



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

☐ \$70 only, if:

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

☐ \$95

INCLUDES:
Test + Level 2 Training 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 4 months (min of 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 Sash

Check the Correct answers to the following questions (Answers are in the Level 1[Blue] Book)

1. Arm-bars lock the opponent at the...

- ☐ Forearm
- ☐ Shoulder
- ☐ Bicep/Triceps
- ☐ Elbow Joint

2. How many steps in Kata 1? (Not including Salutation)

- ☐ 5
- ☐ 10
- ☐ 16
- ☐ 20

3. How many steps in Kata 2? (Not including Salutation)

- ☐ 10
- ☐ 15
- ☐ 20
- ☐ 25

4. Which Combination introduces Cat stance?

- ☐ 4
- ☐ 15
- ☐ 12
- ☐ 18

5. In what province of China was the Shaolin Temple built?

- ☐ Omei-Shan
- ☐ Ontario
- ☐ Henan
- ☐ Shandong

6. What does 'Lian Huan Quan' mean?

- ☐ Unbreakable Chain Boxing
- ☐ Joined Looping Fist
- ☐ Linked Rings Boxing
- ☐ Not quite sure, I didn't read the book.

7. In Lian Huan Quan, How many changes of movement and steps are there?

- ☐ 22 changes, 8 steps
- ☐ 16 changes, 12 steps
- ☐ 12 changes, 6 steps
- ☐ 34 changes, 16 steps

8. What are the 2 Qi-Gong routines in Level 1?

- ☐ Blue Dragon & White Crane
- ☐ Basic Breathing and Lotus Palm
- ☐ 21 Tibetans & The Archer
- ☐ Eight Strands of the Brocade

9. The closest of the 3 fighting ranges is:

- ☐ Kicking range
- ☐ Elbow range
- ☐ Punching range
- ☐ Accosting range

10. The 'Open Position' in sparring is when...

- ☐ We stand with feet & arms wide apart
- ☐ We invite opponent to attack
- ☐ opponent is in a mirrored stance to us
- ☐ Standing on a Horse Stance

GREEN BELT PROMOTION APPLICATION

Name: _____

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

QUAN-FA BASICS	E	S	NI	FC	Comments:
Stances: Ma, Gong	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Xu, Xie, Pu,	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Strikes: Spear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Back-hand / Back-Fist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Rev. Hammer Fist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Outside Hammer fist	<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"/>	
Sanda: Jab	<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"/>	
Kicks: Turning	<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 w Strikes	<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, 2, 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Gong: 4,5, 6	<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"/>	
SHAOLIN QUAN-FA FORMS					
<input type="checkbox"/> Lian Huan Quan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Quan-Fa Taolu #1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Quan-Fa Taolu #2	<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"/> #12 <input type="checkbox"/> #15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> #4 <input type="checkbox"/> #18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> #8 <input type="checkbox"/> #9	<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					
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"/> Front <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