

Force Five Purple 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

Front Stance _____ Pony Step _____

Side Stance _____ Step and Slide _____

Back Knuckle _____ Hammer Strikes Circle _____

Front Kick _____ Bo Stance _____

Side Kick _____

Jab _____

Right Cross _____

SWAT Creed _____

Test Questions

3 Points of a kick are? _____

3 Points of a punch are? _____

3 Points of learning are? _____

What is a Kiai? _____

What is it used for? _____

What is the Cobra breath used for? _____

2ND DEGREE STRIPE

Uppercut _____

Hook _____

Back Kick _____

Roundhouse Kick _____

Back Stance _____

Three Guard Positions _____

3RD DEGREE STRIPE

Boxing Techniques

Slipping _____

Weaving _____

Fading _____

Break falling

Side _____

Back _____

Handout Questions

Rules Of Conduct _____

History _____

Vulnerable Areas _____

4TH DEGREE / RED STRIPE

Grab-Defense
(Hand to Hand) _____

(Cross Grab) _____

Punch-Defense _____

Choke from behind _____

Discipline ____ **Spirit** ____ **Kiai** ____

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