



PLEASE READ AND COMPLETE ALL INFORMATION BELOW

TEST DATE: (See test notice that was emailed to you)

TEST TIME:

APPLICATION DUE:

By 8pm the Friday before Test Day!

(Late entries will not be admitted & a private test will need to be scheduled)

TEST DUES:

☐ \$80

☐ Cash/Debit

☐ EMT

☐ Account/Credit Card

PRIVATE TESTING – By Appointment Only (Check below if required)

☐ add \$25 to Test Dues*

*Please Note: As some aspects of the tests are partner based, you will need to bring a 'Test Buddy'

APPLICANT DECLARATION

- ☐ I have attended at least 2 classes/week for the last 4 months. (min 32 classes)
- ☐ I have learned, practiced, & understand all the requirements of this test, and have read the Training Guide.
- ☐ I have received 1 Star on my Belt

Check the Correct answers to the following questions (Answers are in the Level 3 [Brown] Book)

1. Who was the first master to bring Kempo to Eastern United States?

- ☐ Grandmaster 'Sonny' Gascon
- ☐ Grandmaster Fred Villari
- ☐ Grandmaster George Pesare
- ☐ Professor Nick Cerio

2. From who did Grandmaster Tim learn Kempo?

- ☐ Grandmaster 'Sonny' Gascon
- ☐ Grandmaster Fred Villari
- ☐ Grandmaster George Pesare
- ☐ Professor Nick Cerio

3. What are the 2 types of Gong-Fu/Harmonies?

- ☐ Quartal and Quintal
- ☐ Upper and Lower
- ☐ Internal & External
- ☐ Heaven and Earth

4. The name 'Shaolin Gong-Fu Quan' means...?

- ☐ Small Forest Effort Boxing
- ☐ Small Forest Rooster Boxing
- ☐ Small Forest Skilled Boxing
- ☐ Small Forest Palace Clothes Boxing

5. How many Harmonies are there?

- ☐ 12
- ☐ 6
- ☐ 4
- ☐ I do not know.

6. What is the 21 Tibetans exercise used for?

- ☐ Contacts to the head
- ☐ Stabilizing breathing
- ☐ Eliminate disorientation.
- ☐ All the above

7. When Judging sparring distance, experienced fighter will position themselves:

- ☐ Just outside of opponent's reach
- ☐ Directly in front of the opponent
- ☐ So they can punch or kick, without getting hit
- ☐ Ass close to the opponent as possible

8. The name 'Shaolin Gong-Li Quan' means...?

- ☐ Small Forest Total Boxing
- ☐ Small Forest Labour Boxing
- ☐ Small Forest Public Boxing
- ☐ Small Forest Power Boxing

9. What family of Gong-Fu styles did 'Gong-Li Quan' originate from?

- ☐ Meihua Quan (Plum Flower Fist)
- ☐ Nan Quan (Southern Fist)
- ☐ Chang Quan (Long Fist)
- ☐ Fan-Zi Quan (Rotating/Tumbling Fist)

10. One of the greatest secrets of Shaolin is...

- ☐ That it uses mystical Qi energy to fight.
- ☐ That it is a highly methodical, logical, and Gradual practice.
- ☐ That it uses only explosive power.
- ☐ That it rapidly progresses one's fighting skills over a short period of time.

BROWN 2nd JI PROMOTION APPLICATION

Name: _____

DO NOT WRITE IN THIS BOX -FOR GRADING PANEL ONLY! -

QUAN-FA BASICS	E	S	NI	FC	Comments:
Stances: In General...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Strikes: Crane Beak	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Snake Head	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Leopard Claw	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Tiger Mouth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sanda: <input type="checkbox"/> Gazelle <input type="checkbox"/> Cobra	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Switch Jab	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Kicks: Rv. Crescent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Jump-Spin: Hook	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Step-Stool: <input type="checkbox"/> Cres <input type="checkbox"/> Turn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Tornado: <input type="checkbox"/> In <input type="checkbox"/> Out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Blocks: San-Zhan (10-pt)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Slip <input type="checkbox"/> Fade <input type="checkbox"/> Roll	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Low Check <input type="checkbox"/> High Check	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Moving: Fwd. & Backward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Jiben Gong: Ji Xing Bu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Xie-Zi Wei	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Qian Sao Tui	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Break Falls: (Fighting Stance)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Front <input type="checkbox"/> Back <input type="checkbox"/> Side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Rolls: (Fighting Stance)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Front <input type="checkbox"/> Back <input type="checkbox"/> Side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
SHAOLIN QUAN-FA FORMS					
<input type="checkbox"/> Gong-Fu Quan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Gong-Li Quan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Quan-Fa Taolu #4 (S)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Level 2 Review: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Level 1 Review: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Basic Review: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
108 QUAN-FA COMBINATIONS					
<input type="checkbox"/> #1 <input type="checkbox"/> #20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> #21 <input type="checkbox"/> #22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Level 2 Review: # _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Level 1 Review: # _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Basic Review: # _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
QIN-NA/SHUAI JIAO: Defense from 3 Punch, 1 Kick, 4 Grab, 2 Club attacks					
Elbow <input type="checkbox"/> Fold: Over/Under	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Scoop: in/out <input type="checkbox"/> Wrap: SS/Opp S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Throws: <input type="checkbox"/> Under <input type="checkbox"/> Head	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> 1-Arm <input type="checkbox"/> X-arm <input type="checkbox"/> Under	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

WRITTEN TEST: 100 90 80 70 60 50 40 30 20 10 0

RESULTS: ☐ PASS ☐ FAIL ☐ HOLD