



# Test Prep Checklist



The following list will help you prepare for your upcoming test. These tasks take time to do properly. Start early so you will be ready before your test date.

1. Read the Cuong Nhu Training Manual(s). Highlight and write notes in the book as necessary. Use the requirements pages as checklists to keep track of which techniques you have read (put an X), been taught in class (put a check), and have practiced (put tally mark). For example:

## Adult Curriculum for Green Belt

*(Sixth Kyu)*

<b>Stances</b> ✓X Inward stance # # #	<b>Blocks and Punches</b> (inward stance w/counter attacks) Add: ✓X Elbow block    ✓X Middle low block	Soul Ki X Seven Martial Arts of Influence
<b>Hand Techniques</b> ✓X Outer diagonal chop       ✓X Palm heel strikes # # # X Elbow strikes X Upward X Backward X Forward X Side X Back roundhouse	<b>Escaping Techniques</b> ✓X Elbow strike	Shotokan Boxing Judo Aikido Wing Chun Tai Chi Chuan Vovinam
	<b>Dropping Techniques</b> ✓X Forward roll into side drop	X Five Controls for Self Defense Control area (awareness) Control yourself (fear anger)

2. Keep a Training Log. This could be a simple calendar or notebook. Record when you train, for how long, and a short description of what you practiced. These attendance totals will be needed for your training summary sheet.

3. Study your required history and philosophy. Print and complete your written exam, then turn it in to your instructor for grading.

**Due 2 weeks before the test!**

4. If required, write your essay. Edit it carefully before turning it in to your instructor.

5. Create a Training Summary Sheet that reflects your training and dedication to the dojo. It should look something like this:



## Training Summary Sheet



***Your Name Here (add a picture)***

Whatever Belt Candidate

***Satori Dojo, Phoenixville, PA***

(Last Updated: *date*. All info since last promotion)

Age (at time of test): ?

Date of Last Promotion: ?

Date of Birth: ?

Test Date: ?

Current Rank: ?

Time in Rank (at time of test): ?



### Number of Workouts

Requirement for rank: ? classes minimum

Number of workouts: ?

Workouts average at least ? minutes per session.



### Noteworthy Activities

- *Assistant teaching at the dojo, other dojo responsibilities, demos, etc.*



### Tournaments Attended

- *Date            Event and brief details (katas performed, places awarded)*



### Martial Arts Reading Log

Date	Title (Author)	Pages	Report
<i>Example:</i>			
<i>7/20/05</i>	<i>The Ultimate Book of Martial Arts</i>	<i>120 pgs</i>	<i>Yes</i>



### Rank History

Rank	Date	Tester
• Start Date in Cuong Nhu	<i>?</i>	<b><i>NA</i></b>
• One Green Stripe	<i>?</i>	<i>?</i>
• Two Green Stripe	<i>?</i>	<i>?</i>



# Training Summary Sheet



**Andrea Hilborn**

**One Brown Stripe**

**Satori Dojo, Phoenixville, PA**

(Last Updated: 02/29/2016. All info since last promotion)



**Age (at time of test): 46**

**Date of Last Promotion: 12/05/2014**

**Date of Birth: 01-16-1970**

**Test Date: 4/9/2016**

**Current Rank: Green Belt**

**Time in Rank (at time of test): 16 Mo.**



## Number of Workouts

**Requirement for rank: 24**

**Number of workouts: 42**

**Workouts average at least 90 minutes per session.**



## Noteworthy Activities

*Assisted with the 2015 Satori Dojo In-house tournament,*

*Participated in the 2015 Dogwood Parade*

*Attended IATC 2015*

*Performed in self defense demo at the Phoenixville Kiwanis Children's Plaza*

*Assisted Sensei Kathy with the Women's Self Defense class at NASA*

*Completed P90-X workout program*

*Helped develop the Satori Dojo Kick or Treat event*

*Participated and ranked second in the Taiji Fencing Tournament*

*Currently participate in Modern Gladiatorial Arts classes.*

## **Seminars Attended:**

12/5/2014 *Aikido with Sensei David Killian*

3/15/2015 *Hapkido with Guru Perry Zmugg*

5/27/2015 *Sparring with Sensei Joe Montague*

10/15/2015 *Push hand drills and High intensity interval training with Master John Kay*



## Martial Arts Reading Log

Date	Title (Author)	Pages
3/2015	<i>The Gift of Fear (Gavin De Becker)</i>	384



## Rank History

Rank	Date	Tester
Start Date in Cuong Nhu	06/2013	
One Green Stripe	10/10/2013	Sensei Joe Varady
Two Green Stripes	04/5/2014	Sensei Xuan Nguyen
Green Belt	12/06/2014	Master Kirk Farber