

**AMERICAN SCHOOL OF MARTIAL ARTS – WEST PALMDALE  
TESTING PACKET**

**Martial Artist Name:** \_\_\_\_\_

Please circle and list total months/years trained

Yellow \_\_\_\_\_

Orange \_\_\_\_\_

Blue \_\_\_\_\_

Green \_\_\_\_\_

Brown \_\_\_\_\_

Brown (Stripe) \_\_\_\_\_

Red \_\_\_\_\_

Mentor: \_\_\_\_\_

Black Belt \_\_\_\_\_

Mentor: \_\_\_\_\_

Black Belt (2<sup>st</sup> Degree) \_\_\_\_\_

Mentor: \_\_\_\_\_

**Requirements:**

- Circle/Checkmark what you know on the following sheets.
- Wear your complete uniform to the test.
- You must register & pay your test fee before testing begins (cash or check preferred).
- Any questions regarding the test should be addressed prior to the test date.
- Make checks payable to ASMA – West Palmdale

# 2022 Adult Requirements

(These are minimum measurements, based on **80% attendance**. Sometimes for whatever reason, it may take a little longer. Private lessons can be used to make up missed lessons to stay on track.)

## Yellow Belt

-15 classes (6 weeks)

- All Basics
- Animals: 8
- Phase: 1, 2
- Wrist Escapes: 5
- Fee: \$35

## Orange Belt

-30 classes (3 months)

- All Basics/Kicks
- Angles: All
- Patterns: 1
- Animals: 17
- Phase: 1-4
- Wrist Escapes: 10
- Hapkido: 2
- Fee: \$40

## Blue Belt

-60 classes (6 months)

- All Basics/Kicks/Angles
- Patterns: 2
- Animals: 34
- Phase: 1-4
- Wrist Escapes: 10
- Hapkido: 5
- Fee: \$45

## Green Belt

-90 classes (9 months)

- All Basics/Kicks/Angles
- Patterns: 3
- Animals: 48
- Phase: 1-5
- Wrist Escapes: 10
- Hapkido: 10
- Fee: \$60

## Brown Belt, 3<sup>rd</sup> Level

-125 classes (1 year)

- All Basics/Kicks/Angles
- Patterns: 4
- Animals: All
- Phase: 1-6
- Wrist Escapes: 10
- Hapkido: 15
- One Hand Set O and D
- Fee \$75

## Brown Belt, 2<sup>nd</sup> Level

-185 classes (18 months)

- All Basics/Kicks/Angles
- 12 Fists
- Patterns: 6
- Animals: All
- Phase: 1-7
- Wrist Escapes: 10
- Hapkido: 25
- One Hand Set O and D
- Fee \$75

## Red Belt

-250 classes (2 years)

- All Basics/Kicks/Angles
- 12 Fists
- Patterns: 8
- Animals: All
- Phase: 1-7
- Wrist Escapes: 10
- Hapkido: 31
- One Hand Set O and D
- Two Hand Set O and D
- Fee \$100

## Black Belt, 1<sup>st</sup> Degree

-375 classes (3 years)

- All Basics/Kicks/Angles
- 12 Fists
- Patterns: 12
- Animals: All
- Phase: 1-8
- Wrist Escapes: 10
- Hapkido: 31
- One Hand Set O and D
- Two Hand Set O and D
- Fee: \$125

\*and.....

...any other concept/ technique/ philosophy that Grandmaster Baird may require. Black Belt tests are often personalized. There will be a series of questions that will be asked as well. Questions and subjects may vary according to whom they are directed.

## Black Belt 2<sup>nd</sup> Degree

-625 classes (5 years)

- All Forms
- Able to display characteristics of Water
- Fee: \$200

## Black Belt 3<sup>rd</sup> Degree

-1,000 classes (8 years)

- All Forms
- Able to display characteristics of Fire
- Fee: \$300

## Black Belt 4<sup>th</sup> Degree

-1,500 classes (12 years)

- All Forms
- Able to display characteristics of Air
- Fee: \$400



## AMERICAN SCHOOL OF MARTIAL ARTS – WEST PALMDALE

### Basics

#### Warm-ups

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

Downward backfists  
Rising backfists

Reverse punch  
Diagonal punch

Slow motion front kicks  
Two-part front kicks  
Continuous front kicks

Slow motion side kicks  
Two-part side kicks  
Continuous side kicks

#### Kicks

Wall kicks  
Kicks in the air including low/high  
Roundhouse and hook

#### Series Kicks

Front/front  
Side/side  
Front/side/back  
Front/front/side/back

#### Series 8 Kicks

Front, front, round  
Back, hook, side  
Inside crescent  
Outside crescent

#### Angles

Each angle is applied to 6 locations

Front foot  
Back foot  
Scooting  
One knee down  
Crane  
Crossover  
Two Step



## AMERICAN SCHOOL OF MARTIAL ARTS – WEST PALMDALE

### Set 1

- Monkey
- Dragon
- Swallow
- Stork
- Snake

### Set 2

- Tiger Tail
- Deflecting Hand
- Golden Pheasant
- Crane
- Turtle
- Bow & Arrow Shoot Tiger

### Set 3

- Dragon Tail
- Repulse Monkey
- Dove
- Cobra
- Bear

### Set 4

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

### Set 5

- Cut
- Cross (Palm)
- Palm Deflect
- Cross Hands & 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 Tigers 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
- Rein Horse
- Rooster Sheds Feathers
- Seek Needle

### Set 13

- Uplifting Hand
- Restraining Hand



## Temple Forms

- |  |                                      |  |
|--|--------------------------------------|--|
| <input type="checkbox"/> I Sip Sa Bo       | <input type="checkbox"/> Chang Jin   | <input type="checkbox"/> Pan Wol             |
| <input type="checkbox"/> O Sip Sa Bo       | <input type="checkbox"/> Jin Soo     | <input type="checkbox"/> Wang Su             |
| <input type="checkbox"/> Kong Sang Kun So  | <input type="checkbox"/> No Pae      | <input type="checkbox"/> Unsoo               |
| <input type="checkbox"/> Kong Sang Kun Dae | <input type="checkbox"/> Chong       | <input type="checkbox"/> Sip Soo             |
| <input type="checkbox"/> Bassai            | <input type="checkbox"/> Koryo       | <input type="checkbox"/> Tang Kwon           |
| <input type="checkbox"/> Bassai Dae        | <input type="checkbox"/> Toju San    | <input type="checkbox"/> Tang Kwon (Kim Soo) |
| <input type="checkbox"/> Chul Ki Cho Dan   | <input type="checkbox"/> Ji'in       | <input type="checkbox"/> Wan Kan             |
| <input type="checkbox"/> Chul Ki Sam Dan   | <input type="checkbox"/> Dal Ma      | <input type="checkbox"/> Wan Kan (PGMB)      |
| <input type="checkbox"/> Chul Ki E Dan     | <input type="checkbox"/> Wu Tang Tao | <input type="checkbox"/> Am Hak              |
| <input type="checkbox"/> Chang Kwon        |                                      | <input type="checkbox"/> Baji Basic          |
| <input type="checkbox"/> Pal Gi Kwon       |                                      |  |

## Basic Forms

- |                                 |                                 |                                 |                                 |                                  |
|---------------------------------|---------------------------------|---------------------------------|---------------------------------|----------------------------------|
| <input type="checkbox"/> Form 1 | <input type="checkbox"/> Form 2 | <input type="checkbox"/> Form 3 | <input type="checkbox"/> Form 4 | <input type="checkbox"/> Form 5  |
| <input type="checkbox"/> Form 6 | <input type="checkbox"/> Form 7 | <input type="checkbox"/> Form 8 | <input type="checkbox"/> Form 9 | <input type="checkbox"/> Form 10 |

## Additional Forms

### Weapon Forms

- Bak San Staff
- Peom San Staff
- Tai Chi Sword

### T'ai Chi Ch'uan Forms

- Yang Long Form
- Floating Hands

### Two Person Forms

- 1 Hand Set
- 2 Hand Set



## Hapkido

### 7 Basics

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

### Set 1

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

### Set 2

- Knee Sweep
- Elbow Break Throw
- Dragon Tail Hands
- Crossover Path
- Throw Against Knife Hand
- Figure Four
- Backstroke Throw
- Pull Belt, Push Head
- Handshake
- Elbow Manipulation

### Set 3

- Elbow Pressure & Throw
- Wrist Lock
- Oblique Head Wrap Throw
- Roll the Kick
- Tackle the Knee
- Parry & Sweep
- Slip, Bind & Tackle Roundhouse

### Set 4 (Wrist Escapes)

- Inside Lift
- Outside Circle
- Inside Circle (cross grab)
- Pull Out
- Strike & Swing
- Butterfly
- Elbow Break
- Extended Elbow Break
- Inside Wrist Press (cross grab)
- Bump & Lift (behind)
- Roll Out to Block
- Handshake (thumb)

### Set 5

- Freestyle Shoulder Throw
- Pinky Lock
- Waist Wrist Twist
- Elbow, Duck & Sweep
- Small Circle Elbow Break
- Cross Path Head Wrap Throw
- Weaving Wrist Bind
- Pin Hand, Roll Shoulder
- Cross Path Head Wrap Reversal



## Phase System

Phase 1 – Flash the Eyes

Phase 2 – Block Everything

Phase 3 – Angel and Push

Phase 4 - Designated Technique

Phase 5 – Designated Technique & Take Down

Phase 6 – Defender Designated: Opponent is “Free Bull”

Phase 7 – Clarity in Chaos

Phase 8 – Sudden Death

Phase 9 – Mutual Sudden Death