐ Punch & step same time
- ☐ Step half-way, punch with rest of step

YELLOW PROMOTION 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	<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"/>	
Blocks:	8pt. CH	<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 Drills: Fwd & back	Punch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Kick	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Block	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
QUAN-FA FORM						
Ping-An Taolu #1 (1 st Half, no YYH)		<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"/>	
WRITTEN TEST		100	90	80	70	60 50 40 30 20 10 0

RESULTS
PASS FAIL HOLD