

**7 Circles**

**Southern/Northern**

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

**Lesson Plan 5**

**2<sup>nd</sup> Rank 5<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, 5<sup>th</sup> Degree

Chamber	Lesson
21 <sup>st</sup>	Intermediate Blocking
22 <sup>nd</sup>	Integrated Fist & Hand Way

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

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

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

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

### 21<sup>st</sup> Chamber: Intermediate Blocking

Part #	Lesson	Scores				
		1	2	3	4	5
1	Theory					
2	Tiger Inside/Outside Circle Blocking					
3	Crane Inside/Outside Circle Blocking					
4	Striking Blocks					
5	Elbow Blocks					
6	Universal Blocking (Opening & Closing Doors)					

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

**Comments:**

Blocking	Comments
Theory	Create a force field that cannot be penetrated. Opening and Closing Doors.
Tiger Inside/Outside Circle Blocking	Seeking opportunities to <b>rake</b> .
Crane Inside/Outside Circle Blocking	Seeking opportunities to <b>hook</b> .
Striking Blocks	Seeking opportunities to <b>traumatize</b> and <b>immobilize</b> .
Elbow Blocks	Seeking opportunities to <b>traumatize</b> , <b>immobilize</b> , and <b>crush</b> .
Universal Blocking	<b>Opening &amp; Closing Doors</b> – Where one door is closed, another is opened. Some doors are connected.

### 22<sup>nd</sup> Chamber: Integrated Fist & Hand Way

Part #	Lesson	1	2	3	4	5
1	Theory					
2	Crane Hands (Hooking Hands)					

3	Monkey Hands (Grabbing the Legs & Pulling)					
4	Mantis Fists (Hooking the Head & Pulling)					
5	Snake Hands (Attacking the Eyes & Vital Areas)					
6	Eagle Claws (Grabbing the Muscles)					
7	Cobra Strikes (Attacking the Throat)					
8	Crab Fists (Pinching the Breast & Skin)					
9	Buddha Fists (Attacking Vital Points)					
10	Leopard Fists (Attacking the Throat)					

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

**Comments:**

Fist & Hand Way	Comment
Theory	Use versatile hands to create primary, secondary, and tertiary strikes.
Crane Hands	Use the Crane's <b>Beak, Head, &amp; Wing</b> to strike, hook, and lock.
Monkey Hands	Use the Monkey's <b>Limp Wrist</b> to grab and pull; use the wrist joint to strike.
Mantis Fists	Used much like the Crane, also uses the one finger strike to vital targets.
Snake Hands	Uses two ( <b>Serpent's Tongue</b> ) and four ( <b>Cobra's Head</b> ) finger strikes to the throat, eyes, and other soft targets.
Eagle Claws	Uses the force of the thumb, index, and middle fingers to attack the muscles, skin, throat, collarbone, floating ribs, and other targets.
Cobra Strikes	(See Snake Hands above)
Crab Fists	Uses the pressure of the thumb barring down on the sides of the index and middle fingers to attack the breast, skin, ears, nose, and other soft targets.
Buddha Fists	Uses the focal point of a single knuckle (usually the second joint of the index or middle finger) to attack vital points like the temples, and brow, and well as muscles.
Leopard Fists	Uses the combined focus of the second joint of the four fingers to strike to narrow and vital targets.

**Scores:**

21<sup>st</sup> Chamber \_\_\_\_\_

22<sup>nd</sup> Chamber \_\_\_\_\_

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

**Total Possible = 80**

**Passing Score = 72 = 90%**