



Advanced Orange Written Test



A parry is a riding force to _____

- ☐ A -stop
- ☐ B -redirect
- ☐ C -disengage

A cat is used to cock the leg or foot to _____ effective range

- ☐ A -minimum
- ☐ B -maximum
- ☐ C -an unusable

A forward bow dragged up and dropped is a _____

- ☐ A -useless stance
- ☐ B -close kneel
- ☐ C -stance used to give the front hand reach and power

Shuffling is not considered part of a technique but it is used to gauge distance and make the technique work. The 3 main shuffles are :

- ☐ A -step drag, drag step, push drag
- ☐ B -vertical hop, back push, front push
- ☐ C -forwards, backwards, hopping

The position or location of your body and natural weapons at the time action begins is _____

- ☐ A -environmental awareness
- ☐ B -the fighting stance
- ☐ C -point of origin

When working inside, cancel their _____ zone: outside cancel their _____ zone

- ☐ A -depth, height
- ☐ B -width, height
- ☐ C -height, width



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Orbital Switch: moving from one major angle to another without _____ or _____

- ☐ A -stopping, reversing
- ☐ B -stuttering, deviating
- ☐ C -continuing, speeding up

Always V-step in but _____

- ☐ A -always with a kick
- ☐ B -never to close
- ☐ C -never away

Never pass the centerline without _____

- ☐ A -using the crane principle when applicable
- ☐ B -hitting a body joint
- ☐ C -the knee check principle

Crane: one legged stance. The name, Right or Left, comes from the side _____ to the opponent.

- ☐ A -opposite
- ☐ B -of the leg you are standing on compared
- ☐ C -closest

_____ travel is motion you see or feel that really doesn't help or add to the effectiveness of a strike

- ☐ A -reverse
- ☐ B -extended
- ☐ C -false

When grabbing, anchor your _____

- ☐ A -leg
- ☐ B -elbows
- ☐ C -fingers



Answer Page

Remember, cheating never gets you anywhere. When your instructor or Mr. Planas is standing in front of you waiting for an answer, you better know this material!

Don't look until you're done with your test.

- | | |
|------|-------|
| 1. B | 7. A |
| 2. A | 8. C |
| 3. B | 9. A |
| 4. A | 10. C |
| 5. C | 11. C |
| 6. C | 12. B |