



# *KUNG FU*

## *Testing Packet*

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

<b>Belt</b>	<b>Test Date</b>	<b>Date Awarded</b>
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**

Please make checks out to Valencia Martial Arts

# Basics

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

Downward backfists  
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  
Roundhouse 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, crossover, two step)

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

12 Fists

12 Fists Variations

12 Fists Combinations

# Designated Techniques

## **Set 1**

Monkey  
Dragon  
Swallow  
Stork  
Snake

## **Set 2**

Tiger Tail  
Deflecting Hand  
Golden Pheasant  
Crane  
Turtle  
Bow and Arrow Shoot Tiger

## **Set 3**

Dragon Tail  
Repulse Monkey  
Dove (palm)  
Cobra  
Bear

## **Set 4**

Retreating Hammer  
Scissors  
Separate Right Foot  
Hawk  
Deflect and Punch Under Elbow  
Falcon

## **Set 5**

Cut  
Cross (palm)  
Palm Deflect  
Cross Hands and Push  
Shuttle  
Three Step Retreat  
Squat 1  
Trapping Knife Hand  
Binding  
Wiping Hand

## **Set 6**

Riding Tiger  
Hop, Shift, Scoop  
Diagonal Flying  
Play the Guitar  
Weave Under Tiger  
Gorilla  
Retreating Deception  
Sparrow Tail  
Diagonal Front Kick  
Diagonal Punch

## **Set 7**

Sweep Lotus  
Eagle 1  
Escape  
Tiger Springs from Den  
Crossing the Tiger's Path

## **Set 8**

Squat 2  
Parting the Mane  
Jade Girl  
Flowering Hands  
Ox Jaw Switch

## **Set 9**

Chicken  
Bird  
Horse  
Star  
Snake Wraps Opponent

## **Set 10**

Overhead Hammer Fist  
Inside Tiger Tail  
Chicken Spinning Fist  
Squat Side Kick  
Offense Knee

## **Set 11**

Golden Stork  
Gorilla Wraps Inward  
Chicken Hawk  
Eagle 2  
Jamming

## **Set 12**

Ward Opponent  
Press Opponent  
Reign Horse  
Rooster Sheds Feathers  
Seek Needle

# Takedowns and Escapes

## **BASICS**

Head Wrap  
Head Press  
Chin Strike  
Shoulder Wrap  
Elbow Break  
Wrist Shoulder Hold  
Diagonal Sweep to Knee

***Practice all techniques on both sides of the body. Try not to develop a favorite side!***

## **ESCAPES**

Head Lock  
Police Choke  
Bear Hug  
Frontal Choke  
Choke From Behind

## **WRIST ESCAPES**

1 Double Grab - Bend wrists, pull up to center  
2 Double Grab - Wrap to outside, throw down center  
3 & 4 Cross Grab - Raise and throw knife hand  
5 & 6 Same Side Grab - Bend wrist, wrap to inside  
7 & 8 Same Side Grab - Bend wrist, pull away, strike chin  
9 & 10 Same Side Grab - Chang Kwon  
11 & 12 Same Side Grab - Elbow Break  
13 & 14 Same Side Grab - Pull Down, Elbow Pressure  
15 & 16 Cross Grab - Wrist Pressure  
17 Double Grab Behind - Bend wrist, pull up to center  
18 & 19 Single Grab Behind - Bend wrist, turn, throw knife hand  
20 & 21 Release from handshake

## **TAKE DOWNS SET 1**

Star - Wrist  
Star - Elbow  
Shoulder Star  
Wrap and Slap  
Head Wrap and Chin Pull  
Snake Wrap  
Chin Strike and Sweep  
Walk Around Take Down  
Wrist Throw  
Shoulder Throw  
Hip Throw

## **TAKE DOWNS SET 2**

Knee Sweep  
Elbow Break Throw  
Dragon Tail Hands  
Cross Over Path  
Throw Against Knife Hand  
Figure Four  
Back Stroke Throw  
Pull Belt, Push Head  
Hand Shake  
Elbow Manipulation

## **TAKE DOWNS SET 3**

Elbow Pressure and Throw  
Wrist Lock  
Oblique Head Wrap Throw  
Roll the Kick  
Tackle the Knee  
Parry and Sweep  
Bind Front Kick and Step Kick  
Jam Back Kick and Sweep  
Bind and Tackle Front Kick  
Slip, Bind and Tackle Roundhouse

# Old Temple Forms

## Empty Hand Forms

I Sip Sa Bo  
O Sip Sa Bo

Kong Sang Kun So  
Kong Sang Kun Dae

Batsai  
Batsai Dae

Chul Ki Cho Dan  
Chul Ki Sam Dan

Koryo

Tang Kwon  
Chang Kwon

Pal Ki Kwon (Bal Gi Gwon)

Dal Ma

Wutang Tao

Chang Jin

Ban Wol

Jin Soo

Wang Su

No Pe (No Pae)

Un Soo

Chong

Sip Soo

Am Hak

## Weapons Forms

### **Sword**

Double-Edged Tai Chi Sword

### **Staff**

Bak San  
Beom San

### **Other**

Cane  
Wind and Fire Wheels

## Two Person Forms:

One Hand Set - Offense  
One Hand Set - Defense  
One Hand Set - with partner

Two Hand Set - Offense  
Two Hand Set - Defense  
Two Hand Set - with partner

# Phase System

Phase 1: Flash the eyes

Phase 2: Block Everything

Phase 3: Step to angle and push

Phase 4: Designated technique

Phase 5: Designated technique with take-downs

Phase 6: Defender designated: opponent is the "Free Bull"

Phase 7: Clarity in chaos

Phase 8: Sudden death

Phase 9: Mutual sudden death