

# Shaolin-Do Student Manual



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by Sheryl Schaefer and Joe Schaefer

# Introduction

Welcome to Shaolin-Do Kung Fu and Tai Chi. Enclosed in this packet are some materials to assist you in your introduction to the kwoon or school. You will find the school rules, beginning to intermediate material, training tips, information on rank advancement, tournaments, and information on all of the school programs. We hope you will refer to the manual often and we encourage you to keep a journal for yourself wherein you can keep notes on your training, your forms, and to set and track your goals.

Shaolin-Do is more than a martial art. It is a path. It follows a 1500 year old trail all the way back to the original Shaolin temples of China. It is not merely a way of fighting but a path to the mastery of life. Tournaments and ranking are not emphasized in this style, though both exist within it. Our founder Grandmaster Sin Kwang The' teaches health, longevity and appreciation of life, and as well as timeless and effective self-defense skill.

**Our Goal is to help you reach your goals.** We have many opportunities for you to attend and either learn new material, review your material within a class structure, or to simply practice on your own with a helpful instructor nearby to answer questions. It is a common occurrence, particularly around vacations, holidays, and times of transition for a student to miss a few classes and suddenly feel as though they've forgotten everything or have fallen behind their classmates. If this happens, please read the section on what to do if you miss a few classes; it outlines a step by step plan to resume your training and offers motivation to overcome the things that hold you back.

No matter what physical or mental condition you are in today (good or bad!), get ready to vastly improve it! This is a fun, healthy and creative way to get to an even better place in life, a place where you're stronger, more flexible, agile and more mentally aware of your surroundings and how to affect them. Martial arts are not merely about fighting and self-defense. Martial arts are a means to an end, the end being a healthy and vital mind, body and spirit. As we like to say, being an excellent fighter and being capable of defending your family and loved ones is just one of the benefits.

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# A Brief History of Shaolin-Do

**S**haolin-Do is the original blend of hard and soft fighting arts. It doesn't rely only on body rigidity to develop power like Karate, but instead generates force from natural body mechanics and circular movements. Shaolin-Do, however, is more than just a fighting art; it is a way of perfecting oneself. By attempting to master these ancient styles of fighting, we actually come closer to mastering ourselves. This happens as you are learning to make your body perform tasks and postures that it has never attempted before, your mind begins to realize that you can do anything and this wonderful idea pervades every aspect of your life! This is not to imply that after you have trained with Shaolin-Do for a time that you will be able to do anything! The key is that you will **feel** that you can and you will leave fear of failure behind and put your best effort into everything you want to do in life.

The ancient Chinese observed the diverse fighting strategies of the animal kingdom, and realized that like animals, people also required fighting techniques suited to their unique physical statures. Thus the animal fighting systems were born. Some of the animal-based forms taught in Shaolin-Do have been passed down for up to two thousand years. Different animal styles were developed by different monks hundreds of years ago and those monks practiced in different provinces throughout China. Some systems came from Hunan province, from Hua and Er-Mei mountains, and from Wu Tang mountain and Fukien Province. All were included in the Shaolin Temple Systems. Both the Kung Fu and Tai Chi Programs in Shaolin-Do are rich with material and diversity, enough to fascinate and challenge the individual for a life time!

Throughout history, the Shaolin monks have been the most feared fighters in Asia, but even more famous is their love of peace, virtue and honor. The long standing history of Shaolin temples and their famous reputation of amazing feats of fighting, flexibility, and longevity can be attributed to an ability to train not only deadly fighters, but masters of life.

## **IMPORTANT NAMES IN OUR HISTORY**

### **Hua To (141-208 A.D.)**

One of the most famous early physicians of China, Hua To was the first human to use sutures as well as anesthetics made from herbs during surgery. His importance for Shaolin came from his observations of the movements and spirits of five different animals. From the Bear, Deer, Bird, Tiger and Monkey he developed exercises that served to strengthen and invigorate the organs, increase circulation, tone the muscles and increase overall energy. This regimen was famous for its health promoting properties, but is little known today. Hua To was unfortunately imprisoned after operating on an Emperor. He saved the Emperor's life but was imprisoned because of his knowledge of the Emperor's mortality.

### **Da Mo (440-528 A.D.)**

Da Mo was the legendary founder of Shaolin martial arts as well as being the first Ch'an (Zen) Buddhist patriarch of China. Due in part to his influence, the number of Buddhist temples in China grew from 2,000 to 30,000 over a period of fifty years. Also known as the Bodhidharma or Daruma, Da Mo spent nine years in meditation facing a cave wall on Shaoshih peak of Mount Sung (this is actually where he was buried.) Although this was not an uncommon practice in Buddhism, this level of dedication was uncommon. During his meditation, he was bothered by occasional drowsiness and there is a myth that says he became so angry that he finally cut his eyelids off to keep from sleeping. He tossed his eyelids aside and from them a tea plant grew. After that monks would drink tea to stay awake during long meditations. For this reason, Da Mo is always painted without eyelids.

After his long meditation he presented a two-fold plan for the Shaolin monks. This plan

would train the physical as well as spiritual side. The spiritual training would come to be known as Ch'an or Zen Buddhism. This was a blend of Buddhist as well as Taoist philosophy. Its main premise stressed that the Buddha was within you and to look elsewhere for the Buddha was to miss it. They only needed teachers to offer guidance toward the answers that were within them.

The physical training aimed at transforming the body into a strong and pure environment in which one could pursue the ultimate questions of the Ch'an training. Da Mo introduced the I Ching Ching, or Change the Muscle Classic, exercises. Since Da Mo was from India, the postures in this set looked very similar to yoga. These are the same postures that we still practice today. There are many other Chinese schools that claim to practice these, but to my knowledge there are none that are as rigorous as ours. Many experts claim that there were originally 49 exercises but that they were lost over time, but we are the school that carries them on.

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## **The Lineage of Shaolin-Do**

### **Su Kong Tai Djin (1849-1928 A.D.)**

Great Great Grandmaster Su Kong was born in China's Fujian province. He was raised in the temple there, but traveled to all of the other Shaolin monasteries throughout his lifetime. He never lived outside of the Shaolin system and eventually became the Grandmaster of the Fujian temple. Grandmaster Su had a vast knowledge of Shaolin and mastered the art forms of all of the Shaolin temples in China. Along with other senior masters, he destroyed the Fujian temple before the government could do the same and retreated from society for the rest of his days. He was a legendary Shaolin master and is the founder of our system. His area of specialty was the most deadly of all arts, Tien Shieh Kung (death touch).

### **Ie Chang Ming (1880-1976) A.D.**

Great grandmaster Ie Chang was a disciple of Grandmaster Su's from an early age. Grandmaster Su passed all of his knowledge of the vast Shaolin system to Ie Chang Ming. This meant that Ie Chang Ming would be the new Grandmaster of the Shaolin order. He moved to Indonesia where he had to disguise the system in order to teach it. To avoid the loss of their own culture as a result of Chinese immigration, the Indonesian government made it illegal to teach Chinese arts. Grandmaster Ie added the Japanese sounding "DO" to the name of Shaolin and adopted a Japanese style gi and belt system for his students. Great Grandmaster Ie Chang Ming was master of many arts, but his personal specialty was that of Tieh Sha Chang or Iron Palm.

### **Sin Kwang Thé**

Grandmaster Sin began studying with Grandmaster Ie Chang at the age of seven. He studied eight hours a day, seven days a week until he was awarded the title of Grandmaster at the age of twenty-five, becoming the youngest Grandmaster on record in 1968. He left Indonesia and moved to Lexington Kentucky where he attended school and received a degree in mechanical engineering. He pursued a Master Degree in nuclear physics, but stopped to teach Shaolin-Do full time. Since then, he has taught full-time producing thousands of black belts, with many students having stayed with him for more than 40 years. Grandmaster Sin has one of the largest martial art schools in the nation.

# What to Expect From Your Training

We assume that the student who joins either the Kung Fu or Tai Chi program is looking for some improvement in their fitness level. Therefore we assume that the beginning student is feeling a little out of shape and inflexible, and we begin training at a gentle pace. We begin each class with some form of warm-up. Both programs have a series of exercises performed near the beginning of every class. We encourage modification of movements to compensate for any old injury or ache you may be nursing when you join. Sometimes we'll start class informally with groups working on new material. Reviewing your forms at your own pace is a great way to warm up and the most productive use of your pre-class time. We open every day 30 minutes before the first scheduled class, and stay open 30 min after the last regular class for additional practice and stretching.

For the beginning student who is in prime form and has been exercising regularly, don't despair. Everything can be done more intensely during class when appropriate. Just ask for more challenging options if you need them.

In a short time, you will find yourself moving faster and stronger, bending lower and kicking higher! It sneaks up on you! So many times we've heard people say, "I'll never be able to do that!" Then a few months later, we remind them of it as we watch them execute the same move perfectly.

The curriculum is such that you progress very smoothly both in the complexity of the movements and in the degree of physical challenge. This way your body and your brain receive constant challenge but at a safe and controlled rate. Recent scientific research is showing that new challenges, particularly complex movement patterns, are the key to longevity and mental acuity. Shaolin monks seem to have known this centuries ago!

## What to Call the Instructors

Instructors are addressed according to their rank. The head of our system is 10th degree Sin Kwang Thé, and he is the only one in Shaolin-Do to hold the title Grandmaster. Anyone 5th degree or above is referred to as Master. The 3rd and 4th degrees are Sifu (Chinese for teacher).

### New Orleans Instructor Biographies

Sifu Joseph Meissner, Head Instructor, is a fourth degree black belt who has been teaching Shaolin-Do since 1997. He holds a bachelor's degree in Theatre, Speech, and Dance from Brown University and has completed graduate work in creative writing at UNO. He studies Shaolin-Do under 7th degree Senior Master Joe Schaefer of Austin, TX and has taken many classes directly from Grandmaster Sin Kwang The' and other senior masters. He was a guest tai chi trainer on the Discovery Channel's "Health Cops" program. Sifu Joseph is an experienced instructor in academia as well as the arts. He has taught classes and lectured at Nicholls State University, UNO and Loyola. His instructional approach is patient and inspirational, fostering a supportive, non-competitive atmosphere as he challenges each student to surpass his or her goals and aspirations.

Sifu Brian Adams (3rd black) began his Shaolin-Do studies in 1999 with Sifu Miles Thomas at UC San Diego, where he earned his B.S. in biology. He runs the kids program and teaches tai chi workshops at his gym, Cypress Fitness, 625 Celeste St.

# Great Grandmaster Ie Chang Ming's Rules for Shaolin-Do

The following list contains the rules of conduct for our Shaolin-Do system. They were passed from Great Grandmaster Ie Chang Ming to Grandmaster Sin Kwang The. They can be found in the original Chinese script on the walls in many Shaolin-Do schools and on every one of your rank advancement certificates.

Obey the rules of society.

Demonstrate excellent martial art spirit.

Respect elders and honor friends.

Be kind and love others.

Show good faith to others and keep their trust.

Support the weak and aid the needy.

Demonstrate good conduct and excellent learning spirit.

Cultivate the body and nourish the spirit.

Be disciplined, be generous, be honest, be loyal and give forgiveness.

Be alert, be wise, be open minded and be patient.

## Rules for the Kwoon

**Your general motivation is always to be concerned with your partner's safety above your own.  
Show respect and appreciation for your classmates and instructors at all times.**

### **The Facility**

**treat it with respect please, and follow these guidelines at all times.**

### **Arriving**

The school opens 30 minutes before the first adult class of the afternoon. Please do not arrive earlier. Once the school is open, you may come any time before your class to warm up, stretch, or practice if there is available space. Bow when stepping on the training room mats as you enter for class, and as you leave when class is over.

Do not leave unattended children in the school.

### **Food, Drink and Shoes**

No food or street shoes are permitted on the training mats. You can remove shoes and store them with your gear along the walls or in the weight room. Training barefoot is recommended, but if you have a need to wear shoes during training, have a special pair that you wear only on the mats. Only water is allowed on the mats. **Please take your water bottles and other possessions home with you after class to avoid cluttering the school.**

I strongly recommend that you have a reusable water bottle. If not, feel free to borrow one of the reusable plastic cups by the water tank. Disposable plastic bottles, while sometimes necessary in a pinch, are bad for your health and terrible for the environment. They contain persistent endocrine-disrupting compounds harmful to many organisms, including humans. Our water tank contains water filtered through activated carbon. We offer this free to our students to eliminate the need for disposable bottles. **A voluntary \$1/week contribution to the school's water fund is appreciated!**

The donation can is located on top of the tank.

### **Valuables & Cell Phones**

Leave money, jewelry and other valuables locked up as we are not responsible for lost or stolen articles. Please turn off any cell phones or other noisy electronic devices.

### **Health & Safety**

Remove all jewelry before class (except for a simple wedding band). Do not wear: watches, bracelets, necklaces, earrings, or rings with settings. Keep all finger and toenails trimmed. NO EXCEPTIONS! Anything beyond the end of the finger is too long.

It's a good idea to bring a small towel to each class to frequently blot your face and hair. Sweat on the gym floor can be hazardous and please wipe off equipment after use.

Out of respect for your fellow students, please maintain good personal hygiene when attending class. Wash your uniform between each class and keep it in good repair. Get a second uniform if necessary.

### **Weapons**

Do not touch any weapons you have not been trained on by a Shaolin-Do teacher. You may use weapons stored at the school only with the owner's permission. Please return all weapons to their designated areas.

### **Equipment**

Weights and other training equipment should only be used if you have received proper training for safety and form. **Use at your own risk**, and have a spotter when appropriate. Only use the kettlebells if you have been trained on them by one of our instructors. Iron palm equipment requires training and additional equipment fee.

**Trash** Please throw any trash you see away and help keep equipment put away and clean.

### **Courtesies and Traditions**

1. Address the head instructors as "Sifu." (like "seafood" without the d)
2. Wait for an appropriate moment to ask a question -not in the middle of a workout. Bow before and after as a sign of respect.
3. Never inform an instructor that you are ready for new material or to be tested.
4. Do not show any other student material unless you are expressly given permission at that time to do so. This applies to other members of your family.
5. Do not teach our forms to other people outside the school. Do not lend/sell/give them videos of our forms or upload videos of forms publicly on the internet.
6. Pay tuition on time if not on electronic payments. There is a ten dollar late fee beyond the tenth of the month and a twenty dollar overdraft fee.

### **Sparring**

Sparring equipment must be worn by all students: shin/instep guards, hand gear, mouthpiece, and groin cup (men). Headgear is optional.

**No Contact** is allowed to the head, neck, throat, or groin (except light contact to protective gear). No joint attacks (striking the elbows and knees) are permitted.

Students under black belt level may not spar without black belt supervision.

Light "TAG" contact is only allowed to legal areas if both students are wearing sparring equipment.

No sparring without black belt supervision. Do not ask higher belts to spar.

Sparring gear (hands and feet and cup for men) is required above white belt.

No weapons sparring outside of class exercises.

Never spar at a higher intensity level than your opponent is comfortable with. By the same token, be careful in sparring because you will always reap what you sow.

When sparring, make your partner's FUN and safety more important than winning.

Sparring is NOT a fight, it is a fun, playful game of give and take focused on increasing your skills. It is not about dominating or overwhelming another student. Keep calm and avoid going into a fight-or-flight panic state. This keeps you more aware of your surroundings, more self-possessed and in control of your actions.

These rules are reasonable and without need of explanation. I fully expect all students to follow these rules and upper belts (upper brown and black belts) to set the example. To insure the continued high quality of our school and the good name of Shaolin-Do upper belts must also help to gently remind the lower belts when they drift from these guidelines (like an older sibling might). As a lower ranked student, you should appreciate their advice because they are helping you to remain a good student in the school. If being a good student, martial artist and person are not your goals then you are at odds with the 1500 year old traditions and principles of Shaolin-Do.

# Rank Advancement

Testing for your next belt is a process of demonstrating that you have learned the required material and are able to execute it with precision, power and speed (in that order of importance). You are never tested unless your primary instructor deems you ready. (This means few people ever fail a test and you almost never have to pay your test fee more than once per level). When Grandmaster Sin is testing, you will first be pre-tested by your primary instructor (the pre-test is free) to insure you are ready. It is an honor to test before the grandmaster and quite an exhilarating experience. You should view your test as a rite of passage and something to revel in, not a dreaded examination. We understand that many adults have not been “tested” in this way for many years if at all. That’s why we make certain you are ready to test so that all you have to deal with is “test anxiety” and not the material itself. Remember, **only daily challenge can transform.**

## **Testing Protocol**

1. Wear a clean uniform in good repair and follow the rules for jewelry and nails as usual
2. You will first bow to the instructor upon rising when your name is called.
3. After you have executed the form, bow and then bow to the instructor as you await further directions.
4. Should you begin to run out of room, stop and bow, turn (or back up if necessary) and continue.
5. Should you make a mistake, bow to the instructor and repeat the form if it is a short kata or sparring technique. If it is a long form you can bow and then take up where you left off.
6. Never show any emotion during a test (i.e. irritation with yourself) and never swear. It is poor sportsmanship and will put a negative gloom over your test causing you to make more mistakes. Think positively!
7. Be prepared to be tested over everything you know up to your level. If you are testing for black belt, be prepared to perform all material from white to black! Sparring is also a component of your test. You should demonstrate your ability to defend and to attack WITH CONTROL. Don’t get crazy during the sparring portion. Those who try to humiliate their sparring partners during the test only make themselves look bad.

## **Testing Criteria**

Testing is an opportunity to challenge yourself to perform at your peak in front of your classmates, senior students, teacher, and occasionally a visiting master or Grandmaster Sin. It is a kind of ceremony, a rite of passage. If there is any doubt in your mind as to whether you will remember the material you are going to be tested on, then you probably should wait to test. The test is not whether you know the material, but whether you can adequately execute it for someone at your level of experience. Here are some of the things I look for when evaluating a test:

## **Testing for Yellow Belt**

You are being tested on short kata 1-10, sparring techniques 1-10 and self-defense 1-15. You should perform your techniques accurately and precisely so that they are clean and recognizable. You should strive for power in every strike. Katas should be performed in good, low stances. It is not necessary to do them fast. You should know sparring techniques (on left and right) by number well enough to do them in any order I call out. It’s good to know the katas on the left as well. Know the self-defense techniques in order by number. You will only be asked to do one version of the defense where there is more than one alternative (i.e. #11).

## **Testing for Blue Belt**

Build upon the skills you honed for your yellow belt test. Your stances should be lower now, and every strike should have power and snap. You may start adding speed if the other elements are in place. Work on flowing through your two long forms with the feeling of the animal you are portraying. You should be able to recognize the Chinese names of the forms.

## **Testing for Green Belt**

The power and snap are there every time, and speed with precision. The weapons forms should flow. Long forms are possessed of confidence and spirit.

### **Testing for Brown Belt**

Deep stances, power, snap, precision, focus, speed, and rhythm are present simultaneously. You should know short katas well enough to do them in half sections in any combination (i.e. #24 on the right then #27 on the left). You should know the history and lineage of our style, the names of our past and present Grandmasters and the Chinese names of all your forms. Experiment with doing long forms on the opposite side, as you may be asked to do this for your black belt test.

### **Test Fees**

Why is there a test fee? A portion of your test fee covers the cost of your belt and a portion of it goes to Grandmaster Sin, regardless of whether he does the testing himself. This is how we support the Grandmaster for providing us with all of this material and continuing to travel full-time for testing and seminars. The fees up to first black belt are listed as follows.

Testing For:	Cost:
Striped Belts (kids only)	15
Yellow Belt	40
Blue Belt	45
Green Belt	50
3rd Brown Belt	55
2nd Brown Belt	60
1st Brown Belt	67
1st Black Belt	70

### **When to pay, when to arrive, when to warm up, and more...**

Test fees are due PRIOR to your test. Make checks out to Shaolin-Do. Arrive at least 15 minutes before testing. Once testing begins there is no time given to warm up, so either warm up before you arrive or arrive early enough to warm up at the school. If your test involves weapons, have them ready and nearby for easy access during the test. Spectators are allowed for every test up to black.

Black belt tests are closed except for a supporter or two. In the event that Grandmaster Sin is performing the test, we will line up for a formal bow-in upon his arrival. He will bow the class in and begin the test.

Following a test, there will be time for you to have your uniform signed by Grandmaster Sin. Frequently he will offer a seminar during his visit and we will notify everyone in advance.

## **Tournaments**

### **Are they required at any level?**

No! Tournaments are **never** required.

### **Why do we have them?**

While our focus isn't, and never will be on tournament competitions, there are a few Shaolin-Do tournaments each year. You can expect ones in February and August in Texas and one in September in Lexington, Kentucky. If you have had tournament experience before you will find our tournaments special. Because we only allow Shaolin-Do student to compete, there is a spirit of camaraderie and support completely absent in open tournaments. Open tournaments sometimes bring the very worst out in both students and their guests. I have learned valuable things about this art and myself at every

tournament in which I've competed. If you fear this type of public performance and pressure then, that's all the more reason to face down that fear and do it!

**Can I just watch?** If I still haven't convinced you to join in then at least I can suggest that you should be a spectator and supporter. Don't forget that at the end of every tournament you will get to see the very best material and competition that the art has to offer. It makes for a great opportunity to show off your school to every friend and family member that's ever seemed remotely interested.

**How would I participate?** Aside from competing, and we'll have forms for that with detailed instructions. I always need volunteers for the day's events and we always need people in the stands cheering us on. Our school is a community and these are the year's biggest community event.

**How do I prepare for one?** Pick forms from your most recent belt level and practice. Ask your instructor for pointers. Work on taking the form beyond the mechanics into the realm of speed, spirit and snap. We also have a category for extra upper level forms you may learn at seminars from visiting masters.

## Calendar

### Rule of Thumb

During the year we are closed on many of the "traditional" American holidays listed in the calendar. Check the news page at [www.nolashaolin.com](http://www.nolashaolin.com) or the facebook page [www.facebook.com/NOLAShaolin](http://www.facebook.com/NOLAShaolin) for up-to-the-minute info.

### Christmas and Mardi Gras

We are closed or on a reduced schedule for about ten days between Christmas and New Years, and those dates will be posted in advance. We will close for approximately one week leading up to Mardi Gras (generally Muses Thursday through Mardi Gras). Tuition is the same for these months, as all holidays have been balanced by extensive training time and affordable rates.

### Special Events

Any changes in schedule due to tournaments, seminars, camps, testing, or other will be posted on the news page of the website or the facebook page.

### Bad Weather

In the event of flooding or dangerous road conditions, check facebook or the website for updated information on class cancellations due to weather. We will try to update the voicemail as soon as a weather ruling is in. However, don't risk your safety just because you think class is "on". If the weather is bad and you aren't comfortable with driving in it, don't come to class.

# Equipment

The following are a list of weapons that you will be learning to use as you progress through the ranks. I've included the price ranges for each as well so that you will know what to expect. Roughly, it takes about 2-3 months to go from one level to the next up to brown belt level. It then takes approximately 6 months to go from one level of brown to the next. Once you reach 1st black, it will take approximately two years to reach 2nd, three years to reach third and so on....

Where weapons are concerned, I will always try to find the option most suitable to your budget and taste. I am providing this list so you can plan ahead with your budget, but always remember that even if you can't afford the weapon, you shouldn't let it stop you from continuing your training.

\*T'ai Chi Weapons are listed in T'ai Chi Section

<b>BELT</b>	<b>Equipment</b>	<b>Price Range</b>
White Belt	uniform	\$40-\$120 depending on quality
Yellow Belt	Staff Sparring Gear	\$20-\$30 This is required at yellow and costs \$70.
Blue Belt	nunchaku	\$12
Green Belt	short stick	\$10
3rd Brown	broadsword	\$20 for wooden \$70-\$150 for various metal ones
2nd Brown	sai	\$40-\$52 (case is optional)
1st Brown	kwandao	\$140
1st Black	spear	\$40
2nd Black	2-edge sword	\$70-\$120
3rd Black	chain whip	\$55

Once you reach black belt or in the event of a special seminar, other weapons forms are available to you: more staff forms, dagger forms, double broadsword, double tiger hook swords, axes, 3-section staff, etc..

# Kung Fu Program:

## Warm-up Set

10 knee bends (ideally on balls of feet)  
10 side to side knee bends  
10 wave pushups  
5 one leg kneebends, each leg  
10 sit ups, 10 oblique sit ups each side  
5 rollovers & hold in plow stretch 5-10 deep breaths  
legs wide, stretch forward & each side 5-10 breaths  
side to side 10x, legs wider, side to side 10x  
legs extended in front out 10x and hold  
(optional) pull one leg in, stretch over extended leg, each side 5 breaths  
both feet in--butterfly stretch. down 10x and hold 5 breaths  
roll the head from side to side, neck stretch  
(optional)stretch the hips--ankle crosses opposite knee, pull to shoulder each side  
(optional)bridge 5-10 breaths  
lunge, each side 5 breaths, then do front split 5-10 breaths  
side split 5-10 breaths

## Rank Advancement Requirements

### White Belt

Tan family leg techniques (short kata) 1-10  
Sparring techniques 1-10  
Chin Na (self-defense) 1-15  
1 on 1 Sparring

### Yellow Belt

Tan leg techniques 1-15  
Chin Na 1-20  
*Si Men Tao Lian (four directions reversibly)*  
*Fei Hu Ch'u Tong (flying tiger comes out of the cave)*  
Staff (kuan) swings 1-4  
Ippon Kumite (One-step fighting techniques) 1-9

### Blue Belt

Tan techniques 1-22  
Sparring techniques 1-15  
Street fighting one-steps 1-10  
*Tai Peng Sin Kun (giant bird spreads its wings)*  
*Chu Chi Kuan Su (first level staff form)*  
liang-Chie-Kuan (two sticks connected) swings 1-8  
Chin Na 1-25  
2 on 1 sparring

### Green Belt

Tan techniques 1-30  
Sparring techniques 1-20  
Chin Na 1-30  
*Bei Huang Chi Gai Pang (stick of the northern begger)*  
*Luo Han Chuan (fist of luo han, also used in praying mantis fist)*  
Er-Chie-Kuan swings 1-16

## **Brown 3rd degree (at this level and above only long forms are taught)**

### *White crane system forms*

Bai He Chuan Tsu (white crane circles its wings)  
Bai He Chan Tsu (jabs its wings)  
Bai He Chuan Chiao (circles its legs)  
San He Chuan (three method fist, also called iron man)  
[Ye Chan Pa Huang Tao \(night battle 8 way broadsword\)](#)

## **Brown 2nd degree**

### *Shaolin Bird system forms*

Luo Tien (descend from heaven)  
Chan Ie (spread the feathers)  
Yin He (performing dove)  
Tie Cha Chuan (sai weapon)  
Se Pa Kuan (four-eight staff)

## **Brown 1st degree**

### *Tiger system background forms*

[Ching Kang Fu Hu Chuan \(golden mountain \(hero\) catches the tiger fist\)](#)  
Lian Wu Chang (five directional palm)  
Chie Chuan (connecting fist)  
[Hai Lung Chang \(sea dragon cane\)](#)  
Kwang Kung Tao (general kwan's sword-halberd)

## **Black Belt 1st degree (17 forms available)**

### **Internal Arts**

Yang Family Tai Chi Chuan (64)  
Classical 8-section Pa Kua Chang

### **Open hand forms**

[Hei Hu Tao Shin \(black tiger yanks the heart out\)](#)  
Heu Hu Chuan Sen (black tiger turns the body)  
[Hei Hu Huan Sen \(black tiger flips the body\)](#)  
He Hu Shou Sang (black tiger wounded)  
Foong Wang Han Chuei Chuan (mad insane drunkard's fist)  
Tang Lang Tsu Dju (praying mantis enters the door)

### **Weapon forms**

Chiang Su Lian Se (spear fighting techniques form)  
Luo Chia Chiang (Luo family spear)  
Mei Hua Chiang (plum flower spear)  
Yang Chia Chiang (Yang family spear)  
Chuei Tao (drunken broadsword)  
Yen Tse Tian Shia Tao (swallow swoops down from heaven dagger)  
Cheui Kai Pang (drunken beggar stick- "stick and bowl" form)  
Se Mien Pa Huang Suang Tao Wu (four faces-eight directions double broadsword)  
Tien Ta Suang Hu Tou Kuo (double tiger hook swords shake the heavens)

## **Black Belt 2nd - 3rd degree (3 years required to complete this level)**

Hu He Shuang Shing (tiger-crane duet)  
Shing Yi 5 roads  
Shing Yi 5 roads linked form  
Shing Yi 12 animal forms  
Shing Yi 2 man set  
Se Mien Ba Huang Jian (table top sword)  
Chi Shing Jian (seven star sword)  
Zhuan Yang Jian (skewer the sun sword)  
Zui Jian (Drunken sword)  
Yang Jia Tai Chi Jian (Tai Chi sword)  
Shaolin BaiYen Tang Lang Chuan (white monkey mantis fist)  
Pai Hou Pai Fu (White monkey praises buddha)  
Spear verses Broadsword 2-man set

### **Black Belt 3rd - 4th degree (4 years required to complete this level)**

Ie Lu Hua Chien -1st Road of Hua Fist  
Ar Lu Hua Chien -2nd Road of Hua Fist  
San Lu Hua Chien -3rd Road of Hua Fist  
Se Lu Hua Chien -4th Road of Hua Fist  
Hua Chien Tue Ta Ti Ie Pu Hua Fist 2 Man Set#1  
Hua Chien Tue Ta Ti Ar Pu Hua Fist 2 Man Set#2  
Hua Chien -Modern Hua Fist  
Chang Chien -Long Fist  
Tai Tse Chien -Fist of the Grand Ultimate Mercy  
Tang Lang Chien -Praying Mantis Fist  
Pang Lung Pang -Entwine the Dragon  
Ar Chi Tao Su -2nd Level Broadsword  
Tie Pien Tsua Lung Wang Oo -Dance of the Dragon King (7 link whip)  
Suang Tie Pa Chie Tao -Butterfly Knives  
Yang Se Tai Chi Tao -Tai Chi Broadsword  
Tai Chi Tao Tue Ta -Tai Chi Broadsword 2 man set  
-- Iron Bone Training  
-- Weight Vest Conditioning

### **Black Belt 4th - 5th degree (5 years required to complete this level)**

Ti Ie Chien Li Tie Kuai ( Iron Crutch Li)  
Ti Ar Chien Siang Chung Li (Stomping Drunken Fist)  
Ti San Chien Chao Kou Chiu (Acrobatic Immortal)  
Ti Se Chien Lan Chai He (Flexible Immortal)  
Ti Pa Chien He Shiang Ku (Female Immortal)  
Chen Tai Chi Chuan -Chen Tai Chi New Generation 83 Posture  
Pa Kua Pa Sing Chang -8 Animal Pa Kua Palm  
Shaolin Wu Sing Chien -Shaolin 5 Animal Form  
Zui Chiang -Drunken Spear of the Immortals  
Chiu Chi Sen Pien -9 Link Supreme Whip  
Suang Hu Chien -Twin Tiger Swords  
Yin Yang Pi Sou Chien -Yin Yang Daggar (White Eyebrow system)  
Li Kuei Suang -Li Kuei Double Hero Axes  
San Chie Kuen -Three Section Staff  
-- May Flower Post Training

# Material from White to 3rd Brown

## White to Yellow belt (10 katas, 10 sparring techniques, 15 self-defense, sparring)

### Katas:

1. Block punch, block down.
2. Block punch, block down, block punch, hit kick.
3. Block thrust, punch, hit kick.
4. Circle block, grab and break, sweep.
5. Double kick.
6. Block punch, double back fist, big block, double back fist, hit kick.
7. Circle block, grab and break, sweep, black sweep, kick.
8. Front kick, side kick, turn, two side kicks.
9. Front kick, front kick, side kick, other foot side kicks.
10. Horse stance, block (inside), punch, block (outside), punch.

### Sparring Techniques:

1. Face hit.
2. Two hand and front foot attack.
3. Jump side kick, front kick, punch.
4. Jump, front sweep, side kick, punch.
5. Double back fist, jump round house kick.
6. Jump, back sweep, front kick, punch.
7. (cross step) hook kick.
8. Jump, front sweep, grab, punch.
9. Jump, side kick, block down.
10. (high) grab, jump chop/knee.

### Self-Defense (attacks):

1. Pull on the wrist.
2. Push on the chest.
3. Grab from behind.
4. Twist the wrist.
5. Grabbed from behind and lifted up at the same time.
6. Full nelson.
7. Choke from the front.
8. Grab the hair from the front
9. Grab the hair from behind.
10. Head lock.
11. Grab the shirt.
12. Hand twisted behind, elbow pressed down.
13. Hand twisted behind and lifted up.
14. Choke from behind.
15. Hand shake.

## Self-Defense (Chin Na)

### **1-Pull on the wrist**

Elbow to the solar plexus. Knee groin, punch face.

### **2-Push on the chest**

Step back/block-pop-grab-knee

### **3-Grab from behind**

Bend forward-stomp-step around-stand up-hammer-throw

### **4-Wrist twist**

Step in with opposite foot to outside the body, straighten arm-pull hair-chop throat

### **5-Pick up from behind**

Kick shins, knees or groin-hammer groin-headbutt

### **6-Full nelson**

1. Push up on forehead-stomp-step around-hammer groin-elbow face

### **7-Choke from front**

Chin down-step back-punch solar plexus-block-pop-grab-knee

### **8-Hair from the front**

Hold the hand-bend down and snap-kick

### **9-Hair from behind**

Grab the hand-twist under-kick

Grab the hand-kick backwards

### **10-Headlock**

Bite, elbow-hammer-chop

### **11-Grab the uniform**

2 joint lock sequences (forward and backward)

blow to face, slam down-back fist

### **12-Elbow lock**

Bend arm-elbow-punch and knee

### **13-Hammer lock**

(Free shoulder) step out and back kick

(trapped shoulder) step out spin backfist-wrap-punch and knee

### **14-Choke from behind**

Chin down-step forward-elbow over arms and punch

### **15-Hand Shake (crush)**

1. Make a "V"-break thumb-back sweep and elbow

## Home Workout Suggestions

This is a set of level-appropriate plans for home practice or open class.

### Warm-Up: dynamic stretch

5 minutes

### Basics Practice

15 minutes

Belt	Front Kick	Side Kick	Round Kick	Hook	Punches
White	20	20	20	20	200
Yellow	20	20	20	20	200
Blue	35	35	35	35	250
Green	35	35	35	35	250
Brown	50	50	50	50	400
Black	75	75	75	75	600

- You can do a portion of each kick set in Bow Stance, cat stance and with one leg in the air. (hook kicks are best practiced in cat stance or like sparring technique #7)
- You can break the punches into four groups and do them between kick sets.

### Forms Practice

20 minutes

Work on your most recent forms the most, repeating each one a minimum of 5x. Cycle through your old material so that you're hitting everything each 1-2 weeks.

### Two-Person Drills

**10 Minutes**

#### **Self-defense**

Ippon (one-step fighting techniques)  
 Street-Techniques  
 Kick Shield work  
 Praying Mantis Hand Drills  
 Kata Applications

## Yellow to Blue Material

(Short forms 1-15, sparring techniques 1-10, Ippong 1-9, 2 long forms, staff swings 1-4, self-defense 1-20)

### Short Forms 11-15 (starting feet together):

11. 3 hit-kicks.
12. Elbow and punch, turn, back fist, stomp, kick.
13. Block while stepping back 45 degrees to reverse bow, back foot inside crescent, front kick, thrust.
14. Block while stepping back 45 degrees to reverse bow, front foot outside crescent, sidekick.
15. Step out and block, grab and break, sweep, jump trap-kick.

### Ippong (one-steps): (weak side=outside, strong side =inside)

1. Weak side-punch .
2. Strong side-punch.
3. Weak side-side hand, punch.
4. Strong side-side hand, punch.
5. Weak side-side kick.
6. Strong side-front kick.
7. Elbow break, elbow strike.
8. Weak side-front kick.
9. Strong side-double kick.

### Staff Swings:

1. Reverse figure "8"
2. Forward figure "8"
3. Center spin
4. Two hand swing

### Long Forms: (see following two pages)

Se Men Tao Lien "Four Doorways Connected" and

Fei Hu Chu Tung "Flying Tiger comes Out of the Cave"

## ***Stances In Shaolin-Do***

*By Elder Master Bob Green*

Correct stances are of the utmost importance in the development of your martial art skills. They build the foundation upon which everything else rests. If the foundation of a house is weak, the house may not stand.

Proper Shaolin stances are very rigorous and demand a strong will and attitude. Many students know the correct movements of a form but fail to attain a good stance--a major mistake.

Most styles use high relaxed stances compared to our low rigorous stances. Working our stances not only practices proper classical form but enables a much better stretch and workout.

In times past, one could tell our forms from most others just by our low stances. Most students would not use a low stance while sparring or fighting, but this is different from a classical traditional form.

In the past, many decent students would fail tests because of their poor stances. Today, these same students would win tournaments and pass tests. One should perform the art with 100%, effort, not just slide by.

*When you see excellence, you should try to surpass it. When you see the opposite, examine yourself.--Lao Tsu.*

We are fortunate to have inherited such a magnificent art. Do not let our lower-body art die.

Some examples of proper stances:

For a proper bow and horse stance, the top of the thigh should be flat, more horizontal than vertical.

For a cat stance the back leg should be well bent with about 90% of the weight on the back leg.

For the bird stance, the bottom of the thigh should touch the calf.

Elder Master Bob Green is an 8th degree Master from Somerset, Ky.  
Watch him destroy a pile of bricks with a one-inch palm strike here:  
<https://www.youtube.com/watch?v=Fpgq14d8i50>

## **Self-Defense (Chin Na) 16-30**

- 16 Finger Break (Low-Middle-High): Low- Pull both hands and knee to groin / Middle-Kick one leg over an arm and kick the groin / High-Step back, roll the top arm to elbow-up position and squat to horse, forcing them down. Punch or elbow them.
17. Arm Bar Choke: Pull arm down, turn chin into crook of arm, stomp foot, step around like #3 to the side the choke is coming from. Lay the person back with top arm and hit groin with other.
18. Locked Wrist push from behind: Wait until the foot forward matches the locked arm, then spin while wrapping arm up behind your back like a hammerlock. Backfist with the other arm as they pass by.
19. Arm bar come-along (palm up): Hit wrist upwards while sweeping their closest leg. Try to drive your fingers in their eyes. Then punch their temple with the free hand.
20. Double wrist grab: Step back with one foot to horse stance facing 90 degrees from the attacker. Pull the lead hand away from the grab and then back fist them with it.
21. Single wrist grab (cross grab): Other hand presses their grab, then chop through their wrist with the grabbed hand. / (Same side grab) Hold grab with free hand. Raise hand straight up to grab the attacking arm. Spin them over and lock their elbow with your elbow.
22. Wrist lock toward you (fingers pointing towards chest): Roll elbow up to their chin, knee to the groin. Use the free hand to grab the available arm, slam your elbow down inside their arm and back fist.
23. Arm bar (palm down): Slam wrist downward while back sweeping them. Punch with free hand to their head.
24. Hammer lock from one side and headlock from the other: Just like #17
25. Finger break: Pull hand upward and out of hold into bird beak, then poke eyes.
26. Cradle Lock (not severe yet): Slam wrist over your shoulder while front or back sweeping them.
27. Cradle Lock (too late): Block by thrusting free hand through lock and laying out the attack.
28. Two Hand Pull to the wrist: Step with same side to horse stance (shorten the distance). Then use free hand to punch and knee to groin.
29. Low Head Lock: Reach up to grab face with back hand, front hand grabs their knee. Flip them and slam the groin.
30. Two hand Shirt Grab: Cross step and cross the same arm through both of their arms, spin and backfist them.

## **SE MEN DAO LIAN**

*Four Doors Way Connected*

(Reversibly facing four doors)

General Considerations: This form moves in a rectangle where each turn will be a left turn and you will always have left foot in front after the turn. The entire form should take 12 seconds from start to finish. Remember, deep, strong stances, powerful strikes, intense concentration, and overwhelming spirit during the yells. Concentrate everything on your current move, don't move physically or mentally to the next move until the current one is completely finished.

1. Bow
2. Step forward to Right Bo Stance (RBS), both hands block down (fingertips pointing in, right hand in front)
3. Both hands chop forward (palms down, right hand on top) nose and throat level
4. Both hands chop left (left on top) nose and throat level, both hands chop right (right on top) nose and throat level
5. Right hand pulls to chest palm facing west, left hand remains extended and forms bird beak
6. Right hand side-hand thrusts forward (vertical hand), left hand strikes back (all the way behind you)
7. Turn west and pull left foot up to Left Cat Stance (LCS), hold arms horizontally in front of chest palm down, left on top with finger tips over the right elbow
8. Step out to LBS, chop to both sides with hands palm down
9. Pull hands back to horizontal position and repeat chop to both sides
10. Left arm circle blocks and right arm pulls in as your body turns to the south in Right Monkey Stance (RMS), face still looks west
11. Lunge out to a RBS facing west, and palm strike with both hands straight forward, yell "TAY"
12. Pull left foot up to LMS, pull right hand to waist in a fist palm up, leave left palm in front facing west
13. Step to south into a LBS, pull left fist to waist, punch right fist forward
14. Punch left, right, left, yell "TAY"
15. Bring right foot together with left still facing South
16. Turn east in a Left Cat Stance (LCS), hold arms horizontally in front of chest, palm down, left on top with finger tips over the right elbow
17. Step out to LBS, chop to both sides with hands palm down
18. Pull hands back to horizontal position and repeat chop to both sides
19. Left arm circle blocks and right arm pulls in as your body turns to the north in Right Monkey Stance (RMS), face still looks east
20. Lunge out to a RBS facing east, and palm strike with both hands straight forward, yell "TAY"
21. Pull left foot up to LMS, pull right hand to waist palm up with left hand still in front
22. Turn north into a LBS, pull left hand to waist, right hand side-hand thrusts forward
23. Side hand thrust left, right, left, yell "TAY"
24. Stand up and bow

## FEI HU CHU TUNG

### *Flying Tiger Comes Out of the Cave*

General Considerations: “Tiger Position” refers to having the body angled slightly to one side, whichever leg is in front, that hand should be the upper (and outer) hand, the upper hand should be about shoulder height directly in front of the body, the lower hand should be in a straight line from the upper hand to the belt, the hands should be angled as if on a plane (45 degrees) that extends from the belt through the upper hand, fingertips should be curled in as if claws.

1. Bow
2. Raise right leg, lift hands to shoulder level in front, and step back into Left Bow Stance (LBS) Tiger Position
3. Turn elbows out and draw hands out to the sides as if dragging them along a wall, palms face north
4. Draw hands back in along the same plane, right hand on top
5. Draw hands back out to the sides right on top
6. Circle block with the left hand and grab the opponent’s arm directly in front of the body, palm down
7. Step through with the right leg to Right Bow Stance (RBS) and with the right hand come up from underneath to break the opponent’s arm, palm up
8. Pulling the opponent’s arm, trap kick (instep of foot) with the left leg in front of the right leg, then step onto left leg and roundhouse kick with the right leg towards the north
9. Lower right leg into RBS Tiger Position facing north
10. Circle the left hand over the right, sweep left leg in a semi-circle and step through into Left Cat Stance (LCS) Tiger Position facing north
11. Jump straight up (using both legs) and front kick with the left leg, land in LCS Tiger Position
12. Step through into RBS, left arm protects the temple, circle block with the right arm (clockwise) and palm strike with the right hand towards the north.
13. Turn to face west without moving the feet, both elbows strike up and out to the sides (still bow stance)
14. Double back fist out to the sides (RBS)
15. Pull left foot to Left Monkey Stance (LMS), pull both hands down in front of the body as if resting on a table
16. Drag left foot back into RBS Tiger Position
17. Trap kick the left leg behind the right, step onto the left leg and side kick with the right toward the west
18. Swing the right leg through and turn counterclockwise to face east, without putting the right leg down, double front kick right, left
19. Land in LBS Tiger Position facing east
20. Turn elbows out and draw hands out to the sides as if dragging them along a wall
21. Draw hands back in along the same plane, right hand on top
22. Draw hands back out to the sides, right on top.
23. Step right leg through into RBS, left hand blocks chest, right hand strikes the right side of the opponent’s neck, flips palm up and scratches his throat, then claws his eyes
24. The right hand grabs the opponent’s head and slams it down onto the raised left knee, while pivoting on the right foot to face south
25. Extend the left leg behind into RBS facing south, right hand comes to the waist in a fist, left hand pushes the opponent to the ground (palm hand)
26. Swivel into a LBS facing north, left hand protects the temple, right hand punches the opponent on the ground, yell “TAY”
27. Stand by drawing the right leg to the left leg and bow facing north

## Blue to Green Material

(1-25 self-defense techniques, 22 short-forms, 15 sparring techniques, 10 street techniques, one long form, and one staff form)

## Short Forms:

16. Punch (horse), Punch (bow), kata #1.
  17. Punch (bow), step up and punch, step out to bow, punch.
  18. Punch (bow), twist attack, chop, sweep, front kick.
  19. Punch (horse), rake off, front foot hit-kick, back foot hit-kick.
  20. Punch (bow), front hand back fist, backhand back fist, block down, front kick.
  21. Jump back to horse, block, slide to cat, upper-cut.
  22. Jump forward to horse, block, shift to bow, upper-cut.

## Sparring Techniques:

11. Block, back hand punch.
  12. #11, drop down and punch again.
  13. Front hand block, 3 punches, block down and kick.
  14. Cat stance, side kick, front kick, block, 3 punches.
  15. Inside crescent, spin, side kick, #13

## Street Techniques:

1. Block outside, twist, kick head.
  2. Inside block, back sweep, punch.
  3. Outside block, turn and block, kick groin.
  4. Outside block, turn and block, grab wrist, elbow, dead hand, hit head, and back sweep, kick head.
  5. Outside block, side kick knee, 2 chops.
  6. (boxer attack) "X" block both hands, chop throat.
  7. (roundhouse punch attack) double forearm block, back fist temple.
  8. (shirt grab attack) cross-hand hook wrist, twist, bend hand, side hand head.
  9. (knife low) a. right on top, block and pull in .  
                  b. left on top, block and throw down.
  10. (knife high) block with outside hand, pull knife into stomach.

### Al-Chie Kun (nunchaku):

- 1) Horizontal 2) Vertical 3) Forward figure "8" 4) Reverse figure "8"
  - 5) Under arm snap 6) Diagonal strike 7) Catch under opposite arm 8) Double 8

Long Forms: (see next two pages)

T'ai Peng Sin Kun "Giant Bird Spreads its Wings" and Chu Chi Gun Se, the first level staff form

## T'AI PENG SIN KUN

### *Giant Bird Spreads its Wings*

General Considerations: "Hold the ball" refers to holding the arms in front of the body as if holding a big round ball, one hand on top of the ball and one hand underneath. The hands should be slightly curved and held several inches away from the body with the top hand at chest level and the bottom hand in front of your navel. You should try to move and land lightly with a playful feeling. However, each strike should jab out like lightening. You should attempt to make each attack be "instantaneous". Jumps are supposed to cover distance and you should land in the lowest position possible.

1. With legs spread slightly apart and hands in fists at waist, bow
2. Draw right leg to left leg, "hold the ball" right over left
3. Turn left foot to point west, look west
4. Step towards the west, crossing right leg in front of left, body should still face north, still "holding the ball"
5. Jump towards the west into very low Reverse Right Bow Stance (RRBS), right hand chops down above right knee, palm facing north, left hand blocks the temple, body faces north, face looks at right hand
6. Pivot feet and raise up slightly into a Left Bow Stance (LBS) facing the west, break the opponent's right hand punching arm, left hand in front, fingertips pointing up, palms facing inward
7. Side-hand thrust forward with the right hand and chop backward with the left (ends up next to left hip)
8. Step left foot backward into a Right Bow Stance (RBS), leave hands in the same position
9. Shift weight and pull right foot to left while turning to face south, "hold the ball" right over left
10. Turn left foot to point east and step towards the east, crossing right in front of left, body should still face south, still "holding the ball"
11. Jump towards the east into very low RRBS, right hand chops down over right knee, palm faces south, left hand blocks the temple, body faces south, face looks at right hand
12. Sweep right leg around and up into knee-raised position facing east, hands pull into a palm up position at the waist
13. Jab out to the sides with both hands, thumbs tucked down, fingertips slightly spread (Giant bird spreads its wings)
14. Still in knee-raised position, "hold the ball" right over left
15. Step towards the north, crossing right in front of left, body should still face east, still "holding the ball"
16. Jump towards the north into very low RRBS, right hand chops down over right knee, palm faces east, left hand blocks the temple, body faces east, face looks at right hand
17. Without moving feet, shift weight into a very low Reverse Left Bow Stance (RLBS), left hand chops down over left knee, palm faces east, right hand blocks the temple, body faces east, face looks at left hand
18. Pivot on right foot clockwise to face west, end in a kneeling position, right leg up, left leg on the ground behind you, as you begin to turn, right arm chops straight out to the side, palm down, and swings with the body through the turn, left arm remains straight and swings around with the body palm down (strike with ridge hand), end with both arms straight out to the sides shoulder height, palm down
19. Pull both arms into an X in front of the chest, right in front, then scoop down and up to both sides until both arms are straight out with the palms facing east fingertips pointed upwards, body leans forward slightly
20. Remain kneeling, straighten the upper body and "hold the ball" right over left
21. From kneeling position, jump to the south into a very low RRBS, right hand chops down over

- right knee, palm faces west, left hand blocks the temple, body faces west, face looks at right hand
- 22. Raise right wrist to head height with the fingers and thumb pointing down
  - 23. Circle block the right arm clockwise until palm up
  - 24. Thrust (“spear hand”) straight north, palm up
  - 25. Raise up and turn counterclockwise to face south, stepping through with the right leg into RBS, double spear -hand to the south, hands angled towards each other palms down in an upside down V
  - 26. Step back with the right leg and swivel clockwise to face north in a RBS, as you turn, the left hand blocks the head and the right hand chops toward the north palm down
  - 27. Draw the left leg up to the right and “hold the ball” right over left
  - 28. Step out with the right leg, draw the hands in fists to the waist and bow

## **CHU CHI GUN SE (or 1<sup>st</sup> Level Staff Form) A.K.A., Se Pa Pang**

1. Holding staff upright in right hand, thumb down, bow
2. With right foot kick bottom of staff up into left hand so that staff points east-west,
3. Cross step right over left moving west, step left into Left Bow Stance(LBS)
4. Horizontal block down and thrust west with the end of the staff
5. Facing west, turn the staff to point north-south, horizontal block high, horizontal block low
6. Step through with the right leg into Right Bow Stance (RBS), vertical block right side, vertical block left side
7. Pull left leg to right leg and stand up straight, bring hands together at center of staff
8. Do Spin Three clockwise 3 times
9. Step into RBS, do Spin Three clockwise 3 times
10. Step through into LBS, do Spin Three clockwise 3 times
11. Step through into RBS, transition to right-hand Spin One, do Spin One 3 times (reverse figure "8")
12. Step through into LBS, do Spin One 3 times
13. Step through into RBS, do Spin One 3 times
14. When the staff is spinning on the left side, catch it with the left hand palm down
15. Step through into LBS, swinging staff over to north side of body, pointing east-west
16. Horizontal block down and thrust west
17. Turn clockwise and step through with the left leg into LBS facing east, swinging staff over to south side of body, pointing east-west
18. Horizontal block down and thrust east
19. Pull right leg to left leg and stand up straight, bring hands together at center of staff
20. Do Spin Three clockwise 3 times
21. Step into RBS, do Spin Three clockwise 3 times
22. Step through into LBS, do Spin Three clockwise 3 times
23. Step through into RBS, transition to right-hand Spin Two(under armpit swing), do Spin Two 3 times
24. Step through into LBS, do Spin Two 3 times
25. Step through into RBS, do Spin Two 3 times
26. When the staff is spinning on the left side, catch it with the left hand palm down
27. Step through into LBS, swinging staff over to south side of body, pointing east-west
28. Horizontal block down and thrust east
29. Turn clockwise and step through with the left leg into LBS facing west, swinging staff over to north side of body, pointing east-west
30. Horizontal block down and thrust west
31. Step through into RBS, do Spin Four 3 times
32. Step through into LBS, do Spin Four 3 times
33. Step through into RBS, do Spin Four 3 times
34. Step through into LBS, do Spin Four 3 times
35. Step through into RBS, do Spin Four 3 times
36. Step through into LBS, swinging staff over to north side of body, pointing east-west
37. Horizontal block down and thrust west
38. Turn clockwise and step through with the left leg into LBS facing east, swinging staff over to south side of body, pointing east-west
39. Horizontal block down and thrust east
40. Step through into RBS, strike down with the end of the staff
41. Step through into LBS, strike down with the end of the staff
42. Step through into RBS, strike down with the end of the staff

43. Step through into LBS, strike down with the end of the staff
44. Step backwards with left foot into RBS, strike up with the end of the staff
45. Step backwards with right foot into LBS, strike up with the end of the staff
46. Step backwards with left foot into RBS, strike up with the end of the staff
47. Turn, drawing right foot to left foot and stand up straight facing north, drop left end of staff to the ground so that staff is upright in right hand and bow.

### **Chu Chi Gun Se – First Level Staff Form, in Outline form**

“Prelude” section:

Kick it up into left hand (palm down), left bow stance.  
Hit down, thrust. Block up, down. Step right. Block right, left.

First “trip” West:     3 sets of (at least) 3 swings each, swing #3: feet together, R bow, L bow

                      3 sets swing #1: R bow, L bow, R bow

“Bookends” Turn:   step L hit down thrust, turn and step L hit down thrust

Second “trip” East:   3 sets swing #3: feet together, R bow, L bow  
                      3 sets swing #2: R bow, L bow, R bow

“Bookends” Turn

Third “trip” W:       5 sets swing #4: R, L, R, L, R

“Bookends” Turn

Step through and hit down: R, L, R, L

Step back and hit up: R, L, R

Step the R foot in, face N and set the stick down on the right

End.

## **The Shaolin-Do Mental Time Machine** by Senior Master Joe Schaefer

I would love to be able to think like some of the ancient masters that created our forms. I want to know their concepts and principles on movement and application. I want to know what they consider to be important for fighting and even to know their wisdom and humor. Do you feel the same way? I would hope that you would be curious enough to wonder about their thinking processes. Well if so, then read this article because I am going to tell you how to build a time machine and mind reading device to do just that.

First, go and find some scrap metal, radioactive fuel, and a pipe wrench. Now quit your job and become a hermit doing experiments in your basement (wait a minute, people in New Orleans don't have basements). OK forget that, I know an even easier way.

Here it is, learn the names of your forms and even the names of the moves within the forms. You think I'm kidding right? I'm completely serious. The brain that created the kata you're learning right now, did so with a purpose in mind. The moves had a purpose and the entire form fit into a larger scheme of purpose. If you want to understand what that greater scheme is then it requires you to understand the mind of the kata-creator. With enough practice you will see the subtle personality of each of our forms. That personality is not an accident and neither are the names of the moves. Each name of a form or move in a form was chosen from a multitude of potential descriptive names. The one that was used must have covered many functions. It described the move so that students years after would be able to remember the important elements of the technique, the possible applications and revisit important stories and legends from the culture (which themselves carried lessons).

So if you say you love Chinese martial arts, then shouldn't you be learning all the layers of knowledge being passed to you? I had a student tell me today that he now understands that learning the names of the moves in Pa Kua Chang is absolutely vital to both a deeper understanding of the form and teaching it. He had a gleam in his eye as he said this. He has come to appreciate the wonderful richness of our art and cherishes the name almost as much as the move. Given the fact that you may never use the movements to harm another human being (I hope you never have to), isn't the name an almost equally important step in learning the deeper aspects of an art passed on to us from these ancient masters?

## Green to 3rd Brown Material

(1-30 short katas, 1-20 sparring techniques, 1-9 Ippons, 1-10 street techniques, Numchaku 1-16, Bo Kata, Four Doors Form, Tiger, Bird, LuoHan Fist, Short Stick, 1-30 self-defense)

### Short Katas:

23. Block punch (b.s.), 6 back fists, block down, front kick.
24. Block punch (b.s.), Back fist, move-back fist (opposite), back fist, move-back fist (same side).
25. Block punch (b.s.), twist attack, chop, front then back sweep while punching (horiz.), block the groin then front kick with sweeping leg.
26. Block punch (b.s.), grab with front hand, break elbow with back hand (finger tips point down) round house kick.
27. Slam down both arms to block in a monkey stance, punch to b.s. (both arms), block to h.s. with both forearms, reverse hand punches while front hand blocks, (b.s.), two hit-kicks.
28. Slam down both arms to block in a monkey stance, punch to b.s. (both arms), block to c.s. with front hand by front knee, and back hand blocking temple, reverse hand punches while front hand blocks (b.s.), two hit-kicks.
29. Step back with right foot, elbow down and then punch (palm-up), shift stance to front b.s., punch to front with palm up, slide back to cat, front arm blocks up while reverse hand punches under it palm down, block punch to b.s. (with front hand), then step and block punch with other arm.
30. Step back with right foot, elbow down then punch (palm-up), step to sparring stance, tornado kick, kata #18, block-punch >>>2nd side no punch at end<<<.

### Sparring Techniques:

16. Jump front sweep, spin hook-kick, back fist, roundhouse kick.
17. Back foot knee trap then roundhouse, punch, step-up grab, punch.
18. Jump hook the knee, spin hook-kick, back fist, roundhouse kick.
19. #9, #9, #10.
20. Jump hook the knee then back fist, roundhouse, punch (like #1).

### Long Forms: (See following pages)

BeiHuang Ch'kKai Pang "Northern Begger's Stick" and  
LuoHan Ch'u'an "Fist of the LuoHan" beginning praying mantis form

### Al-Chie-Gun (Numchaku):

- 9) #3 plus #8
- 10) Ten combinations
- 11) Between the legs
- 12) Under knee catch
- 13) Wheel attack
- 14) Behind back under arm catch then #5
- 15) Catch around back (under arm)
- 16) Around waist catch

## LUO HAN CHUAN

### *Fist of Luo Han*

1. Bow
2. With hands in fists, breath in while pulling hands to chest high, palm up (in fists)
3. Breath out while extending hands toward the north, palm down (in fists)
4. Open hands and turn palm up, breath in while pulling hands back to chest
5. Turn hands palm down and breath out while pushing hands down towards ground
6. Raise left knee, raise left arm vertically in front of body, palm east, right hand forms fist at waist, palm up
7. Turn on right foot while four corner blocking with left arm and leg, when knee reaches northeast, lunge west to Left Bow Stance(LBS), left hand blocks the temple, right hand chops horizontally to the west palm up (neck level)
8. Shift to Reverse Left Bow Stance(RLBS), left arm brushes off right arm, left hand blocks in front of left knee, right hand blocks temple, both palms face north (parallel to each other and the floor)
9. Front kick towards the west with left leg, behind the left hand
10. Step out with the left leg into deep LBS, body facing north, chest rests on left thigh, punch with both hands towards the west, left hand crotch level, right hand chest level, palms facing each other (in fists)
11. Straighten upper body still facing north, left arm blocks the temple, right arm blocks the groin, hips remain the same level as the previous move
12. Pull left leg into Left Monkey Stance(LMS), left arm blocks down to the left palm faces north), right arm blocks the temple (palm faces north), hips again stay at same level
13. Step left leg in front of right, arms come to waist high palms up (open hand), bring left foot down while dropping hands, jump off left foot, circle hands behind you
14. Jump towards the east landing in deep LMS still facing north, circle arms over and down ending bird's beaks striking by feet
15. Look west, left arm raises straight out parallel to the floor with palm up (holding plate), circles to block left temple
16. Lunge toward the west into LBS, left hand pulls back to block the temple, right hand spear hands to the west, palm faces south
17. Shift to Reverse Left Bow Stance(RLBS), left arm brushes off right arm, left hand blocks in front of left knee, right hand blocks temple, both palms face north (parallel to each other and the floor)
18. Front kick towards the west with left leg behind left hand
19. Without putting left foot down, double crescent kick, left, right
20. Without putting right foot down, double crescent kick right, left, end in "Hero Pose" left knee raised toward the west, body facing northwest, face looking west, left arm horizontal in front of stomach, left hand in fist, right fist directly above left fist but head high as if holding a staff vertically in both hands, hold position for a moment
21. Lunge west into LBS, left hand back fists toward the west (descends at angle), right fist comes to waist
22. Step through into RBS, left fist comes to waist, right hand punches to the west (palm down)
23. Pull left foot into horse stance, still facing west, right arm circle blocks and ends blocking temple, left hand punches west
24. Swivel to the south, raise left toe leaving heel on the floor ("barely tap"), left fist pulls to left waist, while right arm vertical blocks in front of chest (like arm break)
25. Look west, shift weight onto left foot, right front kick toward the west
26. Lunge to the west into RBS, left arm blocks the temple, right arm punches west
27. Left arm comes in to twist attack, right hand chops high to the north, left hand chops low to the south (like kata #18)
28. Sweep left leg through into raised knee position facing northwest, open hands scoop down then up to waist high, palms up
29. Pivot to face west and jab hands out to both sides eye level, thumbs tucked down, fingers slightly spread, palms facing west, kick left leg straight forward from the knee toward the west
30. Jump to left leg facing southwest, raise right knee, arms with elbows bent and fingers spread remain pointed to both sides
31. Jab out to both sides eye level, palms facing southwest, kick right leg straight forward from the knee
32. Lunge to the west into RBS, right hand chops to the west, fingers together, palm down, left arm is held

- horizontally in front of stomach, fingers together, palm up
- 33. Swivel to the east counterclockwise, pull right arm in horizontally in front of stomach, palm up, left arm raises to chest high palm down, continue to turn counterclockwise, stepping around with the left leg, pivoting on the right leg to face west in LBS, left arm chops to the west palm down, right arm remains horizontally in front of stomach palm up
  - 34. Pivot on left leg to face north, pull right leg in to left and stand up straight, swing both arms straight toward the north shoulder height, palms down
  - 35. Breath in and pull hands in to chest, closing into fists and turning palm up
  - 36. Breath out and push hands toward the ground, turning hands palm down and opening hand & Bow

## **BEI HUANG CH'I KAI PANG (or Northern Beggar's Stick)**

1. Holding stick between your right palm and the ground, bow
2. Raise left knee and hold left arm vertically in front of body, palm facing east
3. Lunge forward into Left Bow Stance (LBS) and side hand thrust forward with left hand
4. Draw right leg up to left, pull left hand to chest, palm facing east, grasp top of stick with right hand and flip it up into the crook of your right arm
5. Raise left knee and hold left arm vertically in front of body, palm facing east
6. Turn west and lunge into LBS, left arm blocks the temple, strike downward to the west with the stick
7. Pivot clockwise on left foot to face east, raise right knee, left hand comes to chest, right arm brings the stick over the head and circle blocks right of the knee then left of the knee
8. Lunge forward into RBS facing east, left arm extends toward the west, strike downward to the east with the stick
9. Swivel counterclockwise to the west into LBS, pull left hand to chest, draw stick over shoulder without it touching shoulder
10. Basic Swings
11. Circle stick to block left side, right side, then left side as you step with right foot, cross step behind with left foot as you circle on left side again and strike down from left side. Pivot CCW strike stick upward to someone's groin behind you as you pivot. You rotate to a left foot forward stance, Circle stick straight down(right side), cross the body (left side), then right side again, cross step behind with right foot and circle stick on right side to a hit from right side. Pivot CW to a right foot stance and circle stick to a final hit from left side. (Note: hand is at chest when swinging the stick and by the head when striking [total of 3 strikes per basic swing set])
12. Shuffle step backward by weighting left leg first, left hand blocks temple, circle stick in front of your CW to block and strike.
13. Shuffle step forward by weighting right leg first, left hand blocks temple, circle stick in front of your CW to block and strike
14. Swivel around counterclockwise(3/4 turn) to face west in LBS, do **basic swings**
15. Swivel around counterclockwise to the west into Left Cat Stance (LCS), swing stick down and thrust west, left palm hand pushes the stick "feed the chicken the rice"
16. Flip the end of the stick in right hand upwards and catch the opposite end in right hand
17. Step forward into LBS, swing the stick parallel with the ground to a high
18. Pivot to the face south, stand up on left leg and raise right knee, keep stick at head high, look west
19. Lunge toward the west into RBS, left hand blocks temple, strike rightwards to the west head high
20. Shuffle to the west by weighting right foot first, land in RBS and strike chest level from south direction
21. Shuffle backwards by weighting left foot first, land in a RBS and reverse the stick direction to strike the head from the north
22. Sit down low on the right leg in a reverse stance, grab the other end of the stick with the left hand over the left leg, pivot on right foot and swing left leg around CCW to the west, stand to LBS facing west with stick at a horizontal high block
23. Shift weight onto the left foot, pivot to the south, stand up on left leg and raise right knee, raise stick to head high, look west
24. Lunge toward the west into RBS, left hand blocks temple, strike rightwards to the west chest high
25. Shuffle to the west by weighting right foot first, land in reverse RBS and strike ankle level from south direction
26. Shuffle backwards by weighting left foot first, land in a RBS and reverse the stick direction to strike the back from the north (chest level)
27. Shift weight back onto left foot, raise right knee, left hand comes to chest, circle block right, circle block left
28. Lunge forward into RBS facing west, left arm extends toward the east, strike downward to the west with the stick
29. BASIC SWINGS
30. Continue to 9<sup>th</sup> swing to the outside of the body, then inside, then outside
31. Draw left foot to right and stand facing north, swing stick around and tuck under right arm, left hand is at chest in knife hand.

32. Step backward with the left foot into RBS, strike upwards to the north with the stick (groin level)
33. Pull right foot back to left and stand up straight, raise stick to crook of right arm
34. Lower stick to ground, and lower hand to side, palm facing ground, bow
35. 25.            Shuffle backwards by weighting left foot first, land in a RBS and reverse the stick direction to strike the                          back from the north (chest level)
36. Shift weight back onto left foot, raise right knee, left hand comes to chest, circle block right, circle block left
37. 27.            Lunge forward into RBS facing west, left arm extends toward the east, strike downward to the west with                          the stick
38. BASIC SWINGS
39. Continue to 9<sup>th</sup> swing to the outside of the body, then inside, then outside
40. 30.            Draw left foot to right and stand facing north, swing stick around and tuck under right arm, left hand is at                          chest in knife hand.
41. Step backward with the left foot into RBS, strike upwards to the north with the stick (groin level)
42. Pull right foot back to left and stand up straight, raise stick to crook of right arm
43. Lower stick to ground, and lower hand to side, palm facing ground, bow

## Ride the Wave

Time and again I have heard students say that they didn't want to test because they had not perfected the techniques of their rank yet. I understand the need to reach the highest level of understanding and ability, but unfortunately this plan will never work. This is not the way the human brain works. As Senior Master Smith is fond of reminding us, only direct NEED can produce the results we're looking for. Our need to understand and perform the material at the next higher level, will put the current material into perspective and make it seem easier.

This is why I always say that Mastery (or even competence) is a wave that follows a certain distance behind us. When we stop moving so does this wave. It will never reach the material you're interested in until you try to step beyond that material.

When you climb a ladder, you are trying to get your head and arms to a higher place. Well in order to raise the height of your eyes you have to reach higher than your head and pull yourself up to the next level. It is the reaching beyond that makes the advancement happen. So go ahead and test. When you do, the pressure of that new level will give you perspective to appreciate the material you thought you'd never really "get."

How does this apply to life? Grandmaster Sin told us that living is like rowing upstream in a fast river, if you stop rowing you don't stay in place, but instead slip backwards. I think this drives home the true usefulness of Shaolin-Do training for our lives. The Shaolin-Do way is to keep learning all the years of your life. We will all admit that katas 1-30 would be enough material for life, but it is the constant struggle to learn advanced forms that has allowed us to really appreciate katas 1-30.

The capacity of the Human machine to adapt and grow is almost infinite. It will yield to us anything for which we truly demonstrate a need. The hitch is that we MUST place this direct need upon ourselves. We cannot trick this machine to give us what we are not in earnest truly asking for. For example many martial art styles are constructed such that they almost believe that people lack intelligence and the ability to rise to a challenge. I have had many black belts from other styles come to our school and have difficulty doing sparring technique #3, when actual beginners standing next to them are doing it fine. They lose their balance because the forms they have practiced don't REQUIRE balance during movement. In addition they say that our system has just too many forms to learn. But I have a list of black belts in Texas (over 200 long) that flies in the face of that charge. These students are not world class athletes or *idiot savants* of memorization, just average people rising to the challenge and expectations placed before them.

In conclusion, let's look at our own Grandmaster for evidence of this endless capacity to reinvent oneself and rise to a challenge. I watched him in August and now this February, memorize the name of every student in a belt test and make meaningful comments on their performance after the test. He did this for up to 40 people at a time and he never took a single note about their appearance or the performance. I then would see him still call them by name hours later. Those of you that witnessed this along with me (a couple hundred of you now in several cities) saw something truly remarkable. This type of memory feat would easily be on par with some of the most impressive memory gurus out there. For him to watch people testing on the same material for 50 years (he has taught since he was 12 years old) and still give this amount of energy and attention is beyond amazing. It shows that his mind is becoming sharper with age, his appearance is younger each time I see him and he can do more on 2 hours of sleep than I can on 10 hours. I mention this about Grandmaster Sin because I know lives the above philosophy every day. He is committed to constantly growing as a person, learning and expanding how he defines himself. He does not stop and wait to become comfortable with any aspect of his life before testing that ability and placing the DIRECT need on himself to acquire the next skill.

## Brown & Black Belt Material

Congratulations! You have probably been training for a year or more now, and have graduated to the rank of brown belt. Brown belt is broken into 3 levels, counting down to first degree black belt: 3<sup>rd</sup>, 2<sup>nd</sup>, and 1<sup>st</sup> (highest) brown. Each belt level takes approximately 6 months of training. At each level, you learn 5 forms for advancement. (See above for rank advancement material list.)

When Grandmaster Sin first started teaching in this country, he taught much less material from brown to black than we have in the curriculum now. 3<sup>rd</sup> to 2<sup>nd</sup> brown consisted only of broadsword and sanje, but still took 6 months, so brown belts did a lot of sanje, broadsword, conditioning, and short kata. There are many stories about the hard workouts Grandmaster Sin and his brother Master Hiang put the old-timers through, with thousands of kicks, punches, and conditioning exercises. As Senior Master Bob Green puts it, "One of them (Grandmaster Sin) was trying to make us pass out, the other (Master Hiang) was trying to kill us!"

It is largely up to you now to set standards for yourself as to what you would like to accomplish over the next one and a half years as you train for your black belt. It's time to do a little soul-searching and set some personal goals for yourself.

Get a notebook that you will devote to your kung fu training. Use it to record notes on the forms that you learn (including seminar forms). You can also record workouts, your sparring experiences, goals, and achievements. Your student manual only gives you notes on forms for your first year of training, so you need to be able to keep your own notes without depending on the manual.

Write your responses to the following in the notebook. You may give a copy to Sifu Joseph if you wish, but it is not necessary.

1. What are the qualities, capabilities or attributes that make someone a martial arts master? (Imagine things that you would like to be able to do or attributes that you would like to possess 20-30 years from now.)
2. What qualities, capabilities, or attributes would you possess 10 years from now, if you set out on this path today?
3. What qualities, capabilities, or attributes would you possess 1 year from now, if you set out on this path today? Make these your one year goals, and be sure to write them down.
4. How do you plan on reaching your one year goals? Break them down into 3 month increments, and keep track of your progress. You can keep revising, if necessary, as you learn whether or not your goals were realistic, or too easily attained.

Now set a few concrete goals for yourself that you will attain before you test for black belt. Some examples:

“I will be able to do 100 push-ups in a single set.”

“I will be able to do a full front and side split.”

“I will be able to do fast & powerful front, side, roundhouse and hook kicks over my head.”

“I will be at my optimal body weight of \_\_\_\_\_ lbs.”

“I will be able to all of my forms flawlessly, with low stances, power, snap, focus, and rhythm.”

This last one should automatically be one of your goals. The other goals will be tailored to your individual priorities, abilities and desires. Keep track of your weekly progress in your training book, and work consistently.

Feel free to contact me for advice in creating a plan to reach your goals.

Here is a list of skills and conditioning exercises that might be part of your plan.

## Brown & Black Belt Level Skills

Cartwheels, aerials	Double Smash Kick	Butterfly Kick
Shoulder Roll	Dive Roll	Back roll
Low Sweeps	Low sweep combos	Backbend/walkover
hand stand/pushup	hand walk	kip up
scorpion kick	(jump/) spin side, hook kick	

## Conditioning

Hindu squat	Hindu pushup	Backbend
Roman chairs	Yin Training	wall walkers
1 leg squat	frog leaps	hanging splits
jumping splits	dynamic stretches	alligators
partner stretch	partner floor stretch	vertical pushup

## I Chin Chings

laughing Buddha	raven	#25, 49
headstand	sideways push up	Seated pike

## **Goal-Setting Guidelines**

Whatever it is you are looking for out of an exercise program, Shaolin-Do can take you further than just about any other form of exercise. The Shaolin monks of China formed a research institute of fitness, longevity, and self-defense with an almost continuous 1,500 year-old tradition of excellence and improvement.

### **FLEXIBILITY**

Our Shaolin training offers many approaches for gaining flexibility. Whether you can't even see, much less touch your toes or are able to drop cold into a full split, we have exercises to help you improve.

**Static stretching** is like yoga (in fact, our Shaolin training has its basis in the proto-yogic I Chin Ching exercises the Bodhidharma created to train the monks for meditation). For static stretches, use the breath to go deeper and relax more. Take slow, deep inhales and extend and relax along the spine. Use exhales to drop and release into the stretch.

**Dynamic stretches** are stretches in motion. Forms practice with LOW STANCES provides the dual benefit of stretching and strengthening. Straight leg kicking sets are a fast and simple form of dynamic stretching.

**Partner stretching** combines flexibility training with isometric toning and strengthening. Come to basic skills or sparring class to learn more about these exercises.

At the advanced levels, students practice **jumping and hanging splits**. You will learn these when you are ready (though you probably won't feel ready!).

### **STRENGTH**

There are many kinds of physical/muscular strength, and Shaolin training offers a diversity of styles of strength training.

**Isometric exercise** strengthens and tones muscle without adding mass. This helps you get the most out of the muscle you have without slowing you down. I Chin Chings are the classic Shaolin form of isometric exercise, but we have other forms such as stance training, sanje (iron man), and the mantis wrist/forearm exercises, to name a few.

**Resistance training** is the best-known form of strength training in the west. Weightlifting per se is only a very small part of the Chinese approach, however. In martial arts we are less interested in isolating muscle groups than bodybuilders because we want to train all the body's muscle groups to work together. Rather than practice very simple, isolated, repetitive motions, we want to train muscles to perform complex, coordinated and intricate movements. To do this we practice forms with heavy weapons and/or wrist, ankle, and vest weights and train in a variety of different push-ups, crunches, balanced knee bends, etc.

**Plyometric or ballistic training** is training for explosive force. Frog leaps, clap push-ups, kip-ups, and plain old punching and kicking develop plyometric power.

**“Hua Ching”** is the ultimate in martial arts power training. Hua Ching is the delivery of internal power (“chi”) into strikes. It derives from an almost instantaneous, coordinated movement of all the body's muscle groups channeled precisely into the hand or foot. Training in the internal arts (Tai Chi, Pa Kua, and Hsing Ie) is necessary for the full development of this kind of power.

### **SPEED**

Speed is developed through strength training (the big, low-endurance muscles are the “speed twitch muscles,” flexibility (loose, relaxed muscles are more responsive) and practice.

Sprints are good for developing fast kicks, but in general, if you want to get fast at something, practice doing it fast. Repetition of kicks, punches, katas, and sparring drills,

fast, is the way to develop speed. “Perceived speed” is the ability to surprise an opponent by offering a “poker face” or by misdirecting them with physical cues. The paper plate drill is a good one for increasing both “actual” and “perceived speed.”

### **ENDURANCE**

Anyone who has ever been to one of our basic skills classes will tell you we’ve got some of the most fun and challenging endurance training there is. We’re not just jumping around doing Tae-Bo-type aerobics training, we train for power, speed, and flexibility at the same time we develop cardio-vascular and muscular endurance. I personally find running to be an enjoyable complement to martial arts training for developing endurance and speed, but doing kata for an equivalent period of time would be just as effective and a more comprehensive workout.

### **SELF-DEFENSE**

I would say that by the time you complete the blue belt curriculum (approximately six months), you know everything you will ever need to know about self-defense. Of course, there is a difference between “knowing” and putting into practice. It is crucial to continually hone your skills and improve your physical conditioning. If you want to improve your self-defense skills, practice our Chin-Na techniques with a partner and gradually increase the amount of force and resistance you give each other as you respond to the various attacks. Open classes are a good opportunity for this kind of practice, or for practicing applications to any of our forms and sparring techniques.

### **SELF-CONFIDENCE**

- 1) *Know that consistent effort always yields its own rewards.*
- 2) *Self-Confidence arises from success achieved through sincere effort.*
- 3) *Life-long success is guaranteed when personal accomplishment causes self-confidence to replace self-doubt.*

This is Master Joe Schaefer’s “Shaolin Secret to Life,” and I think it is a good summary of the most profound benefit of Shaolin training: the realization that you can accomplish anything through patience, consistent effort, and a series of well-planned, achievable goals. By continually confronting your fears and challenging your feelings of inadequacy, you come to realize how your self-image is holding you back in many ways from being as excellent an overall human being as you can be. You may find that you have the courage to speak up for yourself or others when you are no longer physically intimidated by larger or more aggressive people, or find that you are less angry and defensive because through your training you are more confident in your abilities, more realistic about and less threatened by your limitations.

## **Time: Enemy or Friend? By Master Joe Schaefer**

When I joined Shaolin-Do as white belt, Elder Master Leonard (now the first non-Chinese to attain 8<sup>th</sup> degree) was a 5th degree black belt. Now, I take private lessons directly from him, he asks me to sit next to him at lunch and calls me often on my cell phone to chat. HOW DID THIS HAPPEN?

I try to make time my ally, not my enemy. Most people, as they grow older, are heard to say " I wish I would have...., Where did time go....., I wish I wouldn't have stopped.....". These people very clearly have made time an enemy, and didn't realize it until it was too late.

If you fill your days with idle activities and distractions, time becomes your enemy. As the years pass, you become a person of less and less accomplishment. If however, you are constantly advancing your knowledge or skill on not just one thing, but many, the difference is astounding. As the years pass, the gap between you and the idle person grows to become a chasm. They look at you and wonder, "Where does he get the time to learn all those things?" and "I could never do that." At any one time I am reading as many as 5 books, listening to several different books on tape, learning Chinese, trying to write a book, getting in better shape by running many miles a week, training on my own regimen dictated by Elder Master Leonard, teaching 20-30 hours a week, creating marketing and advertising strategy for several schools, and helping to raise a daughter, a son, and spending as much time as possible with my wife.

To quote Anthony Robbins, I follow the discipline of CANI (pronounced ca-nai). The Japanese call it KaiZen. It is the most powerful and creative principle available to a human being, and before I share it with you let me say that it has been endorsed by some of the most accomplished humans our planet has produced. It stands for Constant And Never-ending Improvement, and it must become your default programming.

So how did this get me in a good place with Elder Master Leonard? Perseverance, plain and simple. I stuck with it longer than all the others with which I started.

I was looking at a student recently who I knew was going through some personal difficulties. I thought about how Shaolin would help that person weather the storm, but that it was unlikely that they would stick around. I knew that in the very near future that same person would regret the day they stopped showing up to the school. Shaolin must be like eating. You wouldn't go a day without eating a meal. I doubt you go a day without watching the TV. You might even play your Sony play-station every day. I am sorry to say you will never get a feeling of self-respect, accomplishment, or a black belt for any of these activities. WHY? Because they are easy and require no effort. I always tell the kids' class, you don't get a black belt for recess because everyone can do it. A black belt is worth getting because it's hard, not easy. Are you spending your life doing what is easy? Pick up a book, never go a week without attending two classes, and listen to books on tape in the car if you are in it for more than 15 minutes day. You can ignore my advice, however, if you want to insure that at some day in the future you curse time for stealing your life and giving others opportunities that are beyond your imagination.

## Iron Training (optional for adult brown belts)

### What is it?

This is a method of training which results in a hardness or "iron" like quality to those areas being trained, mainly the hands, forearms, shins and feet. Other martial arts which practice iron training employ methods which are detrimental to the bones and nerves, but the Shaolin-Do method maintains the integrity of these tissues by method and herbal tinctures.

### What are the benefits?

Iron training is two fold in its benefits. One achieves incredibly hard shins, forearms, etc... which are devastating to the opponent in a real fight. Secondly, the mental attitude of one who trains with iron technique is that of a person who has "done it all" and isn't afraid of anything!

### Requirements.

This training is completely optional and only available to adult students who are brown belt and above.

## **New Year's Resolutions: The Joy of Misery** by Associate Master Joe Schaefer

Many people will try and reduce all our motivations to either avoiding pain and/or increasing pleasure. This strategy works great for most of the animal kingdom, but in humans, these two motivations aren't exactly opposites. In order to fully understand my article you will need to agree that "pleasure" does not always, and in fact, almost never leads to "Happiness". Let me give you an example: let's say that you're dieting, or starting on an exercise program, or stopping smoking. When you give in to your temptations it yields an immediately pleasurable sensation, but is always followed with feelings of; guilt, remorse, failure, hopelessness, etc. So the momentary pleasure did not give you actual happiness. Most of the people reading this newsletter already have a fundamental knowledge of this fact and have made a commitment to forego pleasure and endure a certain amount of pain in order to find happiness at Shaolin-Do.

Shaolin-Do students forego the PLEASURE of:

- sitting passively in front of the TV every evening in search of entertainment.
- Partying late Friday nights (before Saturday morning class)
- Skipping class on any whim.

Shaolin-Do students face the PAIN of:

- Constant physical challenge
- Humbling (often humiliating) acknowledgement of one's own ineptitude
- Caring about things like Loyalty, Honor, And Right Action, when nobody else on the planets seems to.
- Having soreness in muscles you didn't even know you had.

In order to benefit from this article then you must come to grips with the FACT that when you seek pleasure you most often are assuring inevitable misery. Lao Tzu says that "The fool mistakes misery for pleasure".

### **EXPERIMENT #1 Short Term Pleasure = Long Term Misery**

If you don't believe me then go to a bar any night of the week and don't drink any alcohol. Just watch the people closely and try to determine if they look truly happy. What Lao Tze might have said (maybe it can be translated this way) is "The fool mistakes pleasure for happiness."

### **EXPERIMENT #2 Short Term Misery = Long Term Happiness**

Now schedule a visit to one of our conditioning classes. Watch the people's faces as they finish the class and prepare to go home. Tell me if the look happy with themselves. What has happened to their self-image? Sure they looked miserable during the class, but that only accounts for 1 hour out of an entire week. The self-image changes and feelings of accomplishment follow them home and forever. Isn't that a pretty good trade off?

I bring this topic up this week because we are heading into the old New Year's Resolution tradition this week. You might consider adding this one to your list. Actually, this resolution alone will take care of most of the other resolutions. I guess it is like the "Master Key" resolution. It is the foundation of self-discipline and is certain to:

- A. Make you happier.
- B. Make everyone in your life happier.
- C. Make you lose some friends (the ones that can't hang with the NEW you).
- D. Make you grow up some more.
- E. Bring you to class more often.

Of course you can edit or change it anyway you like, but the idea is a powerful one and I challenge any of you to try and embrace it. It is an all embracing concept and could be your only resolution this year.

"I resolve to seek TRUE LASTING happiness and not fleeting juvenile pleasures. I will question all sources of pleasure and after identifying the ones that lead to unhappiness and misery, I will courageously eradicate their stranglehold on my life. Life is all about meeting and overcoming personal challenges and so I will seek out the most difficult challenges in life, and detest that which is easy mindless pleasure. I will meet the new challenges while growling through my clenched teeth, something like, "Stop Whining", "Is that all you've got?" or "Bring it On!"

The source of true happiness is having the self-discipline to deny yourself something you want in the present in return for assuring yourself the future you want.

# **Shaolin-Do Association (SDA)**

**The Shaolin Do Association (SDA) is a group whose members are students of the Shaolin Art under the guidance of Grand Master Sin Kwang The', from various schools around the world.**

## **THE MISSION OF THE SDA**

***TO PRESERVE THE ARTS OF THE SHAOLIN TEMPLES OF CHINA,  
DEVELOP THE MENTAL AND PHYSICAL ABILITIES OF ITS MEMBERS,  
PROVIDE A COMMUNITY FOR ITS MEMBERS AND THEIR FAMILIES,  
AND INSTILL A SPIRIT OF EXCELLENCE IN OUR ENDEAVORS.***

## **The Benefits of SDA membership :**

- = **A comprehensive training manual that includes :**
  - o The history of our Shaolin Art.
  - o Information and training tips from the Masters.
  - o Many great stories from China's rich martial arts history by Grandmaster Sin The'.
- = **Discounts on SDA sponsored events such as seminars and tournaments.**
  - o SDA sponsored seminars taught by Master level instructors on a wide variety of topics designed to improve your martial arts skills.
  - o The SDA sponsored tournaments are an opportunity for you to meet and compete with other Shaolin students from around the country. Exciting demonstrations are always a highlight of our SDA tournaments.
- = **A subscription to the Shaolin Tao.**
  - o The official newsletter of the SDA. Stay up to date on the activities and upcoming events throughout the Shaolin system.
- = **Receive the SDA uniform patch that identifies you as a member of the SDA.**

## **To Apply for the SDA**

To begin enjoying the exciting benefits of the SDA, complete the [Membership Application](http://www.shaolin-do.com) on the SDA website (<http://www.shaolin-do.com>). Print out the completed form and mail it today with your check or money order (\$50 for individual, \$25 each additional family member). Soon we will be set up to take your application, payments and renewals online.

Within 4 weeks you will receive your SDA manual, patch, newsletter and membership identification card.

The following interview with Elder Master Bill Leonard is excerpted from the Spring 2005 edition of the SDA newsletter, *The Shaolin Tao*

## **The road back from injury.**

Or

### **Pain is Mostly Irrelevant**

#### ***Interview with 9th degree black belt, Elder Master Bill Leonard***

MJ. Elder Master Leonard, since you have trained longer in Shaolin-Do than any other single person, I thought you would be a good person to ask about the best ways to deal with injury and how to get back to training. First, what is the worst injury you have had?

EML. That's easy, that was the brain aneurysm I had in 1999, and it nearly killed me. It took me almost 2 years before I could really throw on a really good workout after I got out of the hospital. Of course I never actually told anybody that. I would workout hard and then spend 2 or 3 days in bed.

EML. In that vein, just let me say that I have been shot, stabbed, run over by a car, had sticks broken over my head, I've been beat with chains and yet nothing has ever kept from working out more than a week and half or two weeks.

MJ Your brain trauma must have been a rough lesson for you.

EML. Oh, this one was a revelation. When they told me it would take this long, I said "Yeah right". It was life and death really, but then a lot of them were.

MJ. What was the biggest mistake you ever made during a comeback?

EML. It's strange to say but it was listening to the Doctor. I injured my back working in a factory. Workmen's Comp had me going to a therapist and every time I left that place I felt worse than before. So I made up my mind that the Doctors were idiots and I would have to take my health into my own hands. So I started stretching and doing I Chin Ching, and meditation, and then in about 2 weeks I jumped back into Hua Fist. (Laughter). So I cured my own back injury which was something, since they had me down on a couch.

MJ. And you'd probably still be there today.

EML. Yeah, if I had been listening to the Doctor and the physical therapist, they'd still be pulling money from the insurance company and I'd be flat on my back on a couch somewhere.

MJ. What motivates you to always return, regardless of the injury?

EML. Well I've just done it (Shaolin-Do) all my life, and the thought of not being able to workout is just....unless you workout everyday and love Shaolin the way I do, you can't understand what I'm talking about. Being separated from it and not being able to work out is misery. I have to do it, I just love the stuff and it's my passion for training that keeps me at it.

MJ. What method do you recommend for returning from absences of different lengths.

*EML.* Well it depends on the injury. For instance the worst I had was the brain bleed. You have to pay attention to what is going on inside your body. If I didn't have an understanding of the 8 pathways of immortality, all of the chi and shen, I might have died. I realized that my YIN was severely damaged and so I began to do my yin meditation. It's interesting because when I had the brain trauma, Grandmaster Sin was in Taiwan. By the time he got back I had been moved to a private room, out of ICU. He came in, held my hand for a minute and said "Your YIN has taken a big blow, you need do this, and this".

I said "I know that's what I've been doing from the start", so we were on the same page. I continued to do these meditations throughout my recovery, which is what saved me and got me back.

*MJ.* Is there a difference in the way you deal with injury now, compared to in the past.

*EML.* Well, the older you are the longer it takes to recover from injury. This may sound stupid, but now I just tend to ignore it (laughter). For instance right now I have different healing message techniques that have been taught. Plus the self-healing meditations and some tricks like the light bulb for swollen knees.

*MJ.* What light bulb trick?

*EML.* Take a 100 watt light bulb and hold it about 6 inches from your knee and move it all around and it will remove the swelling from your knee. People say "What in h#@# are you talking about" but when they do it and it works, they're blown away. Be smart about your recovery. You might have to start with your internals and stretching first. The key is consistency and will power. You must be strong in the mind and consistent. A lot of times people use an injury to get out of doing something that they didn't really love in the first place. I have found that people will make the time and give the effort to do the things they REALLY want to do.

*MJ.* Any final thoughts?

*EML.* People forget to stretch and warmup. I'm actually the worst in the world for that. I'll do a deep knee bend and jump into the Hua. That's not smart for a guy my age. I should warm up for 10 minutes first. That extra 10 minutes will make it 90% less likely to get injured. Also, people need to stay serious and focused during sparring. People (even friends) are going to get injured or injure others in sparring when you are joking around and not paying attention.

*MJ.* Thanks Elder Master Leonard, there are some very memorable quotes in this article that I will likely hear again from my students, like "Pain is mostly irrelevant".

For More Great essays and interviews, [join the SDA](#) and receive your subscription to *The Shaolin Tao*

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## A Word About “External” and “Internal” Arts

What is an internal martial art, and should you practice one? Ideally, ALL martial arts reach a point where they attain some “internalness.” Most of what you will study prior to reaching black belt in Shaolin-Do falls under the heading of external martial art. These techniques are typically based on principles of blocking, striking, strength, speed, and power. In contrast, internal martial arts utilize a more intellectual approach and often use the opponent’s attacking force against him, with proper leverage, to solve every self-defense problem. While this sounds great, very few internal martial artists have the ability to defend themselves against a top-notch external stylist through the sole use of internal principles. Why is this the case? First, one must approach martial arts training very differently to master these systems. You cannot just “train hard” and “really sweat.” Your mind must be always alert, and to reach true mastery you must become almost a martial arts GENIUS. The price you must pay is tremendous, but the payoff is equally fantastic. Internal masters are almost invincible to the average attacker, as their techniques and abilities are beyond the comprehension of the external stylist. WOW! It sounds great, doesn’t it? But it might take you your entire life to reach this level.

This is the reason that the Shaolin monks trained the external abilities first, then turned inward later in life. They needed to have a deep understanding of fighting first in order to attempt to master an internal art. Not only did this speed their understanding, it kept them ALIVE in the interim. For similar reasons, the Shaolin-Do curriculum is arranged in the same way. When you reach black belt, your remaining years are filled with both increasingly difficult external systems and increasingly complex internal systems.

You may be wondering A) Should I take the external first? B) The internal first, or C) Both at the same time. Talk to your instructor to determine this based on your martial art and health goals, age and fitness level. Both programs have countless benefits beyond learning to fight. They will both relieve stress, lower blood pressure, increase flexibility, increase your personal power and confidence and lead to a great deal of fun and enjoyment. Your decision will be based on what you enjoy more and what fits your personality. To know this you should sit in on each of the programs (WHICH IS FREE) and find out first-hand.

## The Importance of Breath

Breathing is probably the most important process to fix in our health rituals. In fact, you die without doing it, so there must be a spectrum of quality of breathing. Think about this for a moment. Everything we have experience of doesn't just have two positions, but instead there is usually an entire spectrum between both extremes.

Can you agree with these first two assumptions?

1. Breathing is absolutely critical to your existence. With it you live, without it you die.
2. While there is a threshold for the amount you need to live, just getting over the bare minimum of breath must give you just the bare minimum of life sustaining energy.

If you agree with these assumptions, then it only makes sense that the more efficiently and completely and deeply you capture air into your body, the life sustaining energy you have at your disposal.

## Did You Know?

1. Humans only exchange 20% of the old stale air in their lungs with the fresh air coming in. This is usually done at the top of the lungs and so the bottom lobes of your lungs contain some really old, disgusting and useless air.
2. Paradoxically the bottom lobes of your lungs are almost twice as efficient at pulling fresh oxygen into your lungs.

Do you still think that breathing properly isn't that important?

Think again!

## Introduction

"Tai Chi Chuan" (literally, "Grand Ultimate Fist") is best translated as "The Ultimate Martial Art." Its name contains a double meaning, however, as the term "Tai Chi" refers to the energy state that was created at the beginning of the universe, that of perfectly balanced opposing forces (such as light and dark, etc.). We are all familiar with the Tai Chi diagram, known to most of us in the West as a "Yin-Yang."

## History of Tai Chi

While there are many different versions of the origin of Tai Chi, I will relay the one Grandmaster Sin told me. While certain elements of every version of Tai Chi's history are dramatized, they still convey an important message.

In 1200 AD a Shaolin Priest named Chang San Feng was in seclusion on a mountain when he observed a battle between a snake and a Magpie. While the Magpie was orders of magnitude faster than the snake, it still was unable to win the fight. Chang San Feng realized that the snake always moved backward at angles, because of the way snakes move. Even though it was much slower, it used angular motion to compensate. From this observation he created the first 13 postures of Tai Chi Chuan (Grand Ultimate Fist). After Chang San Feng the form ended up within the Chen family teachings. This family is still found in China's Henan province. It remained a well-kept secret within this family for about 600 years. In the 1800's a small man from Southern China began to work for the Chen family. His name was Yang LuChan or Yang LuTan (depends on your pronunciation), and he secretly watched the Chen Master teach Tai Chi for 18 years, all the time practicing what he saw. He finally left the service of the Chens and was awarded the job of training the Empress Dowager's Imperial Body Guard (20,000 men). After this post he traveled the country taking challenges from anyone and was known throughout China as "Unbeatable Yang". The Yang style of Tai Chi is the most famous in the world and is the first system of Tai Chi that you will learn in our school. He also created several Tai Chi weapon forms for the soldiers which we will teach you next. Then you will learn the art of Pa Kua Chang (8 changes palm), an art created by master Tung HaiChuan. In the advanced stages of your internal training you will learn Chen family Tai Chi, and the final internal art, Shing Yi Chuan (form of the fist that depends on the will). Shing Yi is the most deadly of all the internal arts (except for Meteor Fist)

## Benefits

The benefits of Tai Chi are so numerous, it is silly to list them all. Instead I ask you to consider the goals of Tai Chi and how they relate to your health and happiness.

Complete mind-body connection

Complete body sensitivity.

All-over increase in circulation

Effortless motion and tension free posture

## Tai Chi Basics

### **Stepping**

Each step of Tai Chi is taken with complete balance and precision. You can begin with a cat stance and then step forward (perpendicular from the base foot) onto the heel by bending your standing leg. Weight is then shifted into the advancing leg. To take another step you can either head off at a right angle or twist your front foot before stepping. Never make your stance too long because it will prevent you from smoothly transferring weight for the next step.

### **Posture**

Starting at the posture Ie Bei Se (ready position) which is a small horse stance; the feet are slightly pointed outward. The knees are slightly turned inward, which helps to root the person. The pelvis (hips) is tucked under, which flattens the lower back. The chin is pressed slightly inward which straightens the neck as if somebody is pulling upward on the crown of your head. The spine is straight, the shoulders dropped, the elbows slightly bent. Relax and sink the weight into the lower body. You can visualize the weight of the atmosphere pressing against every square inch of your body, supporting you and rooting you in place.

As the hands rise up in the first posture (rising posture) try to imagine that they are resting a beach ball that is rising with the tide. As they float upward, the armpits should feel "hollowed" with the elbows pointing slightly outward. The fingers of both hands should reach to the front yet not be tight. The entire motion should be very slow with an emphasis on feeling very heavy in the arms. Try to imagine that you just woke up and can only move your limbs by using every once of will-power. This "heaviness" should increase as you move slower and the end result will be a heat and tingling in the extremities. This is a positive sign that you are ready to begin the form. Try hard to maintain this state of awareness throughout the form.

### **Movement**

Movement originates from Tan Tien, the body's center of gravity (and center of the energy network), 2-3 inches below the navel. The shoulders and hips stay aligned, so the trunk of the body moves as a unit. Arm movements are small and serve to accentuate the body movement. For the most part, the knee never moves beyond the foot, and the hands rarely move past the knee. There is often a relationship between hands and feet, knees and elbows, and always between shoulders and hips. The spine should stay upright, the pelvis tucked under, Bai Hui lifting up and shoulders relaxed as you move through the form.

## Pushing (or sticking) hands

This is the training technique for incorporating the elements of T'ai Chi within your fighting strategy. The concept is quite simple but the actual process is very lengthy, complicated, aggravating, painstaking, but well worth it. Essentially you begin with the

movements and concepts of T'ai Chi, then build stepping stones between this abstract level and what is necessary in fighting. In other words you take whatever technique you wish to perfect, then build drills for that technique that make closer and closer approximations to fighting. You do this with a target time table of 10-20 years ( I wish I were kidding).

## Breathing and meditation

In this training we are literally teaching you to gather more "energy" or Chi from your environment than other people. You learn to focus your mind on one process (counting the breath for example) while performing a dynamic and powerful breathing pattern. This causes one to accumulate this internal energy called chi. All living things have Chi yet do not have the internal control to manipulate it. The gathering of this energy will lead to increased vitality, decreased illness, a need for less sleep, increased power for use in punching and kicking, a calmer and more controlled mind.

In fact, meditation is possibly the most challenging exercise you will ever encounter. Most people in today's world are completely incapable of being alone with THEMSELVES with outside distractions for more than 5 minutes at a time. Their every day is filled with all manner of noise and entertainment to avoid just such an intimate encounter with themselves.

## ***Internal Program Rank Advancement***

*Testing for each level will be cumulative and the cost will be identical to the Kung Fu belt tests.*

### ***White to yellow 3 months***

1. Tai Chi stepping
2. Part the mane
3. Brush the knee

Tai Chi 24

### ***Yellow to Blue 3 months***

Tai Chi sword

1. Sticking hand level 1 (deflection) 10 skills
2. Yi Chin Ching 1-5 (15x)

### ***Blue to Green 3 months***

1. Yang 64
2. Yi Chin Ching 6-12 (15x)
3. Optional: Hua To's Live Animal Training

### **Green to 3<sup>rd</sup> brown 3 months**

Chen fan

Optional: Hua To's Dead Animal training

1. Sticking hand level 2 (following) 5 skills
2. Beginning Hua Jing training

### **Brown 3<sup>rd</sup> to 2<sup>nd</sup> 6 months**

1. Sticking hand level 3 (2-hand traps and washes) 5 skills

Buddha Fist

2. Self-defense 16-20
3. Creation of 10 applications from yang 64
4. San He Chuan

### **Brown 2<sup>nd</sup> to 1<sup>st</sup> 6 months**

Pa Kua Chang 1-4 sections

1. Single hand stable and moving push hands
2. Know Pa Kua rules 1-32
3. Skewer the Sun sword

**Brown 1<sup>st</sup> – Black 1<sup>st</sup> 6 months**

1. Pa Kua section 5-8/ know rules 33-64 of Pa Kua
2. Two hand and 2 on 1 push hands
3. Synthesis of sticking hand (5), deflections (8), sweeps (10), and station point training (13)

**Black 1<sup>st</sup> – 2<sup>nd</sup> (total in internal system of at least 4 years)**

1. push hand verses external style fighting
2. Applications for entire Pa Kua form
3. Hua Jing level 2 (candle training)
4. Snake Pa Kua section 1
5. Yin Dagger (white eyebrow system)
6. Shing Yi system

**Black 2<sup>nd</sup>-3<sup>rd</sup> (7 years in internal curriculum)**

1. Yang tai chi broadsword
2. tai chi broadsword 2-man set
3. Yin and Yang Dagger (complete white eyebrow system dagger form)
4. meditation level 2 (shien tian chi)
5. other requirements to be announced

**Black 3<sup>rd</sup> –4<sup>th</sup> (10 years in internal curriculum)**

1. 8 Animal Pa Kua
2. Shien Tian Chi Hua To animals
3. Shaolin U Shing Chuan
4. Pa Kua Oo Tze Kun or Pa Kua Spear

**Black 4<sup>th</sup> – 5<sup>th</sup> (15 years in internal curriculum)**

1. 8 pathways to immortality
2. Snake Pa Kua
3. Iron Man Training
4. Internal Weapon

## Shaolin Combination Tai Chi 24—TaiJi Quan AlShi Si

### **1. Rising posture**

Step with left foot to a small horse stance. Raise both hands in front of you to shoulder height. Then lower them again. Armpits feel hollow, the elbows point slightly outward and the fingers are reaching gently to the front.

### **2. Part the Horses Mane**

Shift the weight to the right leg and hold the ball on the right hip (right hand on top). Step with left foot to front stance and raise the left hand toward the west. The right hand brushes over the raising left hand. Twist the left foot and hold the ball on the left side (left on top). Step to right cat and repeat this posture 2 more times.

### **3. White Crane Spins the Wings**

Ring the right foot pulls up next to left. Left hand falls (palm up), while right hand raises (palm down). They pass each other, flip positions and come again toward the middle.

### **4. Brush the Knee and Push**

Turn the right foot, draw the right hand up next to right ear, then use your left hand to make a blocking motion over the left knee while the right palm strikes forward from the chest level. Repeat this motion 2 more times. Ending with left foot forward.

### **5. Hands Play Guitar (Pi Pa)**

Slide the right foot up then step forward with the left foot to left heel stance. Hands move in an elbow break in front of you.

### **6. Left and Right Flip the Elbows**

Flatten the left foot and open the hands up (both palms up, right hand high)

Shift more weight until the left foot is one the heel. Then step back and push the right hand forward. Draw the left hand in chest level (palm up). Right hand goes over the palm like it's pushing something off it. Repeat this a total of 4 times and end up left foot forward.

### **7. Grab the Sparrow's Tail Section.**

Pull the left foot into cat stance and hold the ball (right hand on top).

Ward Off – Step with left foot to bow stance and push with left hand (back of hand) while right hand follows. Half-way out both hands flip to their opposite position.

Roll-Back – Shift the weight back while bringing the left hand around the front of the body.

Press – Right hand moves behind left wrist and presses it forward as the weight shifts forward. Push – Pull the weight back again, draw the hands toward the chest, circle them down in front and push back out with the weight (palms forward)

When finished pull weight back and open arms to the west. Then shift weight to the left leg and open the arms to the right. Shift back to right cat and hold the ball with left hand on top.

### **8. Repeat the Grab the Sparrow Tail section on the right side.**

### **9. Single Whip**

Turn on the right heel and follow the right hand with your eyes. Half way around you shift the weight to the right foot and pull the left to cat. The right hand forms bird's beak our from right shoulder. The you step with the left foot and brush the left hand out and forward to bow stance.

### **10. Cloud Hands**

Draw the left hand in and press the right hand down in to right bow stance. Pull the right hand up in front of chest and press the left down while

Drawing right foot up to a very small horse stance. Now raise the left while moving left foot out to bow stance, push right hand down. Bring the RH up while bringing the RF to a small horse drop the left hand again. Bring LH up while moving LF to small bow stance, Drop RH. Bring RH up while drawing in RF. Drop LH. Raise LH to waistline (palm up) stand in a cat stance and do the next move

## **11. Single Whip**

On a High Plane Look Out For the Horses (High Pat Horse)

Draw right foot up while opening both hands upward in front and back. Slide the left foot in front. Leave flat to the ground with no weight. Meanwhile pull left hand in, and push right palm forward. Pull the left foot back up, pull the left hand up under the RH toward the chest. Push them both back toward the floor as the left foot hits the ground again.

## **12. Separate the Right Leg**

Circle the two hands up to the chest (RH in front). Draw the right leg up and extend the right foot to a front kick and both palms to the side (palm away).

Twin Mountains Strike Temples

Bring the right down straight to the heel, meanwhile bring both hands in front of you (palms facing you and fingertips pointing to the ceiling.) Circle them down around into a double temple strike as your weight hits the right leg.

## **13. Separate the Left Leg**

First you turn to face South and bring hands to an almost praying position in front of your chest. The weight is in the center. Then turn to the east and shift the weight to the left foot. Both hands push to the front and back. Then pull the weight back to RF, block with palms to the sides of the waist. Then circle the hands into a crossed position in front of chest (left in front). Meanwhile raise the left foot and then kick it forward while pushing the palms to the side.

## **14. Snake Creeps Down (low single whip)**

Keep the LF high and turn a little to the South. Hang the Lotus position with the RH bird's beak and left hand palm up at navel. Drop low and fan the left hand forward. Stand to a bow stance with LH side hand in front and RH bird's beak behind you pointing to the ceiling.

## **15. Golden Rooster Stand on One Leg**

Raise the right leg up and both hands point up.

## **16. Snake Creeps Down**

Turn to the North and repeat the snake creeps down posture.

## **17. Golden Rooster (on the other side). This ends with left leg up.**

## **18. Fair Lady Works the Shuttle (loom)**

Put the LF down, twist to North and hold ball (LH on top). Step with RF, block up with the right hand while palm striking forward with the left hand.

Repeat on the other side.

## **19. Needle at the Bottom of the Ocean**

From the left bow stance, pull the weight back to cat, circle the left hand and stab downward with the right spear hand.

## **20. Lightening Hands**

Step forward with LF, turn to South and push both palms in that direction (stay in a left bow stance).

## **21. Turn the Body and Strike the Fist Out**

Turn the left heel then shift weight forward while punching (palm up).

## **22. As if Closed and Sealed**

Step with left foot at 45 degrees. Guard with the left hand and punch forward and circular with the right hand (vertical punch). Circle the right hand back to a cross hand posture with the weight back. Open hands and push back forward.

## **23. Cross Hands Posture**

Turn on the left heel and raise the left hand. Turn on the right heel and raise the right hand. Step back with the right foot to horse stance and cross the hands in front of the chest (right in front).

## **24. Closing Posture** Lower hands to the side, draw your left foot over and BOW.

## Deflection and Following Techniques (Sticking Hands)

### Deflection

1. **Starting Position.** Attacker Steps in with right foot and punches with right hand. Defender starts in right bow stance pulls back to cat while meeting their attack with lead hand.
2. Just meet the attack and match speed and pressure without a counter.
3. Repeat #1 and then pull them past you, using their force against them.
4. Repeat #2, but strike them in the side with your other hand as they pass by.
5. Step back to left bow stance as you deflect. Pull them in and strike them with your other hand.
6. Deflect like #2 and step behind their lead leg with your left foot. Do “part the horses mane” as you throw them with your lead arm (left).
7. Same as #5, but pull their attack upward and use your shoulder to strike their side.
8. Deflect with right, press the attack down with left hand and push them forward with the right hand, “brush the knee and push”
9. They grab your lead hand (cross grab) you smack to their face with your other hand, they block, your cross their hands and push, or twist their arms for a throw.
10. Block inside their attack (deflect) and elbow or back-fist to the face.
11. Step back and deflect the attack. Pull down with deflecting hand and break the elbow with the other hand. You can also kick the knee with the lead leg.

### Following attacks

1. **Starting Position.** Start each technique with your right hand already touching your partner’s right hand (at the wrists). Each technique begins with your partner initiating a retreating movement.
2. Following the retreat, push their right hand against their chest, your other hand joins the push on their collapsed arm as you throw them backward.
3. Following their retreating movement (dropping type), your right hand “rides” their retreating right hand and slams them in the stomach or ribs.
4. Follow like #1 and add a trip with the back foot wrapped around their front leg.
5. The pull their lead hand (and weight) backwards to execute a kick with their lead leg. You follow their weight, wrap their lead hand down around their front leg and lift that leg. Run backwards or sweep their standing leg.
6. The pull back but actually take a full step backwards. Follow their right arm to cross their body. Right hand is now pressing their wrist near their left shoulder. Add your left hand onto their right shoulder. Hop in and wrap your right foot or step and use your left foot behind their lead leg. Cross their body with the throw.

### Two Hand Traps and Washes

1. **Starting Position.** Start with both your wrists touching your partner’s wrists. Each technique will determine whether they’re inside or outside their wrists.
2. Outside their wrists. Use one hand to cross one of their hands over their other hand. This frees your other hand to strike them.
3. Inside their wrists. Reach over with one hand to grab the cross hand wrist of the partner . Use the elbow of the grabbing hand to pin their other arm. This frees your other hand to strike them. Senior Master Smith calls this one the “Snake Trap” because the final position looks like a coiled snake.
4. Outside their wrists. Attack downward with one hand (under their other arm) toward their

ribs. As they deflect the attack away from their body, you come up from under their other arm and lock it down (crossing their arms) to free your other hand for the strike.

5. Inside the wrists. Same as #3 accept the starting position.
6. Inside or outside. Attacker pushes both hands deep into your space at the same time. You follow their arms in, while preventing contact you pull them downward in a circular way, then circle back upward and forward in a circle like the pushing movement in “Grab the Sparrow’s Tail”. The further your attacker penetrated your space the greater your chance of getting a strike in on the return.

## Tai Chi Straight Sword

### TaiJi Jian

- Bow and rising posture
- Shift to the left and drop sword behind the back. Shift weight forward to the RF
- Step to LF (RH in sword hand)
- Step with RF to a cross stance facing South. Cross the LH with sword over the RH. Push both hands to the front and back.
- Step with LF to heel. Sword is along left arm. Shift weight forward while standing sword erect. Bring the right foot next to left.
- Step back with RF and grab sword with RH. Press with left sword-hand.
- Shift weight to Remove sword under, behind and over the head, Stand on RF only and hold sword-hand parallel to the sword.
- Put the LF down and cut to west. Turn the RF then LF, bring sword under and corkscrew thrust to the East. (LF forward)
- Step with RF and cut head level (palm down, left to right)
- Step LF and cut palm up right to left.
- Drop the sword toward the ground, step RF. Rotate sword and slice downward while standing only on right leg.
- Step back onto LF. Pull RF in and turn sword upward into a parry. Step back onto RF and thrust sword upward with sword-hand parallel to handle.
- Put RF down to a monkey stance, circle sword on right side into a block and block left temple with sword-hand (SH)
- Step South with RF and block up with sword (left SH supporting). Then step with LF to East and thrust (knuckles up), LH head block.
- Pick up RF and draw sword under and upward to the West. LH holds the RH in its palm.
- Rock forward with your weight to the right leg. Circle LH forward then scoot back to LF and roll your sword upward into a parry.
- Step back to LF cat and cut the sword and LH SH over the left knee. Raise right knee while cutting sword up in front and thrust forward to RF bow.
- Hop forward to right knee up position while cutting over right knee with both hands, raise the sword in front and thrust through to right bow again.
- Shift weight to left foot while drawing sword over the head. Point at sword with LH SH. Right foot is in monkey stance.
- Shift your weight to the RF while turn to look North. Keep the upper body in the same position.
- Shift the weight to the LF while cutting the sword to the right. Step through with the right foot toward the West while stabbing in the same direction (knuckles down).
- Pivot to look East and chop sword over the right shoulder (left bow stance)
- Push the left SH forward as you pull sword in and pull the left foot back.
- Step forward to a narrow horse stance (left then right foot) while cutting the sword to knuckles up in front. (parry motion). Sink down and pull sword to waist. Stand and push sword out. Sink and pull sword, stand and push sword up to the high right in a block (SH supporting).
- Step to LF bow stance and stab the sword East (knuckles up), head block.
- Cross step with RF and block again with sword.

- Step and thrust again
- Step and thrust behind you to the West while pushing the SH East.
- Step to LF bow and draw sword over your head.
- Pick up RF and change directions to face West, while cutting the sword West. (block the head)
- Circle both hands toward South and walk left then right foot to monkey stance while stabbing toward ground in front of your body. (SH supporting)
- Step backward with RF to left bow facing South while stabbing backward near left waist.
- Pivot 180 degrees to look North and push sword forward waist level. Then block it upward with SH supporting.
- Step with LF West and stab sword next to left waist. Step with right foot to bow stance (West) and cut down.
- Pivot in place to stab backward East while pushing the SH West.
- Step west left then right to monkey stance, while stabbing downward.
- Step back toward East to bow stance, while cutting sword down (East) and SH down (West).
- Pick up left knee and push right wrist outward in front of body.
- Step toward West with left then right foot to RF bow stance. Stab West with knuckles down position.
- Pull weight, sword and right foot back. Step North and push sword horizontally. Step left foot North, pivot to look South and push the sword South. Step left foot North, look North and push sword North. (each push is supported with left SH)
- Separate both hands. Point SH and sword straight up. Step with left foot West, wrap sword around left side of head (tip pointing North)
- Thrust sword North. Circle tip counterclockwise and receive into left hand. Draw feet together as you inhale. Exhale, push right SH outward, inhale draw it back to chest, exhale lower the SH and bow.

<b>Yang Family 64 Postures Tai Chi</b>	
These are the names, but the count is not correct.	21. Repulse the monkey
Divide the form by single whips.	22. Slanted flying posture
1. Ready Position	23. Cloud hands
2. Rising Posture	24. Single whip
3. Hold ball on right	25. Snake creeps down
4. Ward off	26. Golden chicken stands one leg 3x
5. Grab the sparrow's tail ( ward off, roll back, press, circle the hands and push)	29. Golden chicken kicks the leg 2x
6. Single Whip	31. Turn the body and kick the heel
7. Raise the hands lower the hands	32. Brush the knee and push 2x
8. Lean forward	34. Plant the hammer
9. White crane spins the wings	35. Fair lady works the shuttle (4 x)
10. Brush the knee and push	39. Ward off & Grab sparrow's tail
11. Hands play guitar (Pi Pa)	41. Single whip
12. White crane/brush knee and push	42. Snake creeps down
13. Block-deflect-punch	43. Step forward & face the seven stars
14. As if closed, as if sealed	44. Retreat and ride the tiger
15. Cross hands posture	45. Turn the body and smack the lotus
16. Embrace the tiger return to the mountain	46. Bend the bow to shoot the tiger
17. Grab the sparrow tail section	47. Deflect-punch
18. Diagonal Single Whip	48. As if closed
19. Regular Single Whip	49. Cross hands
20. Hammer under the elbow	50. Closing

## **Ho Tian Qi**

Literally translated this means “after heaven (birth) breath”. This training involves any form of meditation where the focus is on breathing and gathering of qi. Ho tian qi training can be divided into two different sub-categories; Yin and Yang qi training.

**Begin this practice with some form of physical exercise:**

**Like:**

- Dead animal training (wu si se hua-Shiung hua is the best)
- I chin Ching
- San He Chuan (my favorite)

**Then use a meditation posture:**

- 1-standing (hands like I chin ching #2)
- 2-sitting in half or full lotus
- 3-sitting on a chair (back straight, knees make right angles)
- 4-head and ankles on two chairs (like a bridge)
- 5-lying down (not good if you sleep too easy)

- Close your eyes and bring your concentration on **Ying Tan**, the third eye or the eyebrow point.
- Curl your tongue so that it touches the roof of your mouth.
- Begin to slow your breathing
- Move the focus of your concentration down the front of your body to **Dan Tian** (or **Qi Hai**).
- Begin upper level breathing using yin or yang qi breathing pattern.
- Continue this training and do middle and lower level breathing.
- You can also do linkage breathing as well as yin/yang qi training.

**To finish:**

Place your hands palm up in front of your waist and breath in as you raise them up. Turn the hands over and lower them as you breath out. Repeat this procedure five times to finish Ho Tian Qi training.

**Notes:**

- You should work on generating a feeling of warmth at the dan tian area. Avoid letting your thoughts wander.
- For success don't be impatient for results and practice daily.
- In general Yang qi training is for strength and physical energy, while Yin Qi is more for passive meditation and sharpening of the mind.
- Practice at least 15 minutes daily to make **some** progress.
- If you experience a physical “reaction” during your training don't worry this is normal, as is sweating and elevated body temperature.

## I CHING CHING

1. Stand straight, clench fists by your side. Tense on exhale, hold your strength on inhale.
2. Stand straight, arms by sides, fingertips pulled up so palms face ground. Keep elbows straight, pull fingertips up on exhale, hold tension on inhale.
3. Stand straight, arms straight out to side at shoulder level with palms facing outward. Keep elbows straight, pull fingertips back on exhale, hold tension on inhale.
4. Stand straight, feet shoulder width apart, hands are in praying position with elbows up level with shoulder. Pull hands apart on inhale (no tension), push hands together hard on exhale, concentrate on the chest.
5. Laughing Buddha. Feet wider than shoulder width, hands straight up with fingers pointing to the side, palms skyward. Lock knees, bend back on exhale, stay there on inhale.
6. Two parts, left and right. Feet shoulder width apart, knees straight, bend to side on exhale, stay on inhale (arms straight with palms pointing to the side).
7. Feet together, knees locked, bend forward on exhale, try to touch elbows to floor, stay down on inhale.
8. Stand straight, arms in front at shoulder level, palms facing floor. Drop shoulders (hold breath), relax, repeat.
9. Stand straight, feet shoulder width apart, arms in front of chest with elbows touching. Palms out, inhale as hands begin to make circle, close fingers to first joint, hold breath, pull hands in until knuckles touch chest, continue until elbows again touch, then exhale.
10. Stand straight, both hands to side at shoulder height with palms facing out to side, inhale. Hold breath and drop shoulders, relax on exhale.
11. Two parts: right and left, just like #8, except one arm at a time.
12. Two parts: Right and left, just like #10, except one arm at a time.
13. Lay down on your back on exhale. Sit up at 45 degree angle and cramp stomach muscles. Stay 45degrees on inhale and cramp on each exhale. (Hands clasped behind head.)

14. Lie down on back, hands clasped behind head. Lift both feet together to a 45 degree angle and cramp stomach muscles. Remain up on 45 degrees on inhale and cramp stomach on each exhale.
15. Two parts, right and left; lay down on your side for sideways sit-ups. On exhale, raise to 45 degrees and cramp side stomach muscles. Remain up on inhale, cramp on each exhale.
16. Lie face down on floor, hands clasped behind head. On exhale, raise chest off floor. Hold chest off floor on inhale and try to raise up higher on each exhale.
17. Lie face down on floor, hands straight behind you with palms on floor. On exhale raise legs off floor as high as you can, on inhale stay in raised position. Try to raise legs higher on each exhale.
18. Stand straight, clasp fingers together behind back. Bend forward at the waist, raise arms as high behind back as possible on each exhale. Retain on inhale.
19. Two parts: Stand straight with feet pointing forward. First side, place left arm behind back with palm facing outward and right arm behind head with palm to the head. Twist body to the left as far as possible on each exhale. Second side, reverse.
20. Two parts: First side, left hand in middle of back, palm out. Fingers pointing to head. Right hand goes back over right shoulder and clasps fingers of left hand. Alternate pulling right hand on one exhale and left hand on the next. Second side, reverse.
21. Two parts: First part, sit down, back straight with legs extended in front. Take right foot and place on floor outside the left knee, keep left foot straight. Take left arm and reach around right knee and grasp under left knee. Right hand is bracing you on the floor. Twist body to the right as far as possible on each exhale. Second side, exactly reverse.
22. Two sides: One arm push up in low position. Straighten on exhale but do not push up all the way.
23. Sit down on floor with legs extended in front of body. Place palms on floor beside you. On exhale, push arms to locked position raising body and feet off the floor. Keep position on inhale and press harder on each exhale.
24. Two sides: One arm push up in low position, only one foot on the floor. Right hand with right foot and vice versa.
25. Start in formal sit position, place palms reversed inside of knees. Elbows will go into body, throw weight slowly forward until entire body is off the ground and supported by the palms. Straighten body out and do your exhale and inhale same as 1 and 2.

26. Sit down in cross leg position and lie flat on back with legs still crossed. Arch back, only head and feet touch the ground. Arch back more on each exhale.
27. Horse stance position. Bend backwards and touch ankles with hands. Bend back more on each exhale.
28. Top of head and balls of feet touch ground with body arched. Push with toes more on each exhale.
29. Sit down, place hands on floor behind you. Arch body so that hands and feet are all that touch the floor. Arch more on each exhale.
30. Two sides: Stand on one foot, push up on toes. Stay there on inhale, push higher on each exhale.
31. Two sides: one leg squat, higher on each exhale.
32. Clasp fingers together, place on ground. Put head in hands and do a head stand. Arch back more on each exhale.
33. Lie down with crossed leg position. Hands behind head, raise up to a 30 degree angle and cramp stomach on each exhale. Maintain position on inhale.
34. Two sides, Sleeping Buddha: lay on side. Lift legs sideways on each exhale. Maintain position on inhale.
35. Lie face down, reach back with hands and grasp ankles. On exhale, pull with both hands and kick back with both feet. This will arch back and pull chest off floor. Maintain on inhale.
36. Lie on back, push up with hands by shoulders with feet. This will arch back and push stomach upwards. Maintain on inhale, arch more with each exhale.
37. Lie on back, raise up until entire weight is on shoulders. With feet straight up in the air, brace back with hands. Press back and feet straighter with each exhale. Maintain on inhale.
38. Two sides: Sit down in cross leg position. Clasp hands behind head, twist body down to touch right elbow to left knee. Reverse feet and twisting direction for next side.
39. Two sides: sit down, extend left leg straight out. Place bottom of right foot as high into left thigh as possible. Grasp left foot with both hands and pull with hands, touch head to knee and kick heel out on each exhale. Maintain on inhale.

40. Two sides: sit down, extend left leg straight out. Take right foot with both hands, pull right foot up behind head on each exhale. Maintain position on inhale. Note: Once leg is comfortable behind head, lean forward and grasp foot of leg that is straight out with same side hand and pull for more stretch.
41. Two sides: stand on left leg. Grab right foot with right hand and, keeping both knees locked, stretch right foot as high as possible on exhale. Maintain on inhale.
42. Crouch down on balls of feet with palms on floor. Place elbows clipped to thighs, lean forward until you catch your balance and only palms are touching floor. Maintain position on both inhale and exhale.
43. Two sides: lie on side with knees bent and pulled. Put hands on floor in front of chest and stomach and press entire body off of floor with hands. Press higher on each exhale and maintain on inhale.
44. Two sides: squat down. Cross right foot over left knee. Do calf raises with left foot. Press higher on each exhale, maintain on inhale.
45. Stand on hands using wall for balance. Do halfway down and back up handstand push up on exhale. Let down on inhale.
46. Lie down on back, keeping legs straight and back on the floor. Bring legs over body so that toes touch floor above your head. On each exhale, press feet further back.
47. Chinese splits: keeping feet pointed straight ahead, split sideways as far as possible. Exhale on each press down, maintain on inhale.
48. Two sides: front splits, place right foot in front and come up on heel so that toes point to ceiling. Keep both knees locked and split as far as possible on each exhale. Maintain on inhale.
49. Two sides: Just like #25 except on one arm. Note: to get up you may use two fingers of the opposite hand to get balanced, then let go and stay on one arm.

## The Kids Program

We have a strong award winning kid's program here at Shaolin-Do. Children ages 5-12 can study Kung Fu in the children's classes which are separate from the adult classes. After that they can easily slip into the adult program. The material they learn is the same as that of the adults so somewhat challenging, but each colored belt is divided in two sections by a striped belt so that the children can reach goals within regular intervals and remain motivated. The striped belt test fee is only the cost of the belt.

### How Can I Help my Child Practice?

The material for the different levels is described in the next few pages so that you can help your child at home. Reading the description to them will help them remember the form as they practice because it reads just like we call it out in class.

### What Can a Child Achieve in Kung Fu?

Children benefit so much from studying Shaolin-Do. They learn to focus their thoughts and actions, they learn awareness of their movements and surroundings, and they find out that the more they put in to **anything**, the more they get back (see accompanying article). In addition to these incredible traits, they become more flexible and coordinated while improving memory and attention span. And of course, they learn the all important methods of self-defense.

How do I keep my child from using martial arts on siblings and playmates? We'll all be involved in this one! We regularly emphasize to the children that kung fu is ONLY for self-defense and when it's appropriate to use it. We encourage you to remind them of it to and to come to us if a transgression occurs. This way we can address it again and discuss. But for the most part, we've found that the more training you've had, the less likely you are to respond to those who taunt you or "push your buttons".

This comes from a confidence you have from your training that removes you from being bothered by petty attacks. And of course, you have the skills to handle anything more serious.

### Tournaments

This topic is addressed in its own section previously in this manual, but in general, though tournaments are not emphasized in this style and we do not require participation in them for rank advancement, we do encourage our students to join in.

This is simply because it's a very positive experience for everyone and a great day of fun and amazing demonstrations AND those who compete, particularly if they are a little (or more than a little) nervous about it come away from it knowing that they conquered a fear. That knowledge comes back to support and encourage you in all things in life and that goes for the children **and** the adults.

## Summer Camps

We do have a summer camp every year for students who are currently enrolled. It is a week long and includes exercise, kung fu, games, stories, ink painting, Chinese food and more. The kids and instructors have a great time and make leaps and bounds in both their training and their motivation.

## Rules for the Kids and Parents

Please go over the school rules with your child a few times throughout their training in addition to the three listed below. And please read those that apply to any siblings who may be waiting with you while their brother or sister takes class. Children cannot be unattended in the school and we must have no running or loud noise. We appreciate your cooperation with this. See following letter.

## The 3 Golden Rules

Always work hard—110%!!!!

No Playing Around, listen and follow instructions.

**Always** respect others.

## Dear Parents,

Children stand to learn so much more than self-defense from studying Shaolin-Do. You may have enrolled your child for the purpose of introducing a fun activity, improving their discipline or teaching them self-defense, and Shaolin-Do **does** provide all of these and so much more! However, we need your help to provide your child with the most powerful tool he or she will ever learn, and will ever need for that matter. That tool is effort. Many parents and grandparents talk of the hardships they experienced in their youth and how those hardships helped to make them the resourceful, strong, ethical and hard-working people they are today. But the hardships were not enjoyable and, understandably, no parent wants their children to endure them. But how do we instill the values those hardships teach without the trauma?

Martial Arts provide a controlled and measurable series of "hardships" in the form of healthy, challenging exercises and forms that they must step-by-step master before moving to the next level. The exercises make them stronger and more flexible, the material broadens their ideas and sharpens their focus, and the goals (the different belt levels) are attainable within reasonable periods of time. However, to get the most from the experience, the children need to learn the value of effort. The more effort they put into their classes and practice at home, the bigger the pay off. We emphasize this continually in class and try to point out to them that the more they put into ANYTHING the more they get out of it and of life, in general. We are trying to help teach them to go after what they want in a methodical and positive way. You can help by reminding them to practice between classes, call out the description of a sparring technique or short kata when they get stuck (see material section) and encourage them to stretch and practice fast or powerful kicks too. If they can come to their next class having still retained the material they learned at the last class, they will be ready to move on and they will begin to develop the tools of practice and effort that will benefit them at school and life. Having the material solidly in their memory from all that practicing will reinforce their self-confidence and a wonderful positive feedback loop will develop.

We want you to trust us with your child's training. Don't ask us to move your child along any faster than we are or pressure us to test your child before we deem him or her ready. Rushing your child through the system for the purpose of changing belt colors or keeping up with the others will only hurt them. Making them wait until they are ready for their new belt, even if another child passes them briefly in that goal, can be the one most valuable lesson your child will take from class, the lesson that patience is rewarded and effort

brings value to the reward. We are not like some schools that move students along at a snail's pace because they want to extort tuition from you for as long as possible or because they don't have enough material to keep your interest for long. Ask any adult taking our classes and they'll tell you that we don't hold back on material. But we will hold back for the sake of self-confidence and discipline. If you are not ready to test, you must practice and wait until you are ready. Anything less than this, cheats you of the valuable lessons sandwiched between the material, lessons of focus, will power, and effort. If you have any questions, please feel free to ask and thanks for helping us with our job as we hope we are helping with yours. In the end, we want all of the kids to be confident, fit and totally aware of the value of effort in all of their endeavors.

Sincerely, Master Joe Schaefer and Sifu Sheryl Schaefer, Austin Texas

### **REQUESTS FOR THE PARENTS AND SIBLINGS**

1. If you are dropping your child off for class, do not drop them off unless the instructor is there and please pick your child up promptly at the end of class. Children cannot be left unattended.
2. If you have children with you who are not taking the class, please teach them the school rules and don't let them run around or play with any equipment or merchandise.
3. We ask that you don't speak to your child from the sidelines. The child needs to know that in the kung fu classroom the Sifu is their teacher - anything else is distracting and confusing to them.
4. Please go over the school rules with your child and assist them with storing their gear in the appropriate place, etc...
5. Finally, you can help your child considerably by reviewing material at home (see letter to parents), encouraging them to stretch and practice their kicks and punches.

# Goals to Reach Yellow Stripe

The sparring techniques and short katas are described in brief detail so that parents or siblings can call out directions in helping the student practice. No one would be able to execute these without having previously learned them. Their purpose is to merely remind the student of movements already learned in class.

## White to White Stripe Belt

1. During this period we will teach many basic concepts. The class period will be divided in this approximate way.
2. 10 min. Warm-up Exercises
3. 20 min. Basics and exercises.
4. 10 min. Material
5. 5 min. sparring

## Your child will learn these Basic techniques

Horse stance	Front Kick
Bow and Arrow stance	Side Kick
Cat stance	Round House Kick
Sparring stance	Hook Kick
Basic Punch	

We will teach them this set of sparring techniques:

## Junior Techniques

1. Jab Punch
2. Over/under double punch
3. Side kick then front kick (foot doesn't touch floor in between)
4. Front Sweep followed by side kick (foot doesn't touch floor in between)
5. Jump round house kick
6. Back sweep followed by front kick (foot doesn't touch floor in between)
7. Cross step behind your front foot
8. In fighting stance, back hand grabs and front hand punches
9. Slide in and side kick
10. Chop down with front hand and raise front knee up (same time)

See the training tips in the general kung fu section too!

## White stripe- Yellow Stripe

During this belt we will focus even more on the basics like stance and good form on kicks and punches. If your child is a little older she may be starting at this level from the beginning.

Look in the adult white belt requirements for descriptions of these sparring techniques 1-10.

## **Yellow stripe-Yellow Belt**

This will undoubtedly be the most difficult step for our younger students. At this point they will learn a sequence of 10 short forms that are even difficult for adults to learn. During this period it will be absolutely necessary that you encourage the student to practice this material at home at least a couple more times at home. Without this additional practice there is little chance that they will successfully reach yellow belt.

Look in the adult white belt requirements for descriptions of these short katas.

## **Yellow Belt to Blue Stripe**

Short Katas 1-15 (see adult curriculum listings)

Long Form Se Men Dao Lian (four door way connected) (see adult curriculum listings)

## **Blue Stripe to Blue Belt**

At this point they will need to purchase their first weapon. A hardwood kid's staff cost \$20. However, you can find a low cost alternative at Home Depot.

Fei Hu Chu Dong (flying tiger comes out of the cave)

Bo swings 1-4

Ippons 1-4

## **Blue to Green Stripe**

Katas 15-22

Tai Peng Sin Kun (Giant Bird Opens its Wings)

Ippons 5-9

## **Green Stripe to Green Belt**

At this point they will to purchase nunchaku. I recommend you purchase foam covered nunchaku. They can use these until they have practiced for quite a while, then purchase wooden ones.

Sparring techniques 11-15

Bo kata

Nunchaku Swings 1-4

Street techniques 1-5

## **Green to Brown Stripe**

Kata 23-30

Street techniques 6-10

Nunchaku 5-8

## **Brown Stripe to Brown 3<sup>rd</sup> degree**

Sparring techniques 16-20

LuoHan Chuan (beginning Praying Mantis form)

Short stick form

## **Brown 3<sup>rd</sup> – Brown 2<sup>nd</sup>**

For this level of brown belt they will need a broadsword. They range in price from \$20 (wooden) to \$65 for a light metal one (no edge of course)

3 White crane forms

sword form

San he Chuan (iron man fist)

Nunchaku 9-16

## **Brown 2<sup>nd</sup> - Brown 1<sup>st</sup>**

3 Shaolin birds

Sai form

4-8 staff

## **Brown 1<sup>st</sup> to Black 1<sup>st</sup>**

3 Tiger forms            Kwan Do form

Sea Dragon Staff

## Returning to Class after an Absence

The first thing to remember in this case, is that we've ALL been there. I myself have had to return to black belt level after being gone several months for pregnancy and the early days of my daughter's rearing. Only two things effect your return. Your body and your mind. The body hurdle is easy because as we've pointed out throughout this manual, we want you to move at a pace that is comfortable for you. Begin slowly when you are returning from a healing injury or an absence of any kind. Listen to your body and you'll be surprised how quickly your abilities return.

It's the second hurdle that's the toughest, your mind! Your ego might be more appropriate. You feel behind your classmates, you feel frustrated that you can't remember forms you used to know so well and you're embarrassed by all that and the body that seems to have forgotten how to move. DUMP THAT GARBAGE! All of it is in **your** mind, not in your teacher's or your classmates' and all of it is stopping you from attaining what you want—which is to get back to your training and to where you were before your absence. You have to have a positive mindset, remember how much you loved training and just be happy to be back. You must ask us to help you as well. Call or e-mail ahead to let us know you are returning and find out when the best review class is for your level or for a few levels back if it's been a long absence. You could even schedule a private lesson for review. Below I'll outline a method of gradually returning and regaining your material, but I emphasize your need to be aware of the ego hurdle and focus on ignoring it!

To return after a short absence keep in mind that it's your newest material that you may have lost (short term memory goes first). So come back to a review class and tell the instructor before class that you've missed a few so he or she knows to pace the class and give you some extra attention. Come to as many classes as you can to accelerate your pace of relearning and to re-establish the habits of coming to class and working out.

To return after a long absence, call or e-mail ahead to let us know you are returning and to find out when to come to class for the best experience. If you're not comfortable with contacting us, just check the schedule on the website for the best "comeback" class. Depending on the length of the absence and your current belt level, we may suggest you start back to a lower level class both to gently re-enter the physical aspect of class, and to review material that is more set in your memory anyway. This boosts your confidence and helps you fight that ego hurdle **and** helps your body remember the basics. You will be surprised how quickly it all comes back if you just silence your ego and throw yourself back into class! Remember that we are **always** happy to have you back and think more of you for accepting the challenge, no matter how long you've been gone. Success is having the spirit to return to class despite the hurdles we have to jump to be there.     GOOD LUCK! Sifu Sheryl Schaefer

## Seminars, Private Lessons & Demos

### Are extra Seminars required? NO!

What can you do with an extra seminar? Extra seminars give you a taste of material that you wouldn't normally see for several years, as they are usually upper level forms. They challenge your physical and mental limits and accelerate your training and your knowledge of the material at your own rank level. Each tournament has a separate category for competition with extra katas (outside your rank) to give you a chance to test your abilities.

### Who teaches them?

Periodically seminars are offered by Sifu Joseph, Master Schaefer, the visiting Senior Masters and Grandmaster The'. They are opportunities to learn directly from the Masters and to sharpen or broaden your skills and training. They are seminars in skills and techniques, advanced open hand or weapon forms and always enlightening.

### Need a Demonstration or Seminar for your organization?

We have a demo team ready to perform anytime (with a little notice) if you'd like a demonstration for a special event or for your place of employment. You can be on the demo team after you've been with us a few months! Just let us know when and where! We can also provide on site seminars in self-defense, kung fu or t'ai chi.

### Private Lessons

Private lessons and personal fitness training are available with Sifu Joseph at the cost of \$50/hour or \$175/4 one hour lessons.

I can work with you to set & achieve your goals for improved fitness, health, well-being, weight loss, flexibility, stress relief and personal accomplishment. We can set up a customized fitness plan for your sessions, as well as your health routine outside of class.

In the classes, we can do weight training, Chinese yoga, joint mobility exercises, aerobic boxing & kickboxing drills, calisthenic exercises, self-defense drills, and breathing & meditation, depending on your goals, interests and individual needs. We make the classes fun and motivational to get you hooked on the habit of exercise.

We can meet for a free 15 min consultation to discuss your goals in detail and come up with a plan.

## In Conclusion...

In Conclusion, welcome to the Shaolin-Do Family. We know your experience will be rewarding, healthy and fun and we are looking forward to learning more about you. Feel free to voice or e-mail questions or concerns at any time and enjoy your training! You've just embarked on a journey that ties to ancient China and the ways of the monks training every day in the temples in Hunan, Kwang Tung, and Fukien Provinces and in the temples of Hua, Wu Tang and Er-Mei mountains. You'll be learning animal fighting styles like praying mantis, tiger, hawk, crane and monkey as well as powerful, simple self-defense techniques that work! You will train with the traditional Chinese weapons; staff, sword, sai, kwan dao, spear, dagger, chain whip, and more! And as you learn all of these unique skills, you will grow. You will grow physically with strength and endurance. Your flexibility will get better and better. Your ability to remember material will improve enormously while at the same time, the job of translating what you see into what you do will become easier and easier. Your confidence will soar as you realize you are achieving the goals you set and this will transfer into every other aspect of your life. **Whether you are a child, teenager, adult, or mature adult, you will reap all of these benefits regardless of whether it's kung fu or t'ai chi that you study.** Remember that you get back what you put into it as well. Doing your best and striving to do just a little better, just a little deeper stance, just a little harder or faster each time you train, will come back to you tenfold. Such is life, eh? So give it your best, listen to your body, ask questions and make new friends as you enjoy your new path to fitness and self actualization! Welcome!