



YMAA CALIFORNIA RETREAT CENTER

楊氏武藝協會加州特訓中心

APPLICATION AND QUESTIONNAIRE FORM

For Retreat Center Usage Only
Candidate ID Number

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Date Reception

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Form M3.060208VB / YMAA CA Retreat Center, 38 Hyde Park Avenue, Jamaica Plain, MA 02130, USA Phone: (617) 524-8892 Fax: (617) 524-8042

1. IMPORTANT INFORMATION FOR COMPLETING THE APPLICATION FORM

The Center will accept a maximum of 100 preliminary applicants. From this list, a few will be chosen as candidates. These candidates will be invited to YMAA CA Retreat Center for two weeks of trial camp (travel costs are not covered). This trial camp is designed to resemble the real 10-year training program. During these two weeks, a candidate will experience the actual training and living conditions with Dr. Yang and Faculty. This will also give the Retreat Center an opportunity to get acquainted with all of the candidates' potential and personality. From these candidates, a select few will be chosen as finalists.

In this first stage of selection, you must submit the following items:

- A. Application Form
- B. Essay about "The Meaning of My Life"
- C. Answers to the Questionnaire
- D. Two Reference Letters
- E. Five Photos of Yourself (If there are some martial action photos, please include them)
- F. Vow with Notary Public official recognition.

2. FINANCIAL REQUIREMENTS AND FOREIGN STUDENTS

January 31, 2008 Update

Although the student recruiting process proceeded very smoothly, due to the lack of funds, which we intended to raise and worked on during the past two years, YMAA CA Retreat Center will no longer be able to sponsor the loan program. Therefore, a new policy has been adopted to amend this situation.

- 1. An applicant must be able to pay the minimum living cost of \$10,000 per year. This cost will cover 9 months of lodging, meals, training, and other required necessities.
- 2. An applicant must have his own health insurance to cover any possible injury or sickness during the semester.
- 3. Applicants that are not USA citizens must find their own solution to enter the USA for training. Under

current legal circumstances, YMAA CA Retreat Center is not qualified to issue I-20 form (student visa) for any applicant. A student must be able to stay at least 6 months each time, since each semester lasts about 4-5 months. If you have a permanent residence (green card), then this is not an issue. Otherwise, you must find a way to obtain a business Visa which will allow you to stay at least six months each time. If you need any legal document from us that can substantiate your case in obtaining the Visa, please do not hesitate to request it.

If you have read the above conditions and agree to them, please submit your application as soon as possible. The application deadline for the 2008 September term is February 29.

A few selected candidates and I will move to the CA Retreat Center on the second week of March, 2008. We will begin to build the organic garden. Therefore, once you have applied and been accepted as a candidate, you will be invited to the Center for a short testing period. You may stay from two weeks to three months. During this testing period, you will be working 5 hours and training for 6 hours per day except on weekends. This will help you get familiarized to the environment and also help us get to know each other. The testing period will end at the end of June. The final student selection will be at the end of June.

The YMAA Retreat Center will initiate a second recruiting process in October 2008. This group will begin the semester on September 1, 2009. About 5-8 students will be selected for this second group. Those who are interested in the program and cannot join this year may apply for the second group. However, please remember that the 17-22 age constraint is still applicable. If you are between 23-25 years old and wish to apply you are required to submit an extra essay on the topic "Why should I be accepted?"

3. TRAINING PERIODS

There are nine months of training and three months vacation each year.

Summer break: July 1 - August 31;

Winter break: December 15 - January 15.

4. GENERAL QUESTIONS

Please answer the following questions before you begin your application.

1. Are you over 17 and under 20 years old? If Yes, continue and go to question number 4. If No, continue to the next two questions.
2. If you are under 17, have you graduated from senior high school? If Yes, continue and go to question number 4. If No, you may stop here.
3. If you are over 20 and under 23, you will need to write an essay of "why should you be accepted for this training." If you are over 23, you may stop here.
4. Do you really want, and are you ready to accept, ten years of hard training and discipline? If Yes, continue. If No, you may stop here.
5. If you really want something or wish to fulfill a dream, are you perseverant enough to make it happen? If Yes, continue. If No, you may stop here.
6. During the process of application, if you feel impatient or non-perseverant, then you may want to re-consider your application.
7. Do you have confidence that you will be able to handle both the physical and mental challenges of the training? If Yes, continue. If No, you may stop here.
8. Are you willing to obey the rules which the YMAA Retreat Center has set up? If Yes, continue. If No, you may stop here.
9. If you have a doubt about your confidence in this program, you should re-consider your application.

5. RULES

A. General Rules in the Retreat Center

1. No alcohol allowed in the center unless there is a special occasion permitted by Dr. Yang (one warning, second offense - expulsion)
2. No drugs allowed (one warning, second offense - expulsion)
3. Wear uniform and shoes when training (punished)
4. Get up on time (punished)
5. Attend the class on time (punished)
6. Littering (punished)
7. Poor attitude, manner, or behavior (one warning,

second offense - expulsion)

8. Return training weapons and tools to their original place (punished)
9. Stealing (expulsion)
10. Cheating or lying (one warning, second offense - expulsion)
11. Poor morality (one warning, second offense - expulsion)
12. Poor performance (two warnings, third offense - expulsion)
13. Physical violence (one warning, second offense - expulsion)
14. Leave center without permission (expulsion)

B. Dormitory

1. Make the bed upon waking
2. Take shoes off when entering dormitory
3. Clean garbage each day
4. Keep uniform clean
5. Shower every day
6. Keep belongings clean and neat

6. TIME TABLE

July 1, 2008: final students are selected

Vacations:

Summer break: July 1 - August 31;

Winter break: December 15 - January 15.

First Year Begins

Orientation: August 25-August 31

Year #1:

Sept. 1, 2008 - Dec. 14, 2008(3 1/2 Months)

Jan. 16, 2009 - June 30, 2009 (5 1/2 Months)

Year #2:

Sept. 1, 2009- Dec. 14, 2009 (3 1/2 Months)

Jan. 16, 2010 - June 30, 2010(5 1/2 Months)

Year #3:

Sept. 1, 2010 - Dec. 14, 2010(3 1/2 Months)

Jan. 16, 2011 - June 30, 2011 (5 1/2 Months)

Year #4:

Sept. 1, 2011 - Dec. 14, 2011 (3 1/2 Months)

Jan. 16, 2012 - June 30, 2012 (5 1/2 Months)

Year #5:

Sept. 1, 2012 - Dec. 14, 2012 (3 1/2 Months)

Jan. 16, 2013 - June 30, 2013 (5 1/2 Months)

Year #6:

Sept. 1, 2013 - Dec. 14, 2013 (3 1/2 Months)

Jan. 16, 2014 - June 30, 2014 (5 1/2 Months)

Year #7:

Sept. 1, 2014 - Dec. 14, 2014 (3 1/2 Months)

Jan. 16, 2015 - June 30, 2015 (5 1/2 Months)

Year #8:

Sept. 1, 2015 - Dec. 14, 2015 (3 1/2 Months)

Jan. 16, 2016 - June 30, 2016 (5 1/2 Months)

Year #9:

Sept. 1, 2016 - Dec. 14, 2016 (3 1/2 Months)

Jan. 16, 2017 - June 30, 2017 (5 1/2 Months)

Year #10:

Sept. 1, 2017 - Dec. 14, 2017 (3 1/2 Months)

Jan. 16, 2018 - June 30, 2018 (5 1/2 Months)

Commencement: June 30, 2018

7. TRAINING LOCATION

YMAA CA Retreat Center

1 Thomas Road, Humboldt County

Miranda, CA 95553, USA

8. APPLICATION SUBMISSION

Please send:

- **Completed Application**
- **Questionnaire**
- **Essays**
- **2 Reference letters and**
- **5 photos to**

YMAA CA Retreat Center Office
38 Hyde Park Avenue
Jamaica Plain, MA 02130, USA
USA

APPLICATION FORM

For Retreat Center Usage Only
Candidate ID Number

I. PERSONAL INFORMATION

Name: _____
Last First Middle

Date of Birth: _____
Month Day Year

Citizenship: _____

Social Security # (if USA Citizen): _____

Address: _____
Number and Street

City (Town) State (Province) Zip Code

Telephone #: _____
Country Code Area Code Number

Cell Phone #: _____
Country Code Area Code Number

E-mail Address: _____

II. PARENTS' INFORMATION (EITHER FATHER OR MOTHER)

Name: _____
Last First Middle

Citizenship: _____

Address: _____
Number and Street

City (Town) State (Province) Zip Code

Telephone #: _____
Country Code Area Code Number

Cell Phone #: _____
Country Code Area Code Number

E-mail Address: _____

Parents' Signature: _____

QUESTIONNAIRE

***All the answers must be truthful. Any untruthful answers will cause the applicant to be considered dishonest and therefore be disqualified. Honesty is the first step on the right path.

1. Are you willing to accept 10 years (9 months per year) of hard training without complaint?
Yes [] No []

2. Are you willing to obey all of the rules set up in the treating center?
Yes [] No []

3. The lessons and physical training will be eight hours per day. Are you physically and mentally fit and prepared for the difficult training?
Yes [] No []

4. Are you willing to accept punishment and discipline if you make a mistake?
Yes [] No []

5. Have you ever smoked a cigarette before?
Yes [] No []

If Yes, are you smoking now?
Yes [] No []

How long have you smoked? _____ (years)

6. Have you ever been involved with drugs (including marijuana) before?
Yes [] No []

If Yes, are you still involved now?
Yes [] No []

How long have you smoked? _____ (years)

7. Have you had any health problems in the past?
Yes [] No []

If Yes, please explain: _____

8. Do you have any health problems now?
Yes [] No []

If Yes, please explain: _____

9. Have you ever trained martial arts before?
Yes [] No []

If Yes, what style and from when to when:

Who was your teacher: _____

Your teacher's telephone #: _____

Your teacher's address: _____

10. Have you ever committed any crimes? Have you ever been arrested?
Yes [] No []

If Yes, please explain: _____

VOW

1. I understand that this is a 10-year difficult training program, and if I decide to quit, there is no reimbursement of the money paid because it is used to cover the expenses of living at the Center.
2. If I make a mistake and go against the rules of the Retreat Center, I am willing to accept punishment and discipline.
3. I will pursue the final goal of training both physically and mentally until I have reached the standard required for the training.

PARENTS' AGREEMENT

I, Mr./Mrs. _____ is the father/mother/legal guardian of the applicant, Mr. _____. I understand that if my _____ does not complete the 10 years of training, all the money paid will not be reimbursed since it merely covers living expenses at the Center. I also understand the training is very hard and the discipline is very strict. I sincerely support the training and discipline program which I believe will bring my _____ to be a better human being and individual.

Signature: _____ Date: _____

APPLICANT'S AGREEMENT

I, Mr. _____ understand that if I do not complete the entire 10 years program due to any reason, the money I (or parents/guardian) paid will not be reimbursed since it merely covers living expenses at the Center. I also understand that the training is very hard and the discipline is very strict. I believe I have the will and heart to complete the entire program. If I make any mistake, I will be willing to accept punishment and discipline.

Signature: _____ Date: _____

NOTARY PUBLIC

ESSAY AND QUESTIONS

To respond to the Essay Question and the Questions of this section, please attach the required sheets of paper.

1. ESSAY QUESTION: “WHAT IS THE MEANING OF MY LIFE?”

2. QUESTIONS ABOUT THE TRAINING PROGRAM:

1. Why do you want to participate in this 10-year Traditional Gongfu training program? Why not pursue something else?
2. How much are you willing to sacrifice for this training? (Give some examples of sacrifices you have made to accomplish personal goals.)
3. Are you able to accept mental and physical discipline for the purposes of this training? (Give some examples from your life.)
4. What are your expectations from this training? What do you hope to get out of it?
5. What qualities do you possess which guarantee that you will endure the intensity and boredom of this training?
6. How much confidence do you have in completing the 10 years of training?
7. How will you begin your own business and become financially independent once you graduate?
8. It is important that applicants understand that thoughts lead to impulses, and impulses lead to action (behavior). At some point(s) during the training process the applicants should expect to entertain ideas of quitting. This is normal. How the student responds to these initial thoughts will determine his success in this program. How will you respond to these thoughts/impulses when they arise?

3. QUESTIONS ABOUT GONGFU PHILOSOPHY:

1. What is Gongfu?
2. What are the general contents of Gongfu training?
3. What is the general value or purpose of training Gongfu?
4. Why do you want to train Gongfu? What are your goals for training?
5. What is your purpose and goal of life?
6. Can Gongfu be used to defend against modern weapons? If not, then what is the purpose of training?
7. In what way do you expect to pass on and develop the art of Gongfu?