



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 Yellow Stripes on my Sash

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

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 Dojo

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

4. What does the name 'Ping'an Quan' mean?

- ☐ Flat & Safe Fist
- ☐ Safety Fist
- ☐ Peaceful Fist
- ☐ I do not know

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. How many steps are in Ping'an Quan?

- ☐ 8
- ☐ 16
- ☐ 20
- ☐ 24

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 SASH EXAM APPLICATION

Name: _____

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

BASICS		E	S	NI	FC	Comments:
<u>Strikes:</u>	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"/>	
<u>Animals:</u>	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"/>	
<u>Kicks:</u>	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"/>	
<u>Blocks:</u>	8pt. CH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<u>Stances:</u>	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"/>	
<u>Break Falls</u> (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"/>	
<u>Moving Drills:</u> 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						
<u>Ping-An Quan</u> (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