

7 Circles

Quarterly Training Schedule

Day	Date	Qigong	Qv	Training Focus	TFv	Time	Dietary Discipline	DDv	Comments
Mon		Da Mo L.1&2		Sequential Stepping			water, tea		
Tues		Fire Flower L1		Blocking & Punching			vegetables and pasta		
Wed		Fire Flower L2		Weights & Stretching			water, tea, fruit		
Thurs		Fire Flower L3		Tai Chi			beans & rice		
Fri		Fire Flower L4		Prearranged Form			fruit juice, fruit, water		
Sat		Moving 18 Mudra		Shaolin Boxing			grains		
Sun		7 Animals		Weapons			optional		
Mon		Da Mo L.1&2		Sequential Stepping			water, tea		
Tues		Fire Flower L1		Blocking & Punching			vegetables and pasta		
Wed		Fire Flower L2		Weights & Stretching			water, tea, fruit		
Thurs		Fire Flower L3		Tai Chi			beans & rice		
Fri		Fire Flower L4		Prearranged Form			fruit juice, fruit, water		
Sat		Moving 18 Mudra		Shaolin Boxing			grains		
Sun		7 Animals		Weapons			optional		
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