



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:

☐ \$60 -To be remitted with this application

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
- ☐ 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 Blue Book for the answers)

1. What is Sparring?

- ☐ A sophisticated game of 'Tag'
- ☐ An all-out fight with rules
- ☐ A chance to hurt someone using Karate
- ☐ A test of one's might as a fighter

2. What is Self-Defense?

- ☐ A chance to hurt someone using Karate
- ☐ Applications based on real-life scenarios
- ☐ An exercise in skilled paranoia
- ☐ A different way to combine basics

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

- ☐ The Heel
- ☐ The Side Blade of the foot
- ☐ The 'Ball' of the foot
- ☐ The Top or 'Bridge' of the foot

4. What are the 3 kicks I learned in Purple Belt?

- ☐ Front, Crescent, Spear
- ☐ Round, Rev. Crescent, Hook
- ☐ Side to Front, Round, Hook
- ☐ Stepping stool, X-Step, Hook

5. How many of the 8pt Open Hand Blocks have you learned?

- ☐ 1 - 2
- ☐ 1 - 4
- ☐ 1 - 6
- ☐ 1 - 8

6. The primary arts used in our grappling are:

- ☐ Chin-Na & Shuai Jiao
- ☐ Judo & Ninjutsu
- ☐ Brazilian Jujutsu & MMA
- ☐ All of the above

7. How many Animals are part of the Shaolin Training system?

- ☐ 7
- ☐ 6
- ☐ 5
- ☐ 4

8. Bodhidharma (or Tamo) is:

- ☐ An Indian dish of flat bread & rice
- ☐ A Buddhist monk/warrior from India
- ☐ The founder of the Shaolin Temple
- ☐ I don't know

9. The Shaolin Temple is located in:

- ☐ Okinawa
- ☐ Japan
- ☐ China
- ☐ Tibet

10. The Striking point of Immortal Hand is...

- ☐ The back of the hand
- ☐ The bottom two finger knuckles
- ☐ Tips of first two fingers
- ☐ The bottom of the hand

BLUE SASH PROMOTION APPLICATION

Name: _____

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

| BASICS | | E | S | NI | FC | Comments: |
|--|--|--------------------------|--------------------------|--------------------------|--------------------------|-----------|
| Stances: | Xie-Bu | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| | Pu-Bu | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| | Xu-Bu | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| Strikes: | Backhand | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| | 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"/> | |
| | 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"/> | |
| | 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"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| <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"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| <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"/> Taolu (Kata) #1 | | <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 (1st half) | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | |
| 108 QUAN-FA COMBINATIONS | | | | | | |
| <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"/> Fron <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