

# Force 5 Training Center Black Belt Test

Name of Student \_\_\_\_\_ Age \_\_\_\_\_ Date of test \_\_\_\_\_  
 Do not lose this test form. Present this form to your Instructor for grading on date of your test.

### ***Stances***

Front stance \_\_\_\_\_  
 Side stance \_\_\_\_\_  
 Bow & arrow stance \_\_\_\_\_  
 Back stance \_\_\_\_\_  
 Cat stance \_\_\_\_\_  
 Open stance \_\_\_\_\_  
 T-stance \_\_\_\_\_

Eye rake \_\_\_\_\_  
 Eye flick \_\_\_\_\_  
 Inward block \_\_\_\_\_  
 Trapping palm block \_\_\_\_\_  
 Downward block \_\_\_\_\_  
 Wing block \_\_\_\_\_  
 Chop block \_\_\_\_\_  
 Elbows \_\_\_\_\_

### ***Hand techniques***

Jab \_\_\_\_\_  
 Cross \_\_\_\_\_  
 Hook \_\_\_\_\_  
 Uppercut \_\_\_\_\_  
 Back knuckle \_\_\_\_\_  
 Hammer blow straight \_\_\_\_\_  
 Hammer blow in \_\_\_\_\_  
 Hammer blow out \_\_\_\_\_  
 Hammer blow side \_\_\_\_\_  
 Hammer blow circular \_\_\_\_\_  
 Ridge hand \_\_\_\_\_  
 Tiger claw \_\_\_\_\_  
 Tiger jaws \_\_\_\_\_  
 Chop \_\_\_\_\_  
 Chung choie \_\_\_\_\_  
 Lunge punch \_\_\_\_\_  
 Palm strike \_\_\_\_\_  
 Straight blast \_\_\_\_\_  
 Crane \_\_\_\_\_

### ***Kicking techniques***

Front kick \_\_\_\_\_  
 Side kick \_\_\_\_\_  
 Back kick \_\_\_\_\_  
 Roundhouse kick \_\_\_\_\_  
 Front thrust kick \_\_\_\_\_  
 Ax kick \_\_\_\_\_  
 Crescent kick inside \_\_\_\_\_  
 Crescent kick outside \_\_\_\_\_  
 Snapping toe kick \_\_\_\_\_  
 Jumping single kick \_\_\_\_\_  
 Cross over blade kick \_\_\_\_\_  
 Cross over hook kick \_\_\_\_\_  
 Distance kick \_\_\_\_\_  
 Spinning blade kick \_\_\_\_\_  
 Spinning crescent kick \_\_\_\_\_  
 Spinning heel kick \_\_\_\_\_  
 Spinning back kick \_\_\_\_\_  
 Knees \_\_\_\_\_

Please Learn	polish	Good	Very Good	Excellent
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

***Drills***

- 4 swords drill \_\_\_\_\_
- 5 point wrist lock drill \_\_\_\_\_
- 19 point boxing drill \_\_\_\_\_
- 20 point hand & foot drill \_\_\_\_\_

***Foot work***

- Rock / probe step \_\_\_\_\_
- Pony step \_\_\_\_\_
- Step and slide \_\_\_\_\_

***Brake falling & rolls***

- Side fall \_\_\_\_\_
- Back fall \_\_\_\_\_
- T - stance roll forward \_\_\_\_\_
- T - stance roll backward \_\_\_\_\_
- Standing roll \_\_\_\_\_

***Ground defense***

- Getting up \_\_\_\_\_
- Side to side roll \_\_\_\_\_
- Take downs \_\_\_\_\_
- Face kick \_\_\_\_\_

***Wing Chun***

- Body trap \_\_\_\_\_
- Drawing technique \_\_\_\_\_
- + & - energy flow \_\_\_\_\_

***Counters to kicks***

- Spinning blade counters \_\_\_\_\_
- Blade kick counters \_\_\_\_\_
- Front kick counters \_\_\_\_\_
- Roundhouse counters \_\_\_\_\_

***Pain compliance***

- Cant level 1 \_\_\_\_\_
- Cant level 2 \_\_\_\_\_
- Gooseneck \_\_\_\_\_
- Thumb gooseneck \_\_\_\_\_
- 2 finger arrest \_\_\_\_\_
- Hair grab & control \_\_\_\_\_

***First aid***

- C.P.R. \_\_\_\_\_
- Broken bone \_\_\_\_\_
- Dislocation \_\_\_\_\_
- Shock \_\_\_\_\_
- Fainting \_\_\_\_\_
- Eye injury \_\_\_\_\_
- Heart attack \_\_\_\_\_
- Sprain \_\_\_\_\_
- Pulled muscle \_\_\_\_\_
- Bloody nose \_\_\_\_\_

***Prerequisites***

- Note book handed in \_\_\_\_\_
- Essay on Black Belt \_\_\_\_\_
- CPR certified \_\_\_\_\_
- 100 Sit ups in 90 seconds \_\_\_\_\_
- 75 push ups in 3 minutes \_\_\_\_\_
- 3 miles in 30 minutes or less \_\_\_\_\_

### ***Questions***

- Explain D.A.T.A. history? \_\_\_\_\_
- Explain Kajukenbo history? \_\_\_\_\_
- What does the salute mean? \_\_\_\_\_
- What is a Kiai? \_\_\_\_\_
- What is the cobra breathing for? \_\_\_\_\_
- How do you make a Kenpo fist? \_\_\_\_\_
- What does Kenpo mean? \_\_\_\_\_
- What does Kajukenbo mean? \_\_\_\_\_
- What does Double Action Stand for? \_\_\_\_\_
- Why do you use a body trap? \_\_\_\_\_
- 5 elements of the power punch are. \_\_\_\_\_
- Why learn Chung choies? \_\_\_\_\_
- What is a direct attack? \_\_\_\_\_
- What is a indirect attack? \_\_\_\_\_
- What are the body positions of the open stance? \_\_\_\_\_
- What is the reason for the open stance? \_\_\_\_\_
- Why do we lead with our strong side? \_\_\_\_\_
- What are the 3 points of a kick? \_\_\_\_\_
- What are the 3 points of a punch? \_\_\_\_\_
- What are the 3 points of learning? \_\_\_\_\_
- Name 3 types of breathing. \_\_\_\_\_
- Name and show your vital striking points. \_\_\_\_\_
- What is + & - energy flow for? \_\_\_\_\_
- Define the color code. \_\_\_\_\_
- What are the safety rules? \_\_\_\_\_
- How do you get in the STORM club? \_\_\_\_\_
  
- How do you get in the SWAT club? \_\_\_\_\_
- What is the Master SWAT club? \_\_\_\_\_
- Explain the rules of conduct. \_\_\_\_\_
- What are the benefits you have gotten from the martial arts? \_\_\_\_\_

### ***Sparring techniques***

- Short rage kick \_\_\_\_\_
  
- Medium range kick \_\_\_\_\_
  
- Long range kick \_\_\_\_\_
  
- Disguise blade, hook, roundhouse \_\_\_\_\_
  
- Spinning back knuckle \_\_\_\_\_
  
- Independent motion \_\_\_\_\_
  
- Fakes \_\_\_\_\_
  
- Single hand parry \_\_\_\_\_
  
- Baiting \_\_\_\_\_
  
- Slip & counters \_\_\_\_\_
  
- Weave & counter \_\_\_\_\_
  
- Take downs \_\_\_\_\_
  
- Throws \_\_\_\_\_
  
- Leg traps \_\_\_\_\_
  
- Sweeps \_\_\_\_\_
  
- D.A.T.A. sparring \_\_\_\_\_

# SELF-DEFENSE

Wrist Grab Defense (Cross) <i>Wrist Take Down</i>	_____	Choke Defense (From Behind Off Balance) <i>Grab The Arm Step Around Throw</i>	_____
Wrist Grab Defense (Same Side) <i>Tiger Jaws</i>	_____	Head Lock Defense <i>Hand Between Heads</i>	_____
Wrist Grab Defense (Cross) <i>Forearm Strike</i>	_____	Two Man Grab <i>Round Kick, Side Kick</i>	_____
Wrist Grab Defense (Same Side) <i>Half Lock</i>	_____	Hair pull Defense (From The Front) <i>Trap Hand Grab Wrist &amp; Turn</i>	_____
Wrist Grab Defense (Double Down) <i>Step In Right Elbow Up</i>	_____	Hair Pull Defense (From The Back) <i>Trap Hand Turn Head In To Attacker</i>	_____
Wrist Grab Defense (Double up) <i>Trap Hand Elbow Nose To Toes</i>	_____	Tackle Defense <i>forearm block</i>	_____
Wrist Grab Defense (Double Back) <i>Bend Elbows Hand Raises</i>	_____	Punch-Defense <i>Double Action</i>	_____
Grab-Defense (Double Lapel) <i>Double Hand Trap</i>	_____	Punch Defense <i>Double Action With Follow Up</i>	_____
Grab Defense (Double Lapel) <i>Raising Double Wrist Grab</i>	_____	Punch Defense <i>Weave Under Groin Strike</i>	_____
Push Defense <i>Tiger/Crane</i>	_____	Club Defense (Over head) <i>Cross Block/Kick</i>	_____
Bear Hug Defense (Front) <i>Double Knee</i>	_____	Club Defense (Side) <i>Double Action Disarm</i>	_____
Bear Hug Defense (Back) <i>Stomp &amp; Step</i>	_____		
Hand Shake Defense <i>Behind the Back Twist</i>	_____		
Grab And Punch Defense (From The Front) <i>Bat Block</i>	_____		
Grab and Punch Defense (From Behind) <i>Cat Stance Phase II</i>	_____		
Choke Defense (From The Front) <i>Turn And Point</i>	_____		
Choke Defense (Up Against The Wall) <i>Hand Up Elbow Down</i>	_____		
Choke W/Arm Defense (From Behind) <i>Step Groin Strike</i>	_____		

*Specialist Self-Defense*

Wrist grab hand to hand \_\_\_\_\_

Wrist grab cross grab \_\_\_\_\_

Wrist grab double up \_\_\_\_\_

Wrist grab double down \_\_\_\_\_

Grab to the lapels \_\_\_\_\_

Rear bear hug \_\_\_\_\_

Front bear hug \_\_\_\_\_

Grab & punch from rear \_\_\_\_\_

Grab & punch from front \_\_\_\_\_

Choke from front \_\_\_\_\_

Choke from rear \_\_\_\_\_

Head lock \_\_\_\_\_

Tackle \_\_\_\_\_

Hair pull \_\_\_\_\_

Right punch \_\_\_\_\_

Left punch \_\_\_\_\_

Club Attack \_\_\_\_\_

**Discipline — Spirit — Kiai —**