

7 Circles

Southern/Northern

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

Lesson Plan 6

**2nd Rank 6th Degree
practitioner/instructor**

Adhere to the Path

Me'je Oruka Ti Ogun ati Iwosan Ogbon Elegbe

7 Circles Lesson Plan

2nd Rank, 6th Degree

Chamber	Lesson
23 rd	Intermediate/Advanced Leg Way
24 th	Southern/Northern Pre-Arranged Fighting Form

Student Name: _____

Date: _____

Number of Semesters/Years Training: _____

Current Rank: _____

23rd Chamber: Intermediate/Advanced Leg Way

Part #	Lesson	Scores				
		1	2	3	4	5
1	Theory					
2	Lunging Arrow Leg Kick					
3	Light Leg Hopping Leg					
4	Arrow Leg Bow & Arrow Sweep					
5	Arrow Leg Ground Sweep					
6	Reverse Arrow Leg Sweep					
7	Reverse Arrow Leg Ground Sweep					

Score _____

Comments:

Leg Way	Comments
Theory	Use stepping to create Confusion and then attack their foundation with legs to put them off balance and to immobilize them.
Lunging Arrow Leg Kick	High Cross (forward) towards the opponent and use an arrow leg to attack their leg.
Light Leg Hopping Leg	Used to cause your opponent to have to make both mental and physical shifts, creating opportunities for you to attack.
Arrow Leg Bow & Arrow Sweep	Use the rear (Arrow Leg) to quickly sweep 180 degrees to the front . Your position should be mid-level depending on the intended range of the sweep. (see B&A Sequential Stepping/Kicking in Manual).
Arrow Leg Ground Sweep	Use the rear (Arrow Leg) to quickly sweep 180 degrees to the front . Your position should be low depending on the intended range of the sweep. (see B&A Sequential Stepping/Kicking in Manual).

Reverse Arrow Leg Sweep	Use the rear (Arrow Leg) to quickly sweep 270 degrees to the front from behind. Your position should be mid-level depending on the intended range of the sweep. (see B&A Sequential Stepping/Kicking in Manual).
Reverse Arrow Leg Ground Sweep	Use the rear (Arrow Leg) to quickly sweep 270 degrees to the front from behind. Your position should be low depending on the intended range of the sweep. (see B&A Sequential Stepping/Kicking in Manual).

24th Chamber: Southern/Northern Pre-Arranged Fighting Form

Part #	Lesson	Scores				
		1	2	3	4	5
1	Theory					
2	Part 1 Player Red					
3	Part 1 Player Black					
4	Part 2 Player Red					
5	Part 2 Player Black					
6	Part 3 Player Red					
7	Part 3 Player Black					
8	Part 4 Player Red					
9	Part 4 Player Black					
10	Part 5 Player Red					
11	Part 5 Player Black					
12	Part 6 Player Red					
13	Part 6 Player Black					

Score _____

Comments:

Pre-Arranged Form	Comments
Theory	(see Pre-Arranged Fighting Form Theory Manual)
Part 1 Player Red Tiger/Dragon	Tiger Lunges; Dragon Emerges from the Sea
Part 1 Player Black Monkey/Tiger	Monkey Seizes the Fruit; Tiger Kicks & Lunges
Part 2 Player Red Monkey/Dragon	Monkey Hides the Pot; Dragon Strikes Twice
Part 2 Player Black Monkey/Snake	Monkey Dips in the Pot; Snake Enters the Hole
Part 3 Player Red Crane	Crane Stretches
Part 3 Player Black Monkey	Monkey Seizes the Fruit; also, Monkey grabs the branch
Part 4 Player Red Mantis/Dragon	Boxing Mantis; Sweeping Dragon

Part 4 Player Black Snake/Dragon	Weaving Snake; Sweeping Dragon
Part 5 Player Red Crane/Mantis	Crane's Shadow Hides Mantis
Part 5 Player Black Mantis/Dragon	Mantis Hooks; Dragon Confuses its Prey
Part 6 Player Red Dragon	Dragon Enters the Sea
Part 6 Player Black Eagle	Eagle Seizes Its Prey

Scores:

23rd Chamber _____

24th Chamber _____

Total Score: _____

Total Possible = 100

Passing Score = 90 (90%)