

**7 Circles**

**Southern/Northern**

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

**Lesson Plan 4**

**2<sup>nd</sup> Rank 4<sup>th</sup> Degree  
practitioner/instructor**

**Adhere to the Path**

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

## 7 Circles Lesson Plan

### 2<sup>nd</sup> Rank, 4<sup>th</sup> Degree

Chamber	Lesson
18 <sup>th</sup>	Stances
19 <sup>th</sup>	Sequential Stepping
20 <sup>th</sup>	Turning, Shifting, & Spinning

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

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

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

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

### 18<sup>th</sup> Chamber: Intermediate Stances

Part #	Lesson	Scores				
		1	2	3	4	5
1	The 8 Intermediate Stances Theory					
2	Broken Horse Stance (Scorpion Form)					
3	Fire Stance (Cat Form)					
4	Reverse Bow & Arrow Stance (Mantis Form)					
5	Lying Leg Stance (Swallow Form)					
6	Empty Stance (Chicken Form)					
7	Broken Arrow Stance (Eagle Form)					
8	Coiled Dragon Stance (Snake/Dragon Forms)					
9	Sleeping Serpent Stance (Snake Form)					

Score \_\_\_\_\_

### Comments:

Stances	Comments
Theory of Stances	Stances are the foundation of power connecting earth to point of contact. <b>If the stance is perfect, the earth will not move.</b>
Broken Horse Stance	Also called <b>Scorpion Stance</b> and <b>High Bow-Drawing Stance</b> . Weight is <b>60F/40R</b> . The directional foot is opened slightly towards the opponent.
Fire Stance	Also called <b>Reversed Cat Stance</b> and <b>Stealth Stance</b> . Weight is <b>0F/100R</b> . The empty leg is prepared to kick or sweep to the rear.
Reverse Bow & Arrow Stance	Also called <b>Mantis Stance</b> . Weight is reversed from the forward B&A to <b>30F/70R</b> . Used to draw the opponent into a quick push to the forward B&A.
Lying Leg Stance	Also called <b>Swallow Stance</b> and <b>Low Bow-Drawing Stance</b> . Weight is <b>20F/80R</b> . Used to escape chin-na and high kicks or weapons.
Empty Stance	Also called <b>Chicken Stance</b> . Weight is <b>0/100</b> to the empty and stationary legs.
Broken Arrow Stance	Also called <b>Eagle Stance</b> . Weight is <b>50/50</b> and ready to be lunged forward or shifted in any direction quickly.

Coiled Dragon Stance	Also called <b>Snake Stance</b> and <b>Sticky Dragon Stance</b> . Weight is <b>90F/10R</b> .
Sleeping Serpent Stance	Also called <b>Sleeping Snake Stance</b> . Weight is <b>80/20</b> to the leg supporting the center of gravity.

### 19<sup>th</sup> Chamber: Intermediate Stepping

Part #	Lesson	Scores				
		1	2	3	4	5
1	Intermediate Stepping Theory					
2	Drunken Stepping					
3	Zig Zag Stepping					

Score \_\_\_\_\_

#### Comments:

Stepping	Comment
Intermediate Stepping Theory	<b>Bend straight lines into arcs and circles; end arcs and circles with straight lines.</b>
Drunken Stepping	The monkey and the drunkard share something in common. Neither spends time thinking about the fall. Practice this in Fighting Dancing and make the earth one of your allies in combat.
Zig Zag Stepping	Cover movement with movement; and hide intention behind intention. Practice this technique and principle in the sequential stepping drills. (see Sequential Stepping Manual).

### 20<sup>th</sup> Chamber: Turning, Shifting, & Spinning

Part #	Lesson	Scores				
		1	2	3	4	5
1	Theory					
2	Small Circle Spinning					
3	Wide Circle Spinning					

Score \_\_\_\_\_

#### Comments:

Turning, Shifting & Spinning	Comments
Theory	Use small & large circles to ward-off, attack, and evade opponents. Draw the opponent in on the current of centripetal force; strike from the current of the centrifugal force. Seek the center of the circle and move the world around you.

Small Circle Spinning	Spin on a <b>stationary foot</b> to ward-off & defend 360 degrees.
Wide Circle Spinning	Spin on <b>alternating feet</b> to create interlocking arcs of movement to surround your opponent.

**Scores:**

18<sup>th</sup> Chamber \_\_\_\_\_

19<sup>th</sup> Chamber \_\_\_\_\_

20<sup>th</sup> Chamber \_\_\_\_\_

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

**Total Possible = 75**

**Passing Score = 68 (90%)**