

7 Circles

Southern/Northern

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

Lesson Plan 7

**2nd Rank 7th Degree
practitioner/instructor**

Adhere to the Path

Me'je Oruka Ti Ogun ati Iwosan Ogbon Elegbe

7 Circles Lesson Plan

2nd Rank, 7th Degree

Chamber	Lesson
25 th	Shaolin Boxing
26 th	Practice System & Exercises
27 th	7 Circles Training Method (Circles 1-4)
	Additional Requirements

Student Name: _____

Date: _____

Number of Semesters/Years Training: _____

Current Rank: _____

25th Chamber: Shaolin Boxing

Part #	Lesson	Scores				
		1	2	3	4	5
1	Theory of Shaolin Boxing					
2	Fighting Dancing					
3	Shaolin Boxing					
4	Safety					

Score _____

Comments:

Shaolin Boxing	Comments
Theory of Shaolin Boxing	<p>When? When you are legally & morally in the right. Why? Because no other option is available in the moment. How? With courage and discipline. To what conclusion? Only what is necessary. (refer to 9 Levels of Self-Defense)</p>
Fighting Dancing	<p>Practice Basic: slow, no power Practice Advanced: fast, with power (You should be able to do Wu-Shu for at least 45 minutes non-stop.)</p>
Shaolin Boxing	<p>Practice Beginner: no – light contact Practice Intermediate: light – medium contact Practice Advanced: medium – heavy contact</p>
Safety	<p>No contact to Face or Groins No application of full contact techniques for defensive levels 6-9. (refer to 9 Levels of Self-Defense) Students should own & utilize personal safety equipment such as shin guards, teeth guards, groin cups, chest/breast protection, etc.)</p>

26th Chamber: Practice System & Exercises

Part #	Lesson	1	2	3	4	5
1	Practice System					
2	Exercises					

Score _____

Comments:

Disciplines	Comment
Practice System	
Wu Shu (Fighting Dancing)	Helps to develop fluidity of movement, timing, rhythm, and endurance.
Shaolin Shadow Boxing	Helps to develop technique, focus, spatial judgment, timing, and coordination. Practice with one or more imaginary opponents.
Shaolin Boxing (Wu-Kung)	Helps to develop technique, focus, spatial judgment, timing, and coordination. Practice with one or more opponents slow, no power; medium pace, light contact; and fast pace, medium contact.
Exercises	
Da Mo Wai Dan Fire Flower Levels 1 & 2	12 Palm System of Qigong Level 1: Stretching Level 2: Cleansing Breath (see 18 Mudra Manual)

27th Chamber: 7 Circles Training Method (Circles 1 – 4)

Part #	Lesson	1	2	3	4	5
1	7 Circles Training Method Theory					
2	1 st Circle (Stalking from Outside)					
3	2 nd Circle (Stalking from the Center)					
4	3 rd Circle (Defending Outside/Threatening Inside)					
5	4 th Circle (Threatening & Defending: Inside & Out)					
6	Shaolin Boxing (Controlling & Moving the Circle)					
Additional Requirements for Rank						
1	100 Hours of Teaching 1 st Rank, 3 rd Degree					
2	Southern Stone Hand Development					
3	Twin Swords Shaolin Ch'uan					
4	Gin Gong Form Iron Body Development					
5	Wooden Weapon (Short Staff)					
6	Yang Style Tai Chi Short Form					
7	Sequential Stepping Levels 1-12 (Intermediate)					

Score _____

Comments:

7 Circles Training Method	Comments
7 Circles Training Method Theory	(1) You stand at the center of a circle around which you can force your opponent to move. (2) Your opponent(s) stands at the center of a circle around which you can move. (3) Every point of contact is the center of a circle around which you can move.
1 st Circle (Stalking from Outside)	Use 1 st and 2 nd Rank techniques to move around and threaten the center of the circle.
2 nd Circle (Stalking from the Center)	Use 1 st and 2 nd Rank techniques to move around and defend the center of the circle.
3 rd Circle (Defending Outside/Threatening Inside)	Use 1 st and 2 nd Rank techniques to move around and defend against the attacks coming from the center of the circle. Partner (inside the circle) uses 1 st and 2 nd Rank techniques to move around and ward-off from inside the circle.
4 th Circle (Threatening & Defending: Inside & Out)	All players Use 1 st and 2 nd Rank techniques to penetrate and defend the circle. Do not attempt to displace your opponent from inside the circle.
Shaolin Boxing	Practice moving in such way as to Control & Move the Circle of opponents you see forming around you. (Should be practiced with three or more opponents.)
Additional Requirements	
100 Hours of Teaching 1 st Rank, 3 rd Degree	
Southern Stone Hand Development	Should be able to break through 1” – 1 1/2” of 1/2” industrial particle board with an 6 – 8 inch fist or palm technique.
Twin Swords Shaolin Ch’uan	Should be able to perform Parts 1 – 3.
Gin Gong Form Iron Body Development	Should be able to demonstrate internal qi development.
Wooden Weapon (Short Staff) Sequential Stepping Levels 1-4; Player Red/Player Black	Request instruction from a senior student.
Yang Style Tai Chi Short Form	Slow, no power (Wu-Shu Style) Fast, with power (Wu-Kung Style)
Sequential Stepping Levels 1-12 (Intermediate Style)	Moderate pace, with power.

Scores:

25th Chamber _____
 26th Chamber _____
 27th Chamber _____

Total Score: _____ **Total Possible = 95** **Passing Score = 86 = 90%**