



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:

-To be remitted with this application

INCLUDES:

Test + Level 2 Training Guide

☐ \$95

☐ \$70 only if:

- you are additional family member
- or have pre-purchased the Guide

PRIVATE TESTING – By Appointment Only (Check Box 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.
- ☐ 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. Arm-bars lock the opponent at the...

- ☐ Forearm
- ☐ Shoulder
- ☐ Bicep/Triceps
- ☐ Elbow Joint

2. How many steps in Kata 1? (Not including Salutation)

- ☐ 5
- ☐ 10
- ☐ 16
- ☐ 20

3. How many steps in Kata 2? (Not including Salutation)

- ☐ 10
- ☐ 15
- ☐ 20
- ☐ 25

4. Which Combination introduces Cat stance?

- ☐ 4
- ☐ 15
- ☐ 12
- ☐ 18

5. In what province of China was the Shaolin Temple built?

- ☐ Omei-Shan
- ☐ Ontario
- ☐ Henan
- ☐ Shandong

6. How many shout points are there in Kata 2?

- ☐ 2
- ☐ 4
- ☐ 6
- ☐ Shout on everything

7. Which Combinations represents the element of Leopard and Tiger?

- ☐ #4
- ☐ #10
- ☐ #12
- ☐ #18

8. What are the 2 Qi-Gong routines in Level 1?

- ☐ Blue Dragon & White Crane
- ☐ Basic Breathing and Lotus Palm
- ☐ 21 Tibetans & The Archer
- ☐ Eight Strands of the Brocade

9. The closest of the 3 fighting ranges is:

- ☐ Kicking range
- ☐ Elbow range
- ☐ Punching range
- ☐ Accosting range

10. The 'Open Position' in sparring is when...

- ☐ We stand with feet & arms wide apart
- ☐ We invite opponent to attack
- ☐ Opponent is in a mirrored stance to us
- ☐ Standing on a Horse Stance

GREEN BELT PROMOTION APPLICATION

Name: _____

DO NOT WRITE IN THIS BOX

-FOR GRADING PANEL ONLY!-

BASICS	E	S	NI	FC	Comments:
Stances: OVERALL:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Strikes: Back-Hand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
(Da) 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"/> D <input type="checkbox"/> O <input type="checkbox"/> R	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Ridge <input type="checkbox"/> In <input type="checkbox"/> Out	<input type="checkbox"/>	<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"/>	
Kicks: Round	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
(Tui) 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"/>	
(Dang) CH/w Yin /Yang	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Moving Drills: Forward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Backward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Break Falls (Crouching)					
<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"/> Front <input type="checkbox"/> Back <input type="checkbox"/> Side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
KEMPO FORMS					
<input type="checkbox"/> Stature of the Crane	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<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"/>	
SHAOLIN FORMS					
Wu Bu Quan (Best)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
108 QUAN-FA COMBINATIONS					
<input type="checkbox"/> #12 <input type="checkbox"/> \$15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> #4 <input type="checkbox"/> #18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> #8 <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"/>	
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					
PASS FAIL HOLD					