

7 Circles

Southern/Northern

**Shaolin Kung Fu Wu Shu &
Wu-Kung**

Lesson Plan 1

**1st Rank 1st Degree
student/disciple**

Adhere to the Path

Me'je Oruka Ti Ogun ati Iwosan Ogbon Elegbe

7 Circles Lesson Plan

1st Rank, 1st Degree

Chamber	Lesson
1 st	Formalities
2 nd	Stances
3 rd	Stepping
4 th	Turning & Shifting
5 th	Foot & Leg Way

Student Name: _____

Date: _____

Number of Semesters/Years Training: _____

Current Rank: _____

1st Chamber: Formalities

Part #	Lesson	Scores				
		1	2	3	4	5
1	Styles of Kung Fu Wu Shu					
2	System Principles					
3	Uniform -Yee					
4	Ranking System					
5	Lesson Plans					
6	Membership					
7	Tuition & Fees					
8	Bows					

Score _____

Comments:

2nd Chamber: Stances

Part #	Lesson	Scores				
		1	2	3	4	5
1	Stance Analysis					
2	9 Basic Stances					
3	Practice System (Chamber 13)					

Score _____

Comments:

Stances	Comment
Stance Analysis	Every Stance has its Center of Gravity, Balance Position, Ideal Direction, & Foundational Position of the Feet

Closed Toe Stance	Formal Attention Position used to begin movement.
Open Toe Stance	Formal Attention Position used during formal ceremonies and

	instruction.
Open Leg Stance	Ready Position – able to move quickly in any direction.
Natural Stance	Relaxed Ready Position used to recover and adjust after movement or when taking prolonged or informal instruction.
Universal Stance	Ready Position with hands chambered. Usually used to begin Fist & Hand Way Drills. Performed as Universal 3 & 1 Movements .
Horse Stance	The Central Interlocking Stance . Performed as Measured Horse (to establish inner parameters of the stance); Horse One Movement defending to the sides; and Horse Fast Motion protecting the groins and defending to the front.
Bow & Arrow Stance	The Horse's Shadow Stance . Performed as Mountain Climbing or Exertion Stance pushing power to the front; Lunging Stance used for penetrating range. Executed as Stepping Forward & Backward ; Fast Motion or Self-Defense Style ; and Stepping Right or Left .
Crane Stance	Balancing Stance . Performed with toes pointing down prepared to kick upward . Also called Hanging Leg Stance.
Hanging Horse Stance	Balancing Stance . Performed with foot flat prepared to kick/stomp downward . Also called Hanging Leg Stance.

3rd Chamber: Stepping

Part #	Lesson	Scores				
		1	2	3	4	5
1	Stepping Analysis					
2	Six Basic Stepping Techniques					

Score _____

Comments:

Stepping	Comments
Stepping Analysis	When a stance moves, it must maintain Center of Gravity, Balance, & Foundation . Direction is determined by intention and strategy. The direction of the movement must be consistent with the direction of the stance. Movement is in a Straight Line, Curve Line, Zig Zag Line, or Circle .
Closed Foot	The Closed Foot Position is the Hub of the Wheel of Universal Movement .
New Moon/Bow & Arrow	Trace the Crescent Moon to find your opponents' weakness and Seize the Advantage . (Muni ipa Ifa!)
Horse Closed Foot	Where the Central Interlocking Stance meets the Hub of the Wheel of Universal Movement .

Horse Crossing Front/Back	The Horse sleeps with the Dragon; The Opponent gets confused.
Horse Crossing Front/Back	The Horse marries the Dragon;

Turning	The Opponent fights ghost.
High Cross	The Horse flies on Dragons wings; The Opponent must catch up.
Sequential Stepping Levels 1 & 2	Horse Stance Sequential Stepping - Level 1 Bow & Arrow Sequential Stepping – Level 2

4th Chamber: Turning & Shifting

Scores

Part #	Lesson	1	2	3	4	5
1	Turning & Shifting Analysis					
2	Four Basic Turning & Shifting Techniques					

Score: _____

Comments:

Turning & Shifting	Comments
Turning & Shifting Analysis	When Turning & Shifting one must maintain Center of Gravity, Balance, Direction, and also control the Force of Momentum.
Change Direction shifting	Horse Stance and Bow & Arrow Stance with & without guard hands.
Bow & Arrow Cross Front/Behind Turning	From the middle, Front is back and Back is front.
Bow & Arrow 90/180/270/360 Degree Turning	From the center, Centrifugal and Centripetal Forces meet.
Jumping Horse 90/180/270/360 Degree Turning	A horse with wings is not an eagle, yet it can fly faster than it can run.

5th Chamber: Foot & Leg Way

Scores

Part #	Lesson	1	2	3	4	5
1	Foot Analysis					
2	Philosophy of Kicking					
3	Low Kicks					
4	High Kicks					

Score: _____

Comments:

Foot/Leg Way	Comment
Foot Analysis	Toe, Back (top), Outside, Heel, Inside, Bottom, Chest (ball). All of these are striking surfaces of the foot. The Toes are the most vulnerable to injury.
Philosophy of Kicking	Kick Low & Kick Fast Attack and weaken the opponents' foundation and means of movement.
	Low Kicks
Groin Kicking Leg	Winter Kick – uses the Back (top) of the foot to attack an invisible target between the legs. Summer Kick – uses the Ball (chest) to the groins.

Front Thrust Leg	Use the Bottom and Heel of the foot to attack the groin, stomach, chest, or other accessible target. This is a Thrust Kick . Also called Front Through Heart Leg Kick .
Shovel Leg	Use the Outside Edge of the foot to attack the foot, legs, and knees.
Tiger Tail Leg	Use the Bottom and Heel of the foot to stomp out to the side at the opponents' side, ribs, hips, stomach, legs, or other accessible targets.
Back Groin Kicking Leg	Use the Back of the Heel & Bottom of the foot to kick backwards at the opponents' groin, knees, or legs.
Back Thrust Leg	Also called Back Through Heart Leg Kick . Use the bottom of the Heel to attack the opponents' abdominal and pelvic area, groin, or legs.
Bow Leg	Use the Back (top) of the foot to attack the opponents' legs, abdominal & pelvic areas, sides, and chest. (Outside/Inside)
Reverse Bow Leg	Use the back of the Heel to attack the opponent to the rear of their forward facing position.
Sweeping Leg	Use the Bottom & Inside Edge to sweep to the front at the opponents' front leg. (High Sweep) Use the Heel, Bottom of the Foot, & Lower Calf to sweep the opponents' front leg from the rear. (Low Sweep)
	High Kicks
Front Inside Whipping Leg	Use the Inside Edge of the foot to block and to attack the opponents' guard hands, face, and head.
Front Outside Whipping Leg	Use the Outside Edge of the foot to block and to attack the opponents' guard hands, face, and head.
Flying Front Inside Wheel	Leap into the air with forward circular momentum and use the Inside Edge of the second foot to attack the opponents' face and head.
Reverse Wheel	Create reverse circular momentum and use the Heel and Bottom of the foot to attack the opponents' face and head.

Scores:

1st Chamber _____
2nd Chamber _____
3rd Chamber _____
4th Chamber _____
5th Chamber _____

Total Score: _____

Total Possible = 95

Passing Score = 86 (90%)