



# 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

☐ Cash/Debit ☐ EMT ☐ Account CC

## 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 4 months (min of 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 Sash

## Check the Correct answers to the following questions (Answers are in the Level 2[Green] Book)

### 1. Who founded Shorin Ryu Kempo?

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

### 2. What is 'Bai He Zi Quan' original name?

- ☐ Crane on a Rock
- ☐ Rohai
- ☐ Stature of the White Crane
- ☐ 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. The names, 'Babu Lian Huan Quan' means:

- ☐ Nine Pieces of 8
- ☐ 8 Chains Fighting
- ☐ 8 Step Linked Ring Boxing
- ☐ Eight Section Fist

### 6. What two arts are the origin of Babu Lian Huan Quan'?

- ☐ YingZhua Quan & Fangzi Quan
- ☐ Hong Quan & Nan Quan
- ☐ Cha Quan & Tanlang Quan
- ☐ Shaolin Quan & Meihua Quan

### 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 & Counterattack 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 3<sup>rd</sup> Ji PROMOTION APPLICATION

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

## DO NOT WRITE IN THIS BOX

-FOR GRADING PANEL ONLY! -

QUAN-FA BASICS	E	S	NI	FC	Comments:
<b>Stances:</b> In General...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Strikes:</b> 12 Elbows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Phoenix Eye	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Jian Zhi (Sword Finger)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Ridge <input type="checkbox"/> In <input type="checkbox"/> Out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Sanda:</b> <input type="checkbox"/> Jab <input type="checkbox"/> X-Jab	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Over <input type="checkbox"/> Shovel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Kicks:</b> Rv. Crescent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Spin</b> 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"/>	
<b>Jump</b> Step- Stool	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> F <input type="checkbox"/> S <input type="checkbox"/> B	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Blocks:</b> 8pt w Counters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Cover, Iron Fortress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Sanda:</b> Low & High Check	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Moving:</b> Fwd. & Backward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Jiben</b> Dan Pai Jiao	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Gong:</b> Wai Bai Jiao	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Hou Deng Tui	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Break Falls:</b> (Standing)	<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"/>	
<b>Rolls:</b> (From one knee)	<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"/>	
<b>SHAOLIN QUAN-FA FORMS</b>					
<input type="checkbox"/> Babu Lian Huan Quan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> BaiHe Zi Quan (Crane)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input type="checkbox"/> Quan-Fa Taolu #3	<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"/>	
<b>108 QUAN-FA COMBINATIONS</b>					
<input type="checkbox"/> #11 <input type="checkbox"/> #19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<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"/> #17	<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"/>	
<b>QIN-NA/SHUAI JIAO: Defense from 3 Punch, 1 Kick, 4 Grab, 2 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"/>	
Throws: <input type="checkbox"/> Leg <input type="checkbox"/> Hip	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>WRITTEN TEST:</b> 100 90 80 70 60 50 40 30 20 10 0					
<b>RESULTS:</b> <input type="checkbox"/> PASS <input type="checkbox"/> FAIL <input type="checkbox"/> HOLD					