

# Level 1 “Foundations of Self-Protection” Graduation Test

Questions based on the text of **Enlightened Self-Protection**

Name (print clearly) \_\_\_\_\_

Belt color \_\_\_\_\_ Date \_\_\_\_\_

1. What is the name of the martial art that you study at the Quest Center?

**T** \_\_ - **S** \_\_ \_\_ \_\_ **D** \_\_

*Extra credit...* What do those 3 words mean in English?

In English, T \_\_ means

In English, S \_\_ \_\_ \_\_ means

In English, D \_\_ means

2. The 6 steps describing the phases of progression for handling a conflict are not listed here in correct order. Write a number from 1 – 6 in front of each line so that the steps are labeled in *correct order*.

\_\_\_ *Attack and fight* your way to safety

5 Confront the aggressor, and *show strongly* that you want no trouble

\_\_\_ If you can't get away, try to *clam down the tenseness* through words

\_\_\_ If a situation or place looks even slightly odd, *increase your alertness*

1 Generally use your awareness to *stay in safe areas*

\_\_\_ *Leave and avoid* the situation if you can

3. At the beginning of each class we say, “*O-ne-gai-shi-mas!*” What does this mean in English?

4. What are the “Five D” logical 5 steps to successful self-defense in a fight?

1. D \_\_ \_\_ C \_\_ \_\_ \_\_ N

2. D E \_\_ \_\_ E \_\_ \_\_

3. D \_\_ \_\_ R \_\_ \_\_ \_\_ T

4. D \_\_ L \_\_ \_\_ \_\_ \_\_ R

5. D I \_\_ \_\_ \_\_ E \_\_ \_\_

5. What is *one personal benefit* that you have gained from your Quest Center martial arts training that you may not have expected to gain when you began your training?

# Level 2 “Advanced Self-Protection” Graduation Test

Questions based on the text of **Spirit of the Shadow Warrior; Vol. 1**

Name (print clearly) \_\_\_\_\_

Belt color \_\_\_\_\_ Date \_\_\_\_\_

1. What is the original name of the ancient martial art upon which our modern training is based?

N \_ \_ \_ - \_ U \_ \_ \_ \_ , the martial art of the \_ \_ \_ N - \_ \_ \_ invisible warriors

*Extra credit...* What does the root word (- first 3 letters above -) mean in English?

2. In what country did the history of this martial art begin?

The 5 elements of nature are reflected in our human bodies and personalities. What are 2 words that effectively describe the qualities of each element in terms of relating to conflict?

3. “Earth” element feeling and *Shizentai* footwork?

4. “Water” element feeling and *Ichimonji* footwork?

5. “Fire” element feeling and *Jumonji* footwork?

*Extra credit...* “Wind” element feeling?

6. What is *one change that you have made to your daily routine* in order to provide a safer, more secure life since you began your Quest Center martial arts training?

# Level 3 “Martial Path” Graduation to 1<sup>st</sup> Degree Black Belt

Questions based on the text of *Art of the Invisible Warrior*

Name (print clearly) \_\_\_\_\_

Belt color \_\_\_\_\_ Date \_\_\_\_\_

1. What is the name of the founder of the Quest Center martial art?

\_\_\_ \_ P \_\_\_ \_ \_\_\_ \_ \_\_\_ \_ Y \_\_\_ \_

*Extra credit...* What is the name of *his* original teacher?

\_\_\_ A \_\_\_ \_\_\_ \_\_\_ I \_\_\_ A \_\_\_ \_\_\_ \_\_\_ I

*Extra extra credit...* What is the name of *that teacher's* teacher?

T \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_ U T \_\_\_ \_\_\_ \_\_\_ \_\_\_ \_\_\_ U

2. List three of the secrets for making the techniques you have studied *more likely to be effective*.  
Think of the tips your coaches and instructors give you in class.

a.

b.

c.

3. What does the phrase, “*Shi-kin Ha-ra-mitsu Dai-ko-myo*” mean in English?

4. What is the *greatest benefit* you feel that you have received as a result of working towards Black Belt??

5. Why do you think you should receive a Black Belt?