

**7 Circles**

**Southern/Northern**

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

**Lesson Plan 3**

**1<sup>st</sup> Rank 3<sup>rd</sup> Degree  
student/disciple**

**Adhere to the Path**

*Me'je Oruka Ti Ogun ati Iwosan Ogbon Elegbe*

## 7 Circles Lesson Plan

### 1<sup>st</sup> Rank, 3<sup>rd</sup> Degree

Chamber	Lesson
9 <sup>th</sup>	Forms
10 <sup>th</sup>	Discipline & Breathing Exercises
11 <sup>th</sup>	Self-Defense Techniques
12 <sup>th</sup>	Basic Escape Techniques
13 <sup>th</sup>	Practice System
14 <sup>th</sup>	Health & Basic Anatomy
15 <sup>th</sup>	Basic Psychology
16 <sup>th</sup>	Study Habits & Education
17 <sup>th</sup>	Miscellaneous Techniques & Information

Student Name: \_\_\_\_\_

Date: \_\_\_\_\_

Number of Semesters/Years Training: \_\_\_\_\_

Current Rank: \_\_\_\_\_

#### 9<sup>th</sup> Chamber: Forms

Part #	Lesson	Scores				
		1	2	3	4	5
1	Form Analysis					
2	Springing Leg Forms / Pre-Arranged Fighting Form					
3	Player Red Part 1					
4	Player Black Part 1					
5	Player Red Part 2					
6	Player Black Part 2					

Score \_\_\_\_\_

#### Comments:

Forms	Comments
Form Analysis: The 8 Dimensions of Form	A perfectly executed form will demonstrate Grace, Balance, Technique, Focus, Alignment, Continuity, Speed, and Power.
Spring Legs 1 & 2	Spring Leg 1 – <b>Square Fist</b> (Player Red Part 1) Spring Leg 2 – <b>Cross Leg</b> (Player Red Part 2)
Player Red Part 1	<b>Tiger Lunges; Dragon Emerges From The Sea</b> (See Pre-Arranged Fighting Form Manuel)
Player Black Part 1	<b>Monkey Seizes The Fruit; Tiger Kicks &amp; Lunges</b> (See Pre-Arranged Fighting Form Manuel)
Player Red Part 2	<b>Monkey Hides The Pot; Dragon Strikes Twice</b> (See Pre-Arranged Fighting Form Manuel)
Player Black Part 2	<b>Monkey Dips In The Pot; Snake Enters The Hole</b> (See Pre-Arranged Fighting Form Manuel)

#### 10<sup>th</sup> Chamber: Discipline & Breathing Exercises

Part #	Lesson	Scores				
		1	2	3	4	5
1	Basic Standing Meditation (7 Point Circulation)					
2	Adjust Breathing					
3	Miscellaneous Warm-up Exercises					
4	Qigong (Fire Flower System Level 1)					

Score \_\_\_\_\_

**Comments:**

Disciplines	Comments
7 Point Circulation	Move your qi down the front of the body from (1) <b>throat</b> to (2) <b>heart</b> to (3) <b>solar plexus</b> to (4) <b>tan tien</b> . Then to the (5) <b>root</b> and up the back, across the (6) <b>crown</b> of the head and down the forehead to the (7) <b>brow</b> . The breath moves in the nose, the qi flows around the body, and the breath leaves out the nose (or mouth). (see 18 Mudra System for breathing techniques).
Adjust Breathing	<b>The Cleansing Breath</b> - Inhale through the nose and exhale through the mouth making the sound <b>ah-h-h!</b> as you exhale. (See 18 Mudra System for breathing techniques).
Miscellaneous Warm-up Exercises	These exercises help to stimulate the muscles and tissues, to stimulate qi flow, and to condition the body. <b>Crane Pecking</b> with light contact to the feet, legs, thighs, arms, chest, neck, and head. <b>Moving Gin Gong Form</b> with light contact to shoulders, arms, chest, thighs, legs, stomach, and throat. <b>Running in Place</b> - to develop endurance, breath control, and coordination.
Qigong	Fire Flower System of Qigong Level 1: <b>Stretching</b>

**11<sup>th</sup> Chamber: Self-Defense Techniques**

Part #	Lesson	Scores				
		1	2	3	4	5
1	Theory of Self- Defense (The 9 Stages)					
2	Single Hit Self-Defense Group					
3	Counter Attack to Chest					
4	Counter Attack to Eyes					
5	Counter Attack to Jaw					
6	Counter Attack to Neck					
7	Counter Attack to Collar Bone					
8	Counter Attack with Knee or Kick					
9	Counter Attack to Groin					
10	Counter Attack to Chin					
11	Counter Attack to Legs					

Score \_\_\_\_\_

**Comments:**

<b>Self-Defense Techniques</b>	<b>Comments</b>
Theory of Self- Defense (The 9 Stages)	When confronted with an attack, you must choose to <b>Avoid, Evade, Redirect, Lock &amp; Hold</b> , Create <b>Pain</b> , Inflict <b>Injury, Maim</b> , Render <b>Unconscious</b> , or <b>Terminate</b> a life.
Single Hit Self-Defense Group	These techniques are to be executed in <b>2 – 4 movements</b> ending with a left or right horse, long/short Dragon Fist or Palm. The opponent will attack from Self-Defense B&A to front high, middle, and low targets.
Counter Attack to Chest	Using Fist and Palm techniques.
Counter Attack to Eyes	Using Snake and Wedge Hand techniques.
Counter Attack to Jaw	Using Fist and Palm techniques.
Counter Attack to Neck	Using Palm and Claw techniques.
Counter Attack to Collar Bone	Using Palm, Hammer, and Elbow techniques.
Counter Attack with Knee or Kick	To low and middle targets.
Counter Attack to Groin	Using Fist, Palm, Claw, and Wedge Hand techniques.
Counter Attack to Chin	Using Fist and Palm techniques.
Counter Attack to Legs	Using Fist, Palm, Claw, and Kicking techniques.

**12<sup>th</sup> Chamber: Basic Escape Techniques**

<b>Part #</b>	<b>Lesson</b>	<b>Scores</b>				
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
1	Theory of Escape Techniques					
2	Pressure Points of the Hands					
3	Joints (hands, wrists, elbows, shoulders)					

**Score:** \_\_\_\_\_

**Comments:**

<b>Basic Escape Techniques</b>	<b>Comments</b>
Theory of Escape Techniques	<b>Harmonize</b> with your opponents' movement and energy. <b>Redirect</b> your opponents' energy and attention. <b>Establish Rhythm</b> with your opponent. <b>Meet fullness with emptiness; and emptiness with fullness.</b>
Pressure Points of the Hands	Attacking the Tips of the Fingers and the Ligaments on Back of

	the Hand acute pain and immobilization can be induced.
Joints (Upper Body)	Hands, wrists, elbows, shoulders (see Manual on Targets)

### 13<sup>th</sup> Chamber: Practice System

Part #	Lesson	Scores				
		1	2	3	4	5
1	Six Stages of Basic Practice System					
2	The Five Disciplines of Practice					
3	7 Circles Training Method (Stalking: Circles 1 & 2)					

Score: \_\_\_\_\_

#### Comments:

Practice System	Comment
Six Stages of Basic Practice	(1) Breakdown Motion & Application (2) Slow, No Power; (3) Fast, No Power; (4) Slow, with Power; (5) Fast, with Power; (6) Demonstration & Beautify
Five Disciplines of Practice	These elements must be developed and integrated to achieve maximum power. (1) Body Movement, (2) Posture, (3) Balance, (4) Momentum, (5) Breathing.
Stalking: Circles 1 & 2	<b>Circle 1:</b> Use any 1 <sup>st</sup> Rank techniques to move around and <b>threaten</b> the center of the circle. <b>Circle 2:</b> Use any 1 <sup>st</sup> Rank techniques to move around and <b>defend</b> the center of the circle. (With 1, 2, 3, & 4 partners.)

### 14<sup>th</sup> Chamber: Health & Basic Anatomy

Part #	Lesson	Scores				
		1	2	3	4	5
1	Theory of Attacking the Joints					
2	The 8 Joint Groups of the Body					

Score: \_\_\_\_\_

#### Comments:

Health & Anatomy	Comment
Theory of Attacking the Joints	(See Manual on Targets)
The 8 Joint Groups of the Body	(See Manual on Targets)

### 15<sup>th</sup> – 17<sup>th</sup> Chambers

Chamber	Lesson	Scores				
		1	2	3	4	5
15 <sup>th</sup>	<b>Basic Psychology</b>					
16 <sup>th</sup>	<b>Study Habits &amp; Education</b>					
17 <sup>th</sup>	<b>Recommended Readings:</b>					
	Sun Tsu's The Art of War					
	Lao Tsu's Tao Te Ching					
	Musashi's The Book of Five Rings					

**Scores:**

9<sup>th</sup> Chamber \_\_\_\_\_  
 10<sup>th</sup> Chamber \_\_\_\_\_  
 11<sup>th</sup> Chamber \_\_\_\_\_  
 12<sup>th</sup> Chamber \_\_\_\_\_  
 13<sup>th</sup> Chamber \_\_\_\_\_  
 14<sup>th</sup> Chamber \_\_\_\_\_  
 15<sup>th</sup> Chamber \_\_\_\_\_  
 16<sup>th</sup> Chamber \_\_\_\_\_  
 17<sup>th</sup> Chamber \_\_\_\_\_

**Total Score:** \_\_\_\_\_      **Total Possible = 175**      **Passing Score = 158 (90%)**