KUNG FU

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*Testing Packet*



**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Belt**

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**Test Date**

**Date Awarded**

**Yellow**

**Orange**

**Blue**

**Green**

**Brown**

**Brown w/Stripe**

**Red**

**1st Degree Black**

**2nd Degree Black**

**3rd Degree Black**

**4th Degree Black**

**Requirements:**

**1. Circle what you know on the following sheets**
**2. Wear full uniform for all tests**

**3. You must register and pay testing fee prior to taking the test**

**4. Any question regarding the test should be addressed prior to the test…**

**NOT during**
**5. Get this packet back after completing the test…and bring it to the next one**

Basics

Shoulder height knife hands
Over the knee knife hands
High low knife hands

Downward back fists

Rising backfists

Reverse punch
Diagonal punch

Slow motion front kick

Slow motion side kick

Two-part front kick
Two-part side kick
Continuous front kick
Continuous side kick

Back Thrash Kick

Round House Kick

Hook Kick

Series kicks (front/front, front/side, front/side/back, front/front/side/back, etc.)
Wall kicks (kicks in the air including low/high roundhouse and hook/roundhouse)

Center body crunch set (set of ten)

Angles (front foot, back foot, scooting, one knee down, crane, cross-over, two-step)

***Note: each angle is applied to six locations***

12 Fists

12 Fists Variations

12 Fists Combinations

Designated Techniques

**Set 1 Set 7**

Monkey Sweep Lotus

Dragon Eagle 1

Swallow Escape

Inside Tiger Tail Tiger Springs from Den

Stork Diagonal Front Kick

Snake Crossing the Tigers Path

**Set 2** **Set 8**

Tiger Tail Squat 2

Deflecting Hand Parting the Mane

Golden Pheasant Jade Girl

Crane Flowering Hands

Turtle Ox Jaw Switch

Bow and Arrow Shoot Tiger Retreating Deception

**Set 3** **Set 9**

Dragon Tail Chicken

Repulse Monkey Bird

Dove (Palm) Horse

Cobra Star

Bear Snake Wraps Opponent

Diagonal Punch Wiping Hand

**Set 4** **Set 10**

Retreating Hammer Overhead Hammer Fist

Scissors Shuttle

Separate Foot Chicken Spinning Fist

Hawk Squat Side Kick

Deflect and Punch Under Elbow Binding

Falcon Offence knee

**Set 5 Set 11**

Cut Golden Stork

Cross (Palm) Gorilla Wraps Inward

Palm Deflect Chicken Hawk

Squat 1 Eagle 2

Cross hands and Push Trapping Knife Hand

Three Step Retreat Jamming

**Set 6 Set 12**

Riding Tiger Ward Opponent

Hop, Shift, Scoop Press Opponent

Diagonal Flying Reign Horse

Sparrow Tail Rooster Sheds Feathers

Weave Under Tiger Play the Guitar

Gorilla Seek Needle

Takedowns and Escapes

**Basics**

Head Wrap
Head Press

Chin Strike

Shoulder Wrap
Elbow Break

Wrist Shoulder Hold
Diagonal Sweep to Knee

**Escapes** **Wrist Escapes**

Head Lock 1 Double Grab - Bend wrists, pull up to center

Police choke 2 Double Grab - Wrap to outside, Throw down center

Bear hug 3 & 4 Cross Grab -

Frontal Choke  5 & 6  Same Side Grab - Bend wrist, wrap to inside

Choke from Behind 7 & 8  Same Side Grab - Bend wrist, pull away, strike chin  9 & 10 Same Side Grab - Chang Kwon

**Set 1** 11 & 12 Same Side Grab - Elbow Break

Star - Wrist  13 & 14 Same Side Grab - Pull Down, Elbow Pressure

Star – Elbow 15 & 16 Cross Grab - Wrist Pressure

Shoulder Star 17 Double Grab – Bend wrist, pull up to center.

Wrap and Slap 18 & 19 Single Grab Behind – Bend wrist, turn, throw knife Head Wrap and Chin Pull 20 & 21 Release from handshake

Snake Wrap
Chin Strike and Sweep
Walk Around Take Down

Wrist throw

Shoulder Throw ­­

**Set 2** **Set 3**

Knee Sweep Elbow Pressure and Throw

Elbow Break Throw  Wrist Lock

Dragon Tail Hands  Oblique Head Wrap Throw
Cross Over Path  Roll the Kick

Throw Against Knife Hand Tackle the Knee
Figure Four  Parry and Sweep

Back Stroke Throw Bind Front Kick and Step Kick
Pull Belt, Push Head Jam Back Kick and Sweep

Handshake Bind and Tackle Front Kick

Elbow Manipulation

Old Temple Forms

**Empty Hand Forms**

Chul Ki Cho Dan Ban Wol

Sip Soo Wang Su

Koryo Batsai Dae

No Pe (No Pae)  Jin Soo

Chul Ki Sam Dan Tang Kwon

Dal Ma  Chong

O Sip Sa Bo  Chang Kwon

Un Soo Batsai

Kong Sang Kun So Chang Jin

Kong Sang Kun Dae  I Sip Sa Bo

Am Hak

Wutang Tao

Pal Ki Kwon (Bal Gi Gwon)

**Weapons Forms** **Two Person Forms**

***Sword*** One Handset - Offense

Double Edged Tai Chi Sword  One Handset - Defense

 One Handset - with partner

***Staff***

Bak San Two Handset - Offense

Beom San Two Handset - Defense

 Two Handset - with partner

***Other***
Cane

Wind and Fire Wheels

Phase System

**Phase 1**: Flash the eyes

**Phase 2**: Block Everything

**Phase 3**: Block Angle and Push

**Phase 4**: Designated Technique

**Phase 5**: Designated technique with takedowns

**Phase 6**: Defender designated:  opponent is the “Free Bull”

**Phase 7**: Clarity in chaos

**Phase 8**: Sudden death

**Phase 9**: Mutual Sudden death