



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 Hawaiian Kempo Master?

- ☐ Adriano Emperado
- ☐ William KS Chow
- ☐ James Mitose
- ☐ Victor 'Sonny' Gascon

2. What was the path of Kempo from Shaolin?

- ☐ Okinawa, Hawaii, Japan, China, USA
- ☐ Japan, Okinawa, China, Hawaii, Canada
- ☐ China, Okinawa, Hawaii, USA, Canada
- ☐ I do not know

3. Which statement is False: "Si Liu Bu is..."

- ☐ "...a Defensive stance."
- ☐ "...An Attacking position."
- ☐ "...a high stable stance."
- ☐ "...a highly mobile stance"

4. How many steps of the San-Zhan (10-pt.) blocking system have you learned?

- ☐ Sections 1-4
- ☐ Sections 1-6
- ☐ Sections 1-8
- ☐ Sections 1-10

5. What does 'San-Zhan' translate to?

- ☐ Umbrella Exhibition
- ☐ Three Palm sets
- ☐ 10 Blocks
- ☐ Three Battles

6. What does the Archer exercise benefit?

- ☐ Heart & Liver
- ☐ Kidney Stones
- ☐ Headaches
- ☐ Leg Cramps

7. What is the definition of 'Power' in Kung-Fu?

- ☐ The ability to lift heavy things
- ☐ An action with great speed and force
- ☐ Power is Strength
- ☐ None of the above

8. In Brown Belt Self-defense, I have learned:

- ☐ Downward & upward Elbow Scoop
- ☐ Over & Under Elbow Fold-over
- ☐ Downward & Upward Elbow Wrap
- ☐ All of the Above

9. What Combinations have you learned so far?

- ☐ 1, 13, 20
- ☐ 21, 26
- ☐ 22, 24
- ☐ None

10. When fighting, the eyes should look ...

- ☐ ...at the opponent's hands & feet
- ☐ ...through the opponent
- ☐ ...straight into the opponent's eyes
- ☐ ...at the feet only

BROWN 1ST 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"/> | |
| 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 (5) | <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"/> | |
| 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: | <input type="checkbox"/> PASS | <input type="checkbox"/> FAIL | <input type="checkbox"/> HOLD | | |