

Name: _____ Rank: Brown Belt

Date Tested: _____

2 Year Minimum Time Requirement Class Schedule:

Jan - Feb:	Ch'ie Chen	_____	Chi Kung Fu Hu Chen	_____
Mar-Apr:	3 Cranes	_____	Yen Her	_____
May:	1 Chin Ching/Tai Chi	_____	2 Shaolin Birds	_____
Jun - Jul:	Kwuen	_____	Sea Dragon Cane	_____
Aug - Sep:	Kwan Tao	_____	Broadsword	_____
Oct - Nov:	Lien Wu Chauan	_____	Tia Cha	_____
December:	2 Pr Staff Set	_____	Swallow Dagger	_____

Required Seminars To Be Eligible To Test Into 1st Black:

Yang Tai Chi	_____
Double Nunchaku	_____
Sparring Strategy	_____
Hou Tien Chi	_____
Stretching & Conditioning	_____
Tai Chi & Qi Gong Test	_____

Conditioning Requirements:

50 each - bent knee sit ups, leg lifts, squats, push ups, cat style push-ups
20 frog umps or 100 squats on toes (1 frog jump = 5 squats)

Testing Requirements:

3 rd Brown to 2 nd Brown:	2 nd Brown to 1 st Brown:	1 st Brown to 1 st Black:
5 Forms	10 Forms	13 Forms
10 I Chin Ching	20 I Chin Ching	30 I Chin Ching
San He	San He	San He
		Conditioning
		Written Exam

Brown Belts Are Welcome to Join In:

Outdoor Conditioning	Weight Vest Conditioning
Technical Punching & Kicking	Strength & Stretch

*** If you spent 2 years as a Brown Belt, then you can join Iron Bone Conditioning