



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

☐ \$85

INCLUDES:

Test + Level 1 Training Guide

☐ \$60 only, if:

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

☐ Cash/Debit

☐ EMT

☐ Account CC

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 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 Yellow Book)

1. What does the Chinese writing on our school crest translate to?

- ☐ Kung-Fu
- ☐ Karate
- ☐ Shaolin
- ☐ Jujutsu

2. Tiger represents which element?

- ☐ Aggressiveness & Fearless ness
- ☐ Attack & Rage
- ☐ Resilience and Indomitable Spirit
- ☐ Power & Control

3. What part of the foot is used for a Side Kick?

- ☐ The Toes
- ☐ The Sole
- ☐ The Ball
- ☐ The Side Blade

4. The forward & backward action when punching is called:

- ☐ Reaction Hand
- ☐ Yin/Yang Hands
- ☐ Push & Pull elbows
- ☐ All of the above

5. Which 2 Combinations start with same footwork?

- ☐ 6 & 3
- ☐ 6 & 7
- ☐ 7 & 5
- ☐ 2 & 5

6. The 3 Character Rules are?

- ☐ Respect, Self-Control, Self-Discipline
- ☐ Respect, Etiquette, Honesty
- ☐ Self-Control, Self-Defense, Integrity
- ☐ I don't know

7. What does the name 'Wu Bu Quan' mean?

- ☐ Basic Kung-Fu Boxing
- ☐ Five Painful Positions
- ☐ Five Stances Boxing
- ☐ Crouching Tiger, Hidden Dragon

8. Inside & Outside Crescent kick hit with...

- ☐ The instep & Blade of the foot
- ☐ The Arch & Ankle of the foot
- ☐ The Ball & Bridge of the foot
- ☐ Neither, just sides of the shin

9. Why is Training WuBuQuan important??

- ☐ It is the first form of Shaolin Kung-fu
- ☐ Develops strength, agility, & flexibility
- ☐ Develops power, speed, & balance
- ☐ All of the above

10. The Striking point of Crane wrist is...

- ☐ Top of the front knuckles
- ☐ Top of large bone of the wrist joint
- ☐ The top of the fingers
- ☐ The Top of the hand

PURPLE 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(s)	<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"/>	
	Cres.-In	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	Cres-Out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<u>Blocks:</u>	8 CH/strike	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	w Yin/Yang Hand	<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	<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"/>	
QUAN-FA FORM						
<u>Ping-An Quan</u>	(All- YYH)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<u>Wu Bu Quan</u>	(Full)	<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"/>	
	#3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	#5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	#2	<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