

## Seven Star Belt Test Requirements

To test for:	Forms	Punch Attacks Grab Arts Basics	Sparring Principals Self Defense History	Other
Orange <sup>1</sup>	Kata 1-3 Pinyon 1-3	PA 1-3 GA 1-3 Basics to first line	See specific handouts and ask Sifu for details	
Purple <sup>2</sup>	Pinyon 4-6	PA 4a-6b GA 4-6 Basics to second line	See specific handouts and ask Sifu for details	
Blue <sup>3</sup>	Pinyon 7 and 8 (Kata 4)	PA 7a-8b GA 7 and 8 Basics to third line	See specific handouts and ask Sifu for details	Kicks to knees Beginning street 2 on 1 sparring
Green	Pinyon 9 and 10 (Limpo)	PA 9a-10b GA 9-11 Basics to fourth line	See specific handouts and ask Sifu for details	Beginning multiples Beginning C/I/M/K
Brown <sup>4</sup>	Pinyon 11-14 (Wun Hop form)	PA 11a-21b GA 12-15 Basics to fifth line	See specific handouts and ask Sifu for details	Multiples Variety of strategies in Self Defense
Black <sup>5</sup>	(Wun Hop forms)	Stances/Strikes/Kicks for black belt level	See specific handouts and ask Sifu for details	Mults/Weapons attacks

<sup>1</sup> Do not teach PA 4a or GA 4 before they test. I teach forms in this order: Kata 1, Kata 2, Pinyon 1, Kata 3, Pinyon 2, Pinyon 3. I have often tested students before they know all of or any of Pinyon 3.

<sup>2</sup> I do NOT begin multiples practice until blue belt for two reasons: (1) they do not have the skills to protect their knees yet, nor the control to protect ours; and (2) they have enough new stuff to worry about and multiples can be overwhelming.

<sup>3</sup> I teach the forms most often in this order: Pinyon 7, Pinyon 8, Kata 4 (Kata 4 is not required at blue). They start to work on multiples after testing for blue, so multiples does not happen at blue belt tests.

<sup>4</sup> Depending on the student they may have learned some Wun Hop forms, but there is no requirement for any. Really the test is on Cha'un Fa material.

<sup>5</sup> Black: there are no extra required forms or PA's. Most often the student has learned more than one Wun Hop Kuen Do form. There are stances, blocks and kicks that are not tested at brown that we look at here. The rest is character/attitude, etc.