

The **7 Circles System** is based upon the Ase (essential energy) of seven animals, insects or mythological creatures, the tiger, dragon, crane, monkey, mantis, snake and eagle. In theory these forms or styles can be located in a three dimensional matrix. One dimension is Northern (long range) vs. Southern (close quarter). The second is Hard (external) vs. Soft (internal). The third is Throwing and Wrestling vs. Chin Na (locks, holds and pressure points).

Our system locates each of the seven styles within this three dimensional matrix. By understanding the matrix and the location of each style within the matrix, the student can learn to effectively integrate the techniques, patterns of movement, and various levels of qi of the styles into a comprehensive and cohesive system – **7 Circles**. Different footwork, body movement and hand styles are evoked in each area of the matrix.

Tiger – Our Black Tiger Fist and various open hand techniques are applied in the long, hard, throwing section of the matrix. Compelling physical force is used to overwhelm the opponents and break down their defenses. Low kicks are used to confuse the opponent and destabilize their foundations.

Crane – Our application of the Crane Style falls to the soft side of the Hard/Soft dimension; to the long side of the Close/Long dimension and slightly to the throwing side of the Chin Na/Throwing Dimension. The Crane is applied long range using hard attacks or blocks that quickly soften to apply secondary strikes to pressure points and vital areas.

Dragon – Our Dragon represents flexible power. It falls in the Close/Soft section of the matrix on the chin na side of the Chin Na/Throwing axis. However, it lies near halfway on the Soft/Hard axis and its tendency is towards the close and hard quadrant. Fluid stepping and strong stances integrated through the dragon stance stepping and turning create the flexible power of this style.

Eagle – Our Eagle is applied in the Close/Hard quadrant. On the Chin Na/Throwing dimension it uses more grabbing of vital areas with the Eagles Claw. It falls to the hard side because of the power exerted in these grabbing and pinching techniques. It falls to the south because our system keeps a lower center of gravity and aerial attacks and flying kicks are avoided or rarely utilized.

Mantis – Our Mantis Fist falls almost in the center of the Close/Soft quadrant. It falls in the center of the chin na side of the Chin Na/Throwing axis. The Mantis is used to draw in on the opponents long-range attacks and to counter with powerful blows, pinpoint strikes and hooking hands creating disorientation and submission.

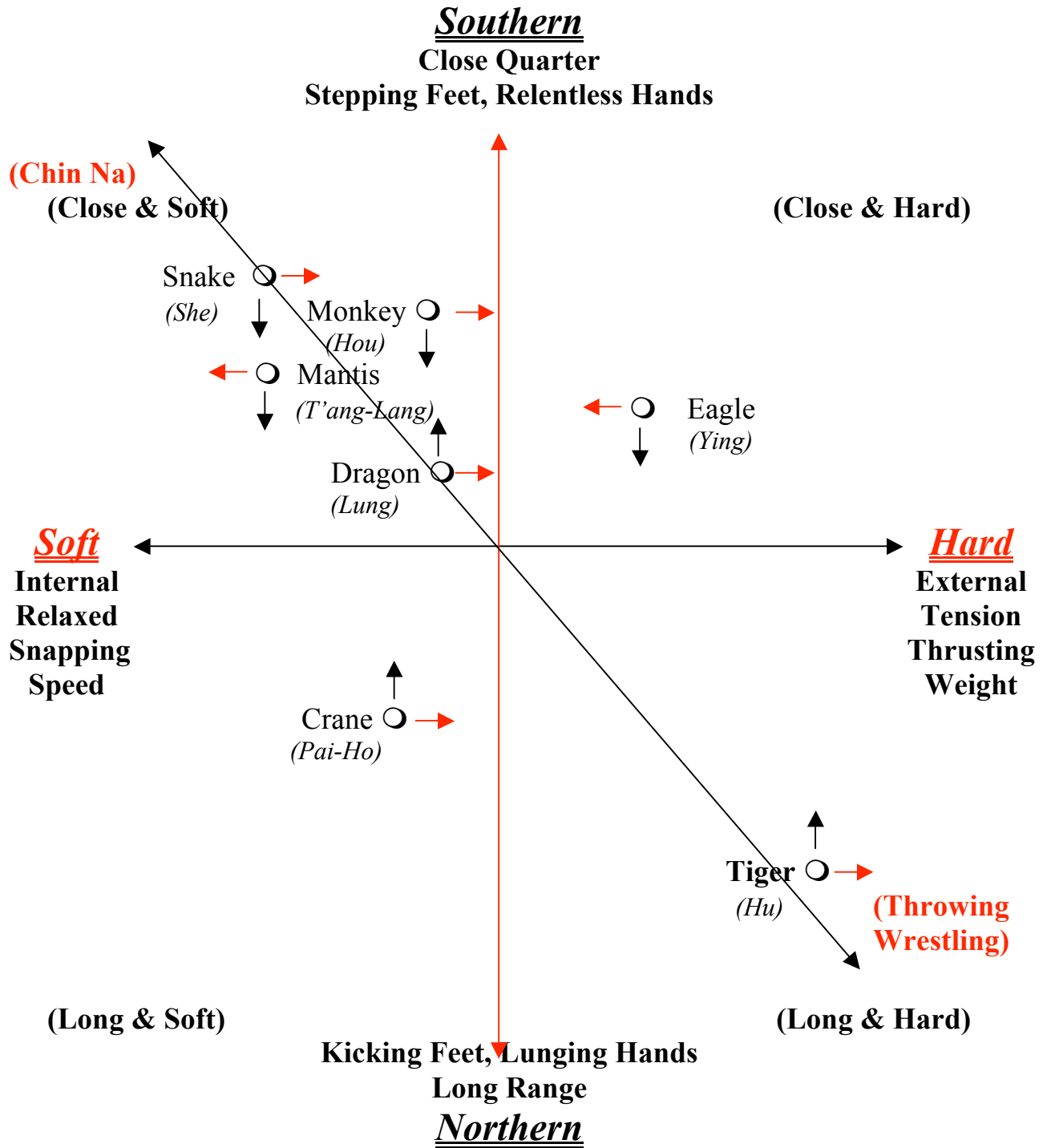
Monkey – Our Monkey style falls second from the peak of the Close/Long axis, to the Southern (close) end. It is almost center on the Hard/Soft axis. It is high on the application of chin na. Our Monkey draws in, with softness; and expands out with hardness. The opponent attacks the softness and meets the hardness.

Snake – Our Snake is the most subtle style in our system. It falls very near the end of the Soft/Hard axis as soft. Its close quarter strikes carry the force of long-range punches when delivered to vital areas with pinpoint accuracy. Its tendency is toward the hard and long.

See Theory Matrix.

7 CIRCLES SOUTHERN/NORTHERN

Shaolin Kung Fu Theory Matrix



Theory Application

7 Circles Southern/Northern Pre-Arranged Fighting Form

- | | |
|-----------------------------------|------------------------------|
| 1. Black (Monkey & Tiger) | Red (Tiger & Dragon) |
| 2. Black (Monkey & Snake) | Red (Monkey & Dragon) |
| 3. Black (Monkey) | Red (Crane) |
| 4. Black (Snake & Dragon) | Red (Mantis & Dragon) |
| 5. Black (Mantis & Dragon) | Red (Crane & Mantis) |
| 6. Black (Eagle) | Red (Dragon) |

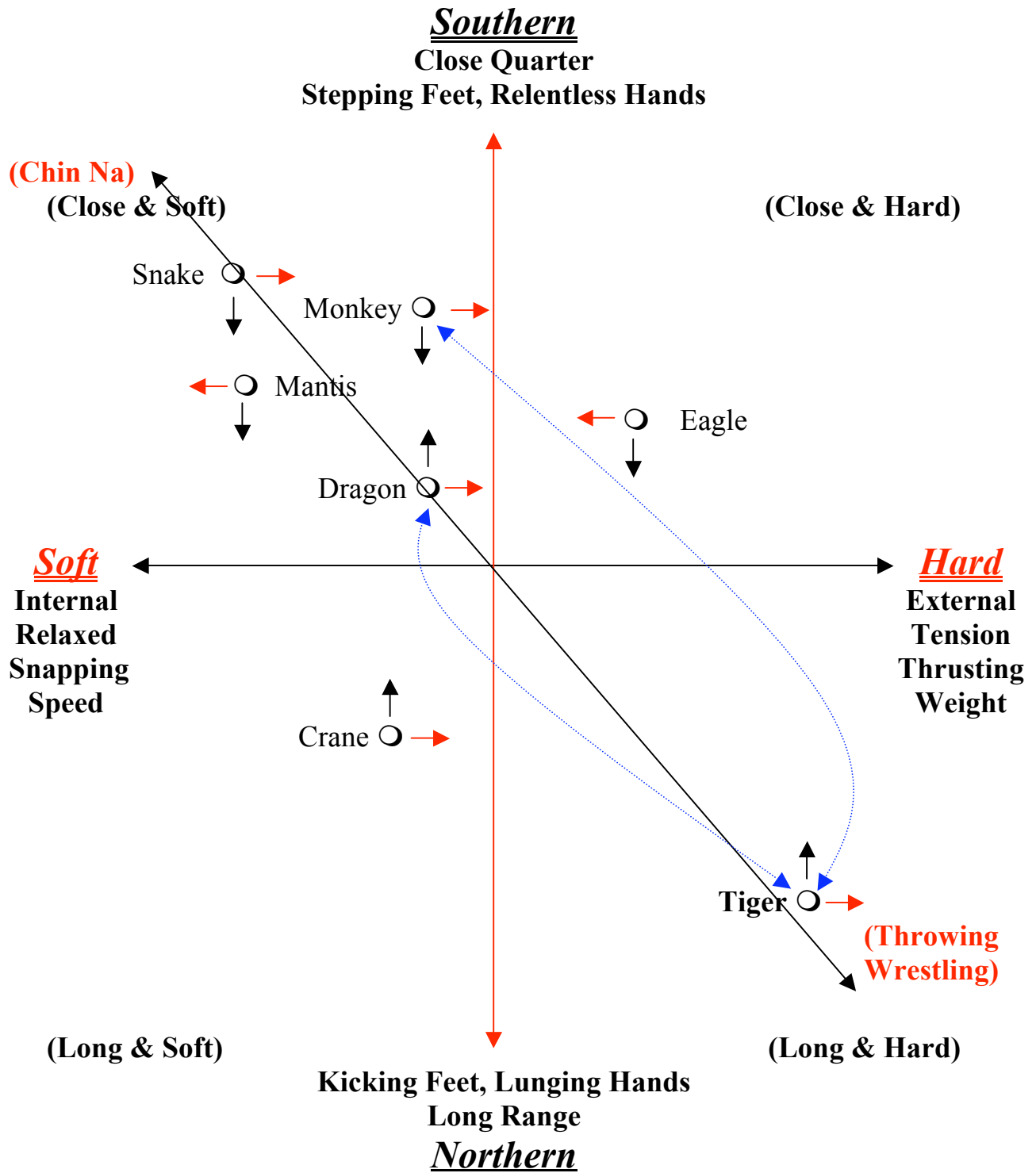
1. **Black** (Monkey & Tiger)
Monkey seizes; Tiger kick & lunges
Red (Tiger & Dragon)
Tiger lunges; Dragon emerges from the sea
2. **Black** (Monkey & Snake)
Monkey dips in the pot; Snake enters the hole
Red (Monkey & Dragon)
Monkey hides the pot; Dragon strikes twice
3. **Black** (Monkey)
Monkey seizes the fruit
Red (Crane)
Crane stretches
4. **Black** (Snake & Dragon)
Weaving Snake; Sweeping Dragon
Red (Mantis & Dragon)
Boxing Mantis; Sweeping Dragon
5. **Black** (Mantis & Dragon)
Mantis hooks; Dragon confuses its prey
Red (Crane & Mantis)
Crane's shadow hides Mantis
6. **Black** (Eagle)
Eagle seizes its prey
Red (Dragon)
Dragon enters the sea

7 CIRCLES SOUTHERN/NORTHERN

Shaolin Kung Fu Theory Matrix

1. Black (Monkey & Tiger)
Monkey seizes; Tiger kick & lunges

Red (Tiger & Dragon)
Tiger lunges; Dragon emerges from the sea



7 CIRCLES SOUTHERN/NORTHERN

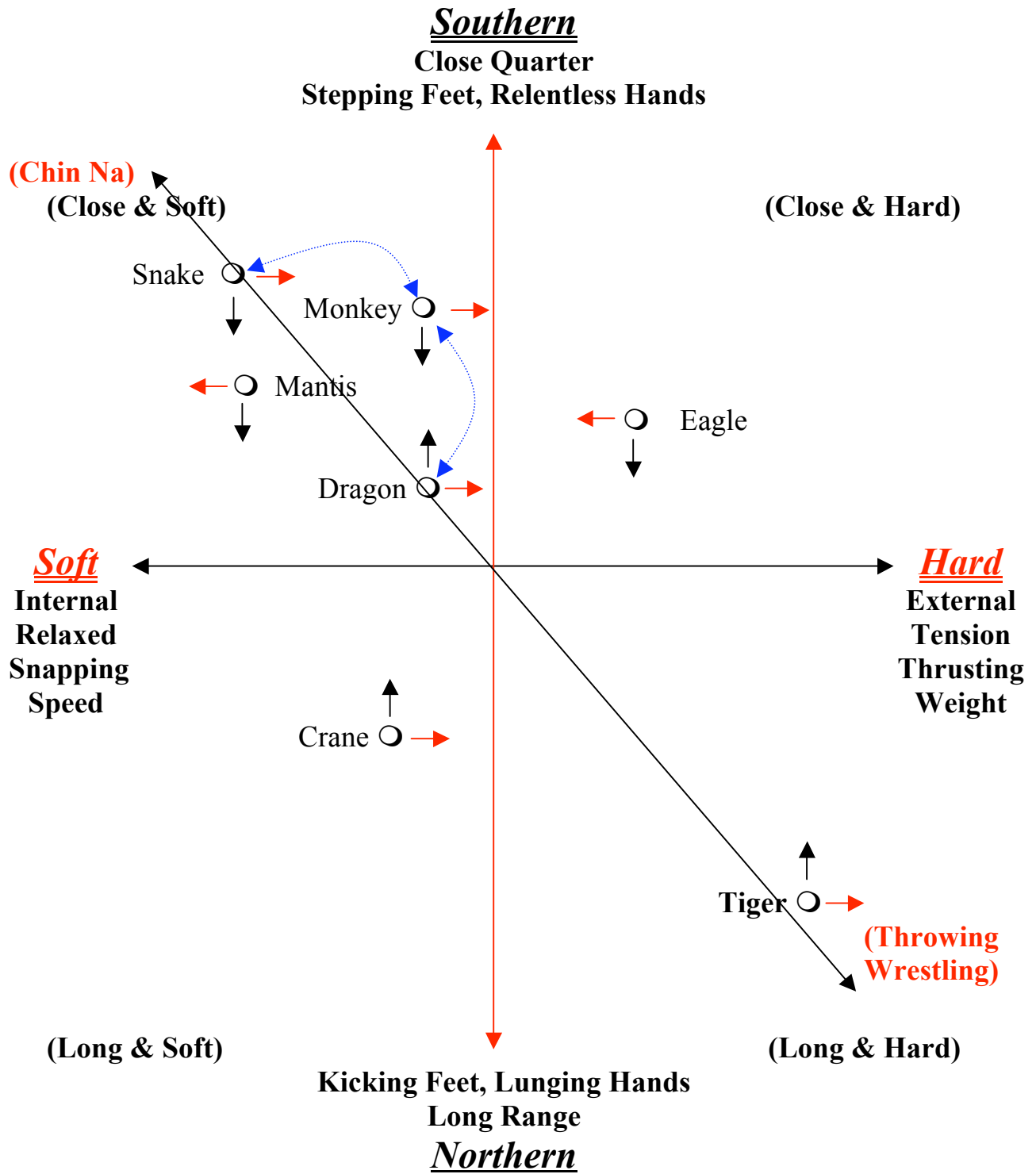
Shaolin Kung Fu Theory Matrix

2. Black (Monkey & Snake)

Monkey dips in the pot; Snake enters the hole

Red (Monkey & Dragon)

Monkey hides the pot; Dragon strikes twice



7 CIRCLES SOUTHERN/NORTHERN

Shaolin Kung Fu Theory Matrix

3. Black (Monkey)
Monkey seizes the fruit

Red (Crane)
Crane stretches

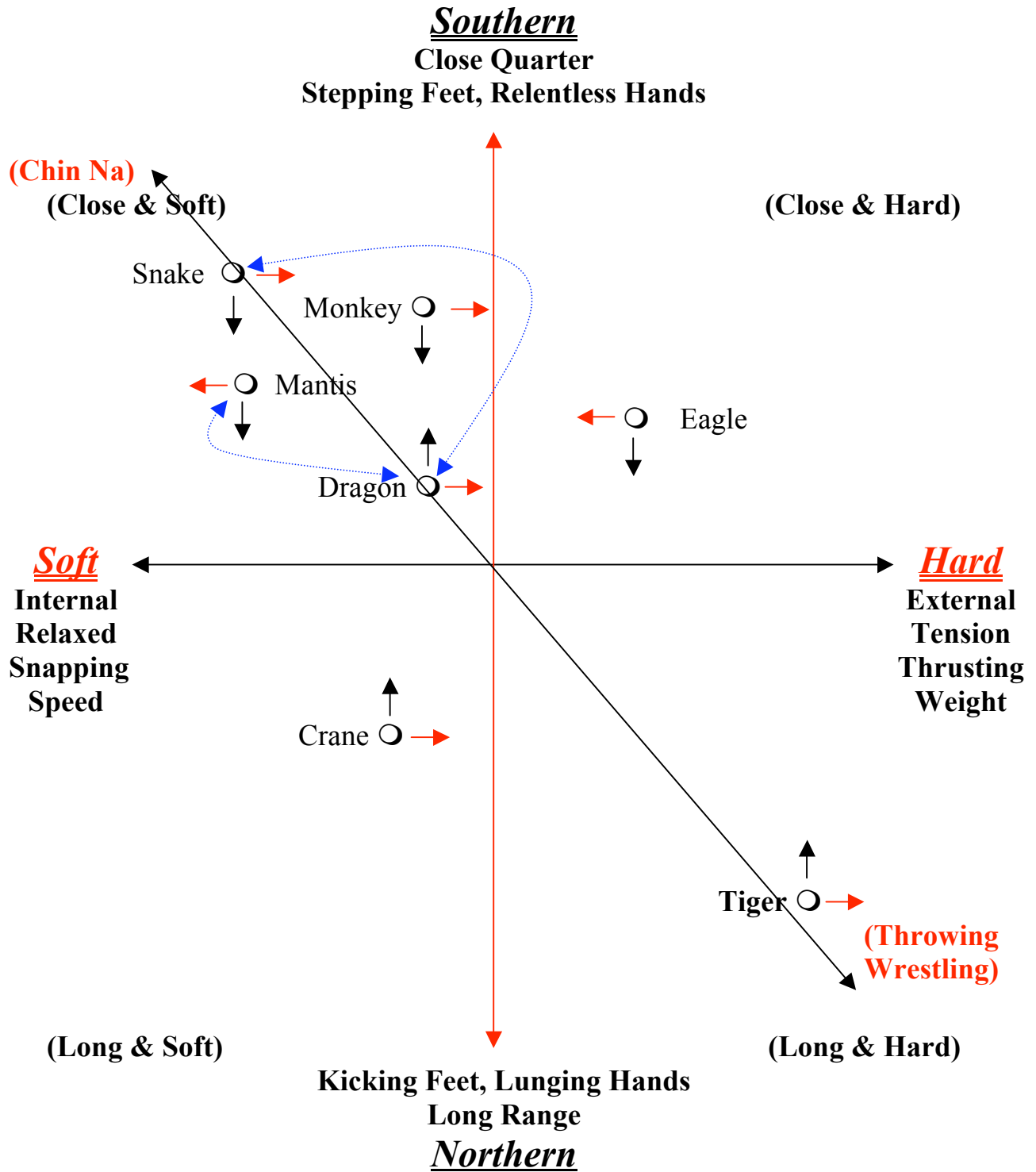


7 CIRCLES SOUTHERN/NORTHERN

Shaolin Kung Fu Theory Matrix

4. Black (Snake & Dragon)
Weaving Snake; Sweeping Dragon

Red (Mantis & Dragon)
Boxing Mantis; Sweeping Dragon

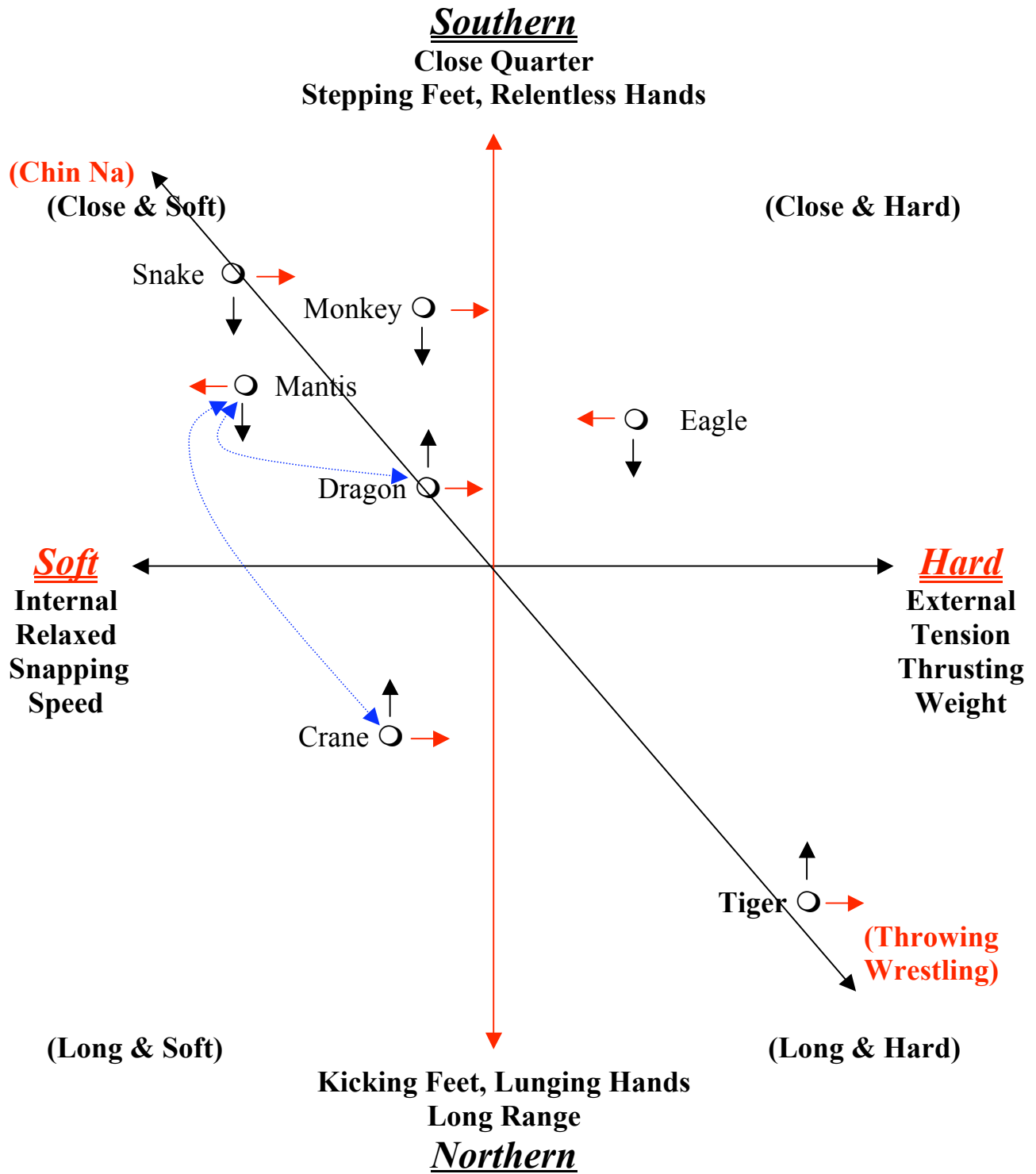


7 CIRCLES SOUTHERN/NORTHERN

Shaolin Kung Fu Theory Matrix

5. Black (Mantis & Dragon)
Mantis hooks; Dragon confuses its prey

Red (Crane & Mantis)
Crane's shadow hides Mantis



7 CIRCLES SOUTHERN/NORTHERN

Shaolin Kung Fu Theory Matrix

6. Black (Eagle)
Eagle seizes its prey

Red (Dragon)
Dragon enters the sea

