

# Force Five Gold To Orange 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.

## 1ST DEGREE STRIPE

### *Stances*

Side Stance \_\_\_\_\_

### **Hand Techniques**

Hook \_\_\_\_\_

Uppercut \_\_\_\_\_

Back Knuckle \_\_\_\_\_

Tiger Claw \_\_\_\_\_

## 2ND DEGREE STRIPE

### *Kicks*

Back Kick \_\_\_\_\_

Round House Kick \_\_\_\_\_

Flying Side Kick \_\_\_\_\_

## 3RD DEGREE STRIPE

Weave \_\_\_\_\_

Voice and Mind Power \_\_\_\_\_

Jumping Single Kick \_\_\_\_\_

## 4TH DEGREE / RED STRIPE

### *Self-defense*

Wax On \_\_\_\_\_

Wax Off \_\_\_\_\_

Wrist Brake Away \_\_\_\_\_

\_\_\_\_\_ **Discipline** \_\_\_\_\_ **Spirit**  
\_\_\_\_\_ **Kiai** \_\_\_\_\_

Please Learn 1	Polish 2	Good 3	Very Good 4	Excellent 5
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