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Introduction

Welcome to the Shaolin-Do Kung Fu and T'ai Chi School. Enclosed in this packet are some important materials to assist you in your introduction to the kwoon or school. You will find the school rules, beginning to advanced material, training tips, information on rank advancement, tournaments, and on all three 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 far 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. Grandmaster Sin teaches health, longevity and appreciation of life, and as well as the most ancient and deadly of fighting abilities. Not only does he teach these things, he lives them as well. He is truly a Grandmaster.

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 and holiday 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, it outlines a step by step plan to resume your training and offers motivation to overcome the things that hold you back.

So 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 healthier, stronger, more flexible and more mentally aware of your surroundings and how to effect them. Martial Arts are not merely about fighting and self-defense. As a matter of fact, I would venture to say that they are not about that AT ALL! 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, are just some of the perks.

Table of Contents

General Information for All Programs

History of Shaolin-Do	page 6
What to Expect from Training	page 9
What to Call the Instructors	page 9
Rules for the Kwoon	page 10-12
Rank Advancement	page 13-14
Tournaments	page 15
Calendar	page 16
Equipment	page 17
Kung Fu for Adults	page 18-32
The T'ai Chi Program	page 33-42
Kung Fu for Children	page 43-50
After an Absence	page 51
Demos, Pte Lessons & Seminars	page 52

A Brief History of Shaolin-Do

Shaolin-Do is the original blend of hard and soft fighting arts. It doesn't rely 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 as you put your best effort into everything. Regret becomes a thing of the past.

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. The animal-based forms taught in Shaolin-Do have been passed down for more than two thousand years. Different animal styles were developed by different monks thousands of years ago and those monks practiced in different provinces throughout China. As you saw in the brochure, 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, 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. It's 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 Yi Gin 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.

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. This essentially changed the name to "the way" of Shaolin. 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 30 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. Kung Fu has a series of exercises performed before every class and Tai Chi begins with the class performing the 24 movement Yang Family Tai Chi form together as they watch and follow the instructor. Once the muscles are warm and stretched, class begins. We encourage modification of movements to compensate for any old injury or ache you may be nursing when you join.

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, and we encourage attendance in our more advanced and rigorous conditioning and warrior classes.

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.

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). If your primary instructor is a 1st or 2nd degree black belt, they are to be called Sifu. Feel free to ask if you have any questions. For details on the individual instructors, please see your instructor biography.

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 on the walls in many Shaolin-Do schools and on every one of your rank advancement certificates.

Grandmaster Ie Chang Ming's Rules for Shaolin-Do

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.

I am proud to say that Grandmaster Sin is a living example of these rules and is a constant source of inspiration. These are positive, life-affirming rules and will stand up to anything you will ever read in a "self-help" book.

Rules for the Kwoon

Your general motivation is to always be more concerned with the safety of your partners than that of yourself.

Bow when entering and leaving the training rooms.

Address the instructors properly.

When interrupting an instructor or higher belt to ask a question, bow before and after as a sign of politeness and respect.

Do not ask higher belts to spar.

Never inform the instructor that you are ready for new material or to be tested.

Do not show any other students material unless you are expressly given permission (at that time) to do so. Parents taking class with their children cannot take their children ahead in material of what they are being taught in class.

Do not teach our forms to people outside the style. Do not lend/give/sell them video of our forms either.

During class you should not wear jewelry, except maybe a simple band (wedding for example). Do not wear: watches, bracelets, necklaces, earrings, or rings with settings.

Keep all finger and toenails trimmed. NO EXCEPTIONS! (Covering the hands with mitt-type sparring gear is not sufficient because you use your hands in self-defense and other training drills during class). Anything beyond the end of the finger is too long.

Wash your uniform between each class and keep it in good repair always. Buy a second uniform if you can't keep up.

Pay tuition before the tenth of the month if you are not on contract. There is a ten dollar late fee. There is a ten dollar fee for bounced checks or credit cards.

To those paying the discounted contract price, I am not inclined to release anyone from this agree upon commitment, so don't ask.

Do not leave unattended children in the school.

Remove shoes to workout in the training area.

Do not touch weapons above your rank, or strike the iron palm equipment.

No unsupervised sparring in the school below black belt level.

I highly recommend wearing a protective cup (for men) and mouthpiece for all sparring.

Do not enter the office or storeroom areas.

Ask permission to use the phone and never answer the phone.

To cut back on crowding, try not to arrive more than 15 minutes early for class and please be dressed for class if at all possible.

Show respect and appreciation for each other at all times.

Sparring Rules

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 (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 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 opponents safety more important than scoring points.

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 2000 year old traditions and principles of Shaolin-Do.

The Facility

As for the facility, treat it with respect please and follow these guidelines at all times.

Food, Drink and Shoes

No food or shoes are permitted in the training rooms, you can remove shoes at the door to the training area and store them with your gear in the specified locations. Only water is allowed in the training area. Please throw away your containers or take them home because we throw all containers away after class.

Valuables

Leave money, jewelry and other valuables locked up as we are not responsible for lost or stolen articles.

Sweat

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.

Weapons

Weapons can be stored during class time in the designated areas but must be taken home after each class. Be mindful of the ends during transport.

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

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 too. 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 humiliate their sparring partners during the test only make themselves look bad.

Test Fees

Why is there a test fee, you may wonder? 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 so much more! (See introduction!) The fees up to first black belt are listed as follows.

Testing For (belts/sashes):	Cost:
Striped Belts	15.00
Yellow Belt	35.00
Blue Belt	40.00
Green Belt	45.00
3rd Brown Belt	50.00
2nd Brown Belt	55.00
1st Brown Belt	60.00
1st Black Belt	75.00

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 one in February in Texas and one in the fall 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. In fact I would say that open tournaments 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 let me ask you this. If one of our younger students approached you and said they hated push-ups, wouldn't you say that this indicates they need to do more push ups? Doesn't this apply to a fear of competing with your classmates. 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 all of the "traditional" American holidays listed in the calendar.

Christmas

We are closed two weeks at Christmas and New Years and those two weeks will be posted in advance. Tuition is the same for December and January 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 and distributed in newsletters.

Bad Weather

In the event that the weather is icy or snowy, check the voicemail 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**

BELT	Equipment	Price Range
White Belt	uniform	\$35-\$75 depending on quality
Yellow Belt	Staff	\$20-\$30
Yellow Belt	Sparring Gear	This is required at yellow and ranges from about \$85-120 depending on quality you choose.
Blue Belt	nunchaku	\$15-20
Green Belt	short stick	\$20.00
3rd Brown	broadsword	\$20 for wooden \$65-\$105 for various metal ones
2nd Brown	sai	\$40-\$52 (case is optional)
1st Brown	kwandao	About \$120-155 for any of three models
1st Black	spear	\$45
2nd Black	2-edge sword	\$75-\$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

Material From White to 1st 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

2-Push on the chest

Step back-chop-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

5-Pick up from behind

"mid-air boogie"

6-Full nelson

1. Pull the head up-stomp-step around-elbow

7-Choke from front

Chin down-step back-back fist-chop up-down and knee

8-Hair from the front

Hold the hand-bend down-stand up and 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

(One hand) 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 punch-wrap-punch and knee

14-Choke from behind

Chin down-step forward-knock hands down and punch

15-Hand Shake (crush)

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

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.

Blue to Green Belt

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.

Green to Brown

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.

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"

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)

Tai 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 1st 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.

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, 1-35 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'uan "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 9th 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 9th 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

Basic Skills or Conditioning Class

What is it?

The Basic Skills or Conditioning Class is just what its name suggests. It is a rigorous two hour class that hones your basic kicking, punching and sparring skills while improving your strength and endurance. We use kick shields, jump ropes and sometimes hand and ankle weights in this class. We perform many types and repetitions of push ups, sit ups, stretches, and isometric exercises. Sparring between all ranks occurs during this class and sparring equipment is required. It's one of the hardest classes of the week and one of the most popular. Everyone feels great after giving their all for two hours!

When should I begin taking this class?

First of all, this is an optional class and not required for rank advancement. However, it is the most valuable class you'll take and greatly accelerates your skills. This class is recommended for those beginners who are already physically active or have some recent experience in martial arts. We do not recommend this class to people who are only beginning a physical activity. Wait a few weeks until you've built up some of your strength and skills in the regular classes and then begin coming to this one.

How should you begin?

After a few weeks of regular classes, come to a basic skills class and join in. You should have sparring equipment and we only wear gi pants and a tee shirt for this class. Pace yourself at first, you may not be able to do as many reps as the rest of the class, or kick as hard, etc... Push yourself, but know your limits—listen to your body. After just a few classes, you'll be able to keep up with everyone else.

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.

Table of Contents

T'ai Chi Program

- I. History of T'ai Chi Chuan
- II. Benefits of T'ai Chi
- III. Curriculum
- IV. T'ai Chi 24
- V. Weapons in T'ai Chi
- VI. Meditation
- VII. Animal Training Methods

A Word about “External” and “Internal” Arts

Internal verses External Kung Fu

What is a internal martial art and should I practice one. Ideally ALL martial arts reach a point when 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, strength, speed, timing and power. In contrast, internal martial arts utilize a more intellectual or cerebral approach, and often use the opponents attacking force and leverage to solve every self-defense problem.. While this sounds great, very few internal martial artists have the ability to defend them selves against a top-notch external stylist through the sole use of internal martial art principles. Why is this the case you ask? First one must approach martial art training very differently to master these systems. You cannot just “train hard” and “really sweat”. Your mind has to be sharp and to reach true mastery you must become an almost martial arts GENIOUS. Therefore the price you must price is tremendous but the pay-off 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! Sounds great doesn't it? It is but it might take your entire life to reach this level.

This is the reason that the Shaolin monks trained the external abilities first and 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 ,but 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. I cannot answer this question for you since you alone are aware of your martial art goals. I can say that 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. Really the decision should be based on which you enjoy more and what fits you personality. To know this you should it in on each of the programs (WHICH IS FREE) and get the info first -hand.

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 SanFeng 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 SanFeng 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 SanFeng 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 you 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 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

Your parents may have told you to stand "straight" and don't slouch", but in Tai Chi, a slouched and relaxed posture is the goal. 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) are tucked under, which flattens the lower back. The chest is sunken and relaxed and the shoulders are rounded and dropping downward. The Chin is pressed slightly inward which straightens the neck. This last step should feel like somebody is pulling upward on the crown of your head.

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 ounce 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 perform the kata. Try hard to maintain this state of awareness throughout the form.

Pushing (or sticking) hands

This is the training technique for incorporating the elements of Tai 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 Tai 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.

Shaolin Combination Tai Chi 24

TaiJi Quan AISHI 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 out 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. They 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 left that leg. Run backwards or sweep their standing leg.
6. They 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.

Table of Contents

Kids Kung Fu Program

- I. Introduction
- II. Letter to the Parents
- III. Curriculum

The Kid's 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. We must ask that parents stay out of the room when we are teaching. Parents in the room are very distracting to the children. When they join, you can attend the first class or two until your child feels comfortable. After that you will be able to attend their rank advancement tests and occasional "open class" times.
2. 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.
3. 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.
4. 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.
5. Please go over the school rules with your child and assist them with storing their gear in the appropriate place, etc...

6. 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 16-22

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

Green to Brown Stripe

Kata 23-30

LuoHan Chuan (beginning Praying Mantis form)

Brown Stripe to Brown 3rd degree

Sparring techniques 16-20

Short stick form

Street techniques 1-5

Nunchaku 5-8

Brown 3rd – Brown 2nd

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

Street techniques 6-10

Brown 2nd - Brown 1st

3 Shaolin birds

Sai form

4-8 staff

Brown 1st to Black 1st

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 your 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

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 Master Joe, the visiting Senior Masters and Grandmaster The, or your head instructor. 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.

Summer Retreats

Each summer we offer a one or two day retreat of 8 hour days. During this time you get to train like a monk beginning with morning meditation, I Ching Ching exercises and kung fu, kung fu, kung fu! It's great fun and a new form is taught during the retreat as well, for instance most recently, everyone got to learn chain whip even though that weapon is not offered until 3rd degree black belt normally.

Need a Demonstration or Seminar for you 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 are available to current students and the cost ranges are about \$50 per hour, depending on the rank of the instructor you request. Check with the counter person to schedule.

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 satisfaction! Welcome!

