



# 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:

-To be remitted with this application

☐ \$105

### INCLUDES:

Test + Level 3 Training Guide

☐ \$80 only if:

- you are additional family member
- or have pre-purchased the Guide

## PRIVATE TESTING – By Appointment Only (Check Box 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 2 months
- ☐ 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.

Student Signature: \_\_\_\_\_

(Parent if under 18)

## Check the Correct answers to the following questions (Read the Green book for the answers)

### 1. Who founded Shorin Ryu Kempo?

- ☐ Kushanku
- ☐ Choki Motobu
- ☐ Anko Itosu
- ☐ James Mitose

### 2. What does the Snake symbolize in Kempo: (Basic Book)

- ☐ Internal power, speed, and accuracy
- ☐ Deception, fluidity, flexibility
- ☐ Surprise attack, coiling & wrapping
- ☐ All of the Above

### 3. Who was Kushanku?

- ☐ A military delegate of the Ming Emperor
- ☐ A master of Northern Shaolin Quan
- ☐ Kushanku
- ☐ Matsumura Sokon

### 4. Crane Stance is unique because:

- ☐ It uses Agility & Coordination
- ☐ It relies on balance & light footwork
- ☐ It is not a grounded position
- ☐ All of the above

### 5. Based on their characteristics, which pair of animals would best fit Combo #16?

- ☐ Snake & Crane
- ☐ Crane & Dragon
- ☐ Dragon & Snake
- ☐ Leopard & Dragon

### 6. The Original name for Stature of the White Crane was...

- ☐ Naihanchi
- ☐ Rohai
- ☐ Heian
- ☐ Tekki Shodan

### 7. Which of these Quan-Fa Combos do you have?

- ☐ 10, 11
- ☐ 14, 16
- ☐ 17, 11
- ☐ All of the Above

### 8. What is the aim of White Crane breathing?

- ☐ To practice breathing & Crane wrist
- ☐ To lower or reduce excess Yin energy
- ☐ To expand & contract with breathing
- ☐ I do not know

### 9. Use both Attack & Counter Attack when

- ☐ An opening presents itself
- ☐ You start an attack
- ☐ When in a stationary position
- ☐ Facing multiple opponents

### 10. A confident person knows how to...

- ☐ Take out 3 guys in a fight
- ☐ Be stronger than others
- ☐ Say, "I don't know, please show me"
- ☐ Tell others what to do all the time.

## BROWN SASH PROMOTION APPLICATION

Name: \_\_\_\_\_

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

BASICS	E	S	NI	FC	Comments:
<b>Strikes:</b> 12 Elbows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Trig. Finger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Hammer <input type="checkbox"/> Out <input type="checkbox"/> Rev	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Spin-Kicks:</b>					
<input type="checkbox"/> Rev-Cr <input type="checkbox"/> Hook <input type="checkbox"/> Back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Jump Kicks:</b>					
<input type="checkbox"/> Front <input type="checkbox"/> Side <input type="checkbox"/> Back	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Knee (Crane Kicks):</b>					
<input type="checkbox"/> Round <input type="checkbox"/> Front <input type="checkbox"/> Down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Blocks:</b> CH w Yin-Yang	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
OH w Yin-Yang	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Stances:</b> Bow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Crane	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Dragon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Moving Drills</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Turn/Spin in all stances					
<b>Break Falls</b> (Standing)					
<input type="checkbox"/> Front <input type="checkbox"/> Back <input type="checkbox"/> Side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Rolls:</b> (Standing)					
<input type="checkbox"/> Front <input type="checkbox"/> Back <input type="checkbox"/> Side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>KEMPO FORMS</b>					
<input type="checkbox"/> Ping-An Taolu #3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Ping-An Taolu #4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Ping-An Taolu #5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
L1 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"/>	
<b>SHAOLIN FORM</b>					
<b>Lian Huan Quan</b> (Best)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>108 SHAOLIN COMBINATIONS</b>					
<input type="checkbox"/> #17 <input type="checkbox"/> #19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Current <input type="checkbox"/> #14 <input type="checkbox"/> #16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> #10 <input type="checkbox"/> #11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Review <input type="checkbox"/> # <input type="checkbox"/> #	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>QIN-NA/SHUAI JIAO: Defense from 5 Punch, 3 Kick, 5 Grab, 4 Club attacks</b>					
Wrist: <input type="checkbox"/> In <input type="checkbox"/> Out <input type="checkbox"/> 1/2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Leg Throw <input type="checkbox"/> Hip Throw	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Club <input type="checkbox"/> In <input type="checkbox"/> Out <input type="checkbox"/> Dwn	<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**