



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

☐ 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 the last 4 months. (min 32 Classes)

☐ 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

Check the Correct answers to the following questions (Answers are in the Level 2[Green] Book)

1. Medium stances are good for:

- ☐ Fighting many opponents
- ☐ Sparring technique
- ☐ Flexibility and strength
- ☐ Stability and body control

2. The 3 Planes of motion are:

- ☐ Left, Right, Center
- ☐ Sliding, Shuffling, Skipping
- ☐ Up-Down, Side-Side, Front-Back
- ☐ High, Low, Middle

3. What is the primary drawback of Spin Kicks?

- ☐ They can be slow.
- ☐ They can be off-balance
- ☐ They can leave big openings
- ☐ All of the above

4. When executing a Spin kick, it is a good idea to:

- ☐ To lead with a fake kick or punch
- ☐ To turn your back as fast as possible
- ☐ Start the kick as he attacks.
- ☐ To wait until he is within range.

5. Martial Spirit is important because it will...

- ☐ Scare away your opponents.
- ☐ Show you understand martial arts.
- ☐ Show how tough you are.
- ☐ influence the outcome of the fight.

6. Why is good Eye Contact important?

- ☐ Helps with visualization.
- ☐ What your eyes see, the mind focuses on.
- ☐ Gives movements clarity and power.
- ☐ All the above

7. What kind of position is Dragon Stance?

- ☐ Deceptive and defensive
- ☐ Long and slow
- ☐ Close range and aggressive
- ☐ None of the above

8. All self-defense skills should be practiced on:

- ☐ One opponent only
- ☐ Thursdays when there is a full moon
- ☐ Both sides, against many attacks
- ☐ Smaller, students than ourselves

9. What are the 'Three Centers of Power'?

- ☐ Feet, Hands, Head
- ☐ Leg Power, Waist Power, Shoulder
- ☐ Knee, Hips, Spine
- ☐ Abdomen, Solar plexus, Thorax

10. If your opponent has equal skill, strength and speed, what will be the deciding factor for achieving a successful outcome?

- ☐ An aggressive attitude
- ☐ A positive Martial (Fighting) Spirit
- ☐ A passive attitude
- ☐ Using distraction techniques

GREEN/2nd Stripe PROMOTION APPLICATION

Name: _____

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

QUAN-FA BASICS	E	S	NI	FC	Comments:
Stances: In General...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Strikes: 12 Elbows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Phoenix Eye	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Jian Zhi (Sword Finger)	<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"/>	
Sanda: <input type="checkbox"/> Jab <input type="checkbox"/> X-Jab	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Over <input type="checkbox"/> Shovel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Kicks: Rv. Crescent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Spin Hook	<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"/>	
Jump Step- Stool	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> F <input type="checkbox"/> S <input type="checkbox"/> B	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Blocks: 8pt w Counters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Cover, Iron Fortress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sanda: Low & High Check	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Moving: Fwd. & Backward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Jiben 1-6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Gong: 7-12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
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: (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"/>	
SHAOLIN QUAN-FA FORMS					
<input type="checkbox"/> Babu Lian Huan Quan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> BaiHe Zi Quan (Crane)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Quan-Fa Taolu #3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Level 1 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"/>	
108 QUAN-FA COMBINATIONS					
<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"/> #17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Level 1 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"/>	
QIN-NA/SHUAI JIAO: Defense from 3 Punch, 1 Kick, 4 Grab, 2 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"/>	
Throws: <input type="checkbox"/> Leg <input type="checkbox"/> Hip	<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: <input type="checkbox"/> PASS <input type="checkbox"/> FAIL <input type="checkbox"/> HOLD					