

## FAMILY BASIC ORIENTATION CLASS

# TESTING FOR: PURPLE BELT OR 2<sup>ND</sup> DEGREE PURPLE BELT



- **ONLINE STUDENTS ONLY - How to film:** make sure your entire body is visible from head to toe at all times with clear lighting. Film from shoulder height of the student from the front. You may have someone read out the prompts to you. After filming, please upload your video to YouTube (as an unlisted video) -or- to Google Drive, and send or share the link to [homework@nkfa.ca](mailto:homework@nkfa.ca).

<b>FITNESS</b>	<ul style="list-style-type: none"> <li>○ 10 PUSH – UPS</li> <li>○ 10 SIT - UPS</li> <li>○ 15 Squats</li> <li>○ 20 sec plank</li> <li>○ 1 Minute Horse Stance</li> </ul>
<b>KUNG FU FOUNDATIONS</b>	<p><b>HOLD EACH STANCE FOR 10-15 SECONDS:</b></p> <ul style="list-style-type: none"> <li>○ Half Lotus Stance</li> <li>○ Neutral Stance</li> <li>○ Right Bow Stance</li> <li>○ Attention Stance (With Yes Sir/Yes Ma’am)</li> </ul> <p><b>GET INTO RIGHT BOW STANCE:</b></p> <ul style="list-style-type: none"> <li>○ Punch 1, Punch 2 – 10 times</li> </ul> <p><b>GET INTO HORSE STANCE:</b></p> <ul style="list-style-type: none"> <li>○ Alternating Right/Left Chambered Punch x 10</li> <li>○ Alternating Right/Left High Block x 10</li> </ul> <p><b>GET INTO RIGHT BOW STANCE:</b></p> <ul style="list-style-type: none"> <li>○ 6-Step Toe Kick with Left Leg x 10</li> </ul> <p><b>GET INTO LEFT BOW STANCE:</b></p> <ul style="list-style-type: none"> <li>○ 6-Step Toe Kick with Right Leg x10</li> </ul>
<b>VERBAL</b>	<p><b>Student must stand at attention and recite the following:</b></p> <ul style="list-style-type: none"> <li>○ The 4 Laws of Concentration:             <ol style="list-style-type: none"> <li>1. Focus Your Eyes,</li> <li>2. Focus Your Mind, 3. Focus Your Body, 4. Focus Your Ears</li> </ol> </li> <li>○ Sifu’s 3 Rules             <ol style="list-style-type: none"> <li>1. Be Nice, 2. Pay Attention, 3. Have Fun</li> </ol> </li> <li>○ The 7 Magic Phrases of Respect Yes, Sir/No, Sir/ Yes, Ma’am/No, Ma’am/Please/Thank You/You’re Welcome</li> </ul> <p><i>Remember to practice, not only memorization, but also, speaking with <b>CLARITY, VOLUME, &amp; CONFIDENCE.</b></i></p>

- All curriculum can be found at [www.niagarakungfumember.com](http://www.niagarakungfumember.com), log-in, find your program, and look through your library. For questions call 905 357 9146 or email [info@nkfa.ca](mailto:info@nkfa.ca).
- PLEASE BE SURE ALL HOMEWORK IS COMPLETED AND SENT TO [HOMEWORK@NKFA.CA](mailto:HOMEWORK@NKFA.CA)