

7 Circles

Southern/Northern

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

Lesson Plan 2

**1st Rank 2nd Degree
student/disciple**

Adhere to the Path

Me'je Oruka Ti Ogun ati Iwosan Ogbon Elegbe

7 Circles Lesson Plan

1st Rank, 2nd Degree

Chamber	Lesson
6 th	Fist Way
7 th	Blocking
8 th	Palm/Open Hand Way

Student Name: _____
 Number of Semesters/Years Training: _____

Date: _____
 Current Rank: _____

6th Chamber: Fist Way (Chu'an)

Part #	Lesson	Scores				
		1	2	3	4	5
1	Fist Analysis					
2	How to Hold a Fist					
3	Winding Up the Hands					
4	Punches					
5	Combination Strategy					

Score _____

Comments:

Fist Way	Comments
Fist Analysis	The closed fist has a heart, hammer, back, eye, and head . All of these are striking surfaces.
Conventional Fist	Used for penetrating blows , the thumb wraps and locks the index and middle fingers in place. (Southern Stone Fist)
Black Tiger Fist	Used for Qi Extension blows and snapping power , the thumb presses down on the second joints of the fingers drawing qi to the fist heart.
Winding Up the Fist	Used to practice one & two hand double blocking/striking technique , and to maintain flexibility of the wrists.
Lunar/Female Fist	Used at close range with snapping power , an upward trajectory, and a 90-degree angle of the arm at the elbow. Used to middle and high targets. [Conventional & Black Tiger Fist]
Square/Vertical Fist	Used at mid-range with twisting power , a slight downward trajectory, and a 120-degree angle of the arm at the elbow. Use to low, middle, and high targets. [Conventional & Black Tiger Fist]
Solar/Male/Straight Fist	Used at full-range with penetrating power, twisting power , a slight downward force trajectory, a straight contact trajectory, and a maximum 175 degree angle of the arm at the elbow. Used to low, middle, and high targets. [Conventional & Black Tiger Fist]

Buffalo Horn Punch	Used at multiple ranges , it exits the chamber backward, sweeps out a roundhouse arc, and makes contact with an upside down square vertical fist, and an inward trajectory. [Conventional & Black Tiger Fist]
Back Fist Combinations	
High Hanging	Used to smash downward on the nose, chest, forehead, and shoulders. [Conventional & Black Tiger Fist]
Middle Sweeping	Used to smash inward to the hollow areas of the waist; abdomen, sides, kidneys, and floating ribs. [Conventional & Black Tiger Fist]
Low Swinging	Used to smash upward to the groin area, abdomen, and solar plexus. [Conventional & Black Tiger Fist]
Hammer	Used to crash downward or inward to both hard & soft targets. [Conventional & Black Tiger Fist]

7th Chamber: Blocking

Part #	Lesson	Scores				
		1	2	3	4	5
1	Strategy					
2	Four Basic Blocking Systems					

Score _____

Comments:

Blocking	Comment
Strategy	Develop a fluid and powerful force field capable of opening and closing doors .
Plum Flower Fist Blocking	One hand, two hand, & alternating hands. Blocking in 4 directions . [Conventional & Black Tiger Fist] (Moving Barrier Blocking)
Plum Flower Palm Blocking	One hand, two hand, & alternating hands. Blocking in 4 directions.
Mighty God 8 Fist Blocking	One hand & alternating hands. Blocking in 8 directions . [Conventional & Black Tiger Fist] (Target Specific Blocking)
Mighty God 8 Palm Blocking	One hand & alternating hands. Blocking in 8 directions.

8th Chamber: Palm/Open Hand Way

Part #	Lesson	Scores				
		1	2	3	4	5
1	Palm Analysis					
2	How to Hold a Palm					
3	Palm Exercises					
4	Strikes					

Score _____

Comments:

Palm & Hand Way	Comments
Palm Analysis	The Palm Hand has a heart, outside edge, back, inside edge, heel, heel corner, and wedge.
How to Hold a Palm	The Palm Hand should be conditioned to reflex from soft to hard, extending qi to the fingertips, and drawing qi to the palm's heart and striking surfaces.
	Palm Exercises
Pressing the Back of Palm	Grip the wrist of one hand with the thumb and middle finger of the other, and press the palm of the gripping hand against the back of the palm of the other until tension and pain are drawn to the back of the wrist.
Pressing Palms (high/down; middle/in; low/up)	Place the palms of the hands together and pull them down, in, and up several time until tension and pain are drawn to the inside of both wrists.
Turning the Palms (inside, outside)	Using the thumb to create a firm grip, place the palm of one hand against the back of the palm of the other and twist the wrist of the hand being held; first clockwise and then counter clockwise until tension and pain are drawn to the wrist and arm.
	Strikes
Tiger Palm Heel	Used to attack both soft and hard targets. The padded part of the lower palm.
Palm Heel Corner	Used to attack both soft and hard targets. The padded part of the lower outside corner of the palm.
Back of Palm	Used to attack both soft and hard targets. The full extension of the hand from wrist to second finger joints.
Inside Edge	Used to attack both soft and hard targets. Includes the round of the wrist as part of its striking surface. Excellent for narrow entryways like the throat, underarm, and groin areas.
Outside Edge	Used to attack both soft and hard targets. Includes the tiger palm heel corner as part of its striking surface. Excellent for attacks to the head, throat, neck, and joints.
Wedge Hand (fingers, knuckles)	Used to attack primarily soft targets like the neck and throat. But can also be used effectively to hard target pressure points.
Tiger Raking/Gripping Palm	Used to attack the skin and muscles. Includes both the nails and fingertips as striking surfaces.
Tiger Pushing Palm	Used to attack both soft and hard targets. Includes both the palm and extended fingers as part of the striking surface, and is executed with both penetrating and

	snapping power. The palm seeks full extension.
Tiger Palm	Used to attack both soft and hard targets. Includes both the palm and extended fingers with emphasis on palm, and is executed with both penetrating and snapping power. The palm does not seek full extension.
Practice System	At this level, the hands should be conditioned using beanbags, sand bags, and progressing to wood.

Scores:

6th Chamber _____
7th Chamber _____
8th Chamber _____

Total Score: _____

Total Possible = 60

Passing Score = 54 (90%)