



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:

☐ **\$70** -To be remitted with this application

PRIVATE TESTING – By Appointment Only (Check below if required)

☐ add **\$25** to Test

*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 Green book for the answers)

1. Who was considered the first true teacher of Kempo in Okinawa?

- ☐ Gichin Funakoshi
- ☐ Mr. Miyagi
- ☐ Sakugawa Kanga
- ☐ Matsumura Sokon

2. The Chinese word for Leopard means: (Basic Book)

- ☐ Taming Savagery
- ☐ Big Spotted Cat
- ☐ Strength & Agility
- ☐ Et Exsiliens Feline Mortis (Leaping Cat of Death)

3. Who created the 'Ping-An' forms?

- ☐ Sho Hashi
- ☐ Anko Itosu
- ☐ Kushanku
- ☐ Matsumura Sokon

4. How many types of Elbows are there in the 12pt. system:

- ☐ 12
- ☐ 9
- ☐ 6
- ☐ 3

5. What are the 3 main Chin-Na wrist locks?

- ☐ Right, Left, & Center twist
- ☐ Up, Down & Side twist
- ☐ Front, Back & Side twist
- ☐ Inside, Outside & Half Twist

6. What leg takedowns are shown in Green Belt?

- ☐ Leg Pin & Collapsing
- ☐ Leg Reaping & Throwing
- ☐ Hip Throw, Leg Throw
- ☐ All of the above

7. Which of these Quan-Fa Combos do you have?

- ☐ 10, 11
- ☐ 14, 16
- ☐ 17, 19
- ☐ 13, 20

8. What is the aim of Blue Dragon breathing?

- ☐ To show a block and a palm strike
- ☐ To coordinate breath and motion
- ☐ To raise the Yin energy
- ☐ All of the above

9. When attacking you become more...

- ☐ Aggressive
- ☐ Off Balance
- ☐ Powerful
- ☐ Intimidating

10. Self-Confidence is the ability to...

- ☐ Predict things about yourself
- ☐ Beat everyone at everything
- ☐ Be faster, stronger, and wiser
- ☐ Have all the answers

GREEN/1 Stripe PROMOTION APPLICATION

Name: _____

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

BASICS	E	S	NI	FC	Comments:
Strikes: 12 Elbows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Trig. Finger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Hammer <input type="checkbox"/> Out <input type="checkbox"/> Rev	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Spin-Kicks:					
<input type="checkbox"/> Round <input type="checkbox"/> Hook <input type="checkbox"/> Back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Jump Kicks:					
<input type="checkbox"/> Front <input type="checkbox"/> Side <input type="checkbox"/> Back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Knee (Crane Kicks):					
<input type="checkbox"/> Round <input type="checkbox"/> Front <input type="checkbox"/> Down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Blocks: CH w Yin-Yang	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
OH w Yin-Yang	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Stances: Bow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Crane	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Dragon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Moving Drills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Turn/Spin in all stances					
Break Falls (Standing)					
<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: (Standing)					
<input type="checkbox"/> Front <input type="checkbox"/> Back <input type="checkbox"/> Side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
QUAN-FA FORMS					
<input type="checkbox"/> Ping-An Taolu #3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Ping-An Taolu #4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Ping-An Taolu #5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
L1 Review:	<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 FORM					
Lian Huan Quan (1 st half)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
108 SHAOLIN COMBINATIONS					
<input type="checkbox"/> #17 <input type="checkbox"/> #19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Current <input type="checkbox"/> #14 <input type="checkbox"/> #16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> #10 <input type="checkbox"/> #11	<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"/>	<input type="checkbox"/>	<input type="checkbox"/>	
QIN-NA/SHUAI JIAO: Defense from 5 Punch, 3 Kick, 5 Grab, 4 Club attacks					
Wrist: <input type="checkbox"/> In <input type="checkbox"/> Out <input type="checkbox"/> 1/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Leg Throw <input type="checkbox"/> Hip Throw	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Club <input type="checkbox"/> In <input type="checkbox"/> Out <input type="checkbox"/> Dwn	<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