

# Grey Sash Curriculum

## Warm-up before EVERY training session!

|               |                            |  |
|---------------|----------------------------|--|
| Checking      | Standing Stretches.....    | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Preparation   | Stances Stretching.....    | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Strengthening | Push-ups, Sit-ups etc..... | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Stretching    | Sitting.....               | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Balance       | Crane Walking.....         | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Endurance     | Punches.....               | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| & Warm-up     | Kicks.....                 | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |

## Foundation Skills & Exercises

|         |  |  |
|---------|--|--|
| Natural | Standing.....  | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | Kama Square.....   | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Guard   | Stepping into (just the action not end position).....        | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | Standing Guard<br>Body (Angle & Posture)<br>Legs & Toes..... | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Horse   | Kama Diamond.....  | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | 2 Step Stance into 45deg left & right.....                   | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Dragon  | 3 Step Stance (just the action not end position) ....        | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | 5 Step Stance (just the action not end position) ....        | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | 3 minutes Body Positioning.....                              | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | Height.....  | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | Legs.....  | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | Kama Square.....   | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | Stepping into.....   | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | 1 minutes Body Positioning (each left & right) .....         | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| System  | Height.....  | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | Legs.....  | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Dragon  | Kama Square.....   | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | Stepping into.....   | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| System  | 1 minutes Body Positioning (each left & right) .....         | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | Height.....  | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| System  | Legs.....  | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | Kama Diamond.....  | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| System  | Natural, Horse, Dragon.....                                  | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |

## Bare Hand & Foot Skills

|         |   |  |
|---------|---|--|
| Blocks  | Outside.....                                | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | Inside/Mid section.....                     | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | Upper.....                                  | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | Lower.....                                  | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | In & Outside Leg Block.....                 | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | Systems of Blocks.....                      | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Punches | Stone (Straight).....                       | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | Sun (Square).....                           | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | Chain Punching (3 or 5 set).....            | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Kicks   | Dragon (to the Solar plexus) ..... back leg | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | ..... front leg                             | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | 13 Directional Kicking ..... left side      | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Knee    | ..... right side                            | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | Uplifting ..... back & front leg            | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Elbow   | Reverse (as in Straight Punch).....         | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |

**Defence Response to Hand Grab Attacks**

|         |  |  |
|---------|--|--|
| Outside | dropping into 45 deg Horse, push into SP .....     | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | Follow up &/or safe distance .....                 | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Swing   | One handed and two handed .....                    | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | Follow up &/or safe distance .....                 | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Buddha  | Stepping in covering your hand on top of belly ... | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|         | Follow up &/or safe distance .....                 | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |

**Defence Response to Punch &/or Kick Attacks**

Punch to Face defended using the Stone Fist Routine (Retreat, Block, Punch, Kick)

|                          |  |
|--------------------------|--|
| Evade & Defend .....     | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Follow-up & Escape ..... | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |

Punch to Solar Plexus defended using the Thunder Fist Routine (Retreat, Block/Block, Punch, Kick)

|                          |  |
|--------------------------|--|
| Evade & Defend .....     | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Follow-up & Escape ..... | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |

Stabbing to the throat defended using the Spider Finger Routine with follow-up

|                          |  |
|--------------------------|--|
| Evade & Defend .....     | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Follow-up & Escape ..... | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |

**O Mai Shan Breathing Set**

|          |  |  |
|----------|--|--|
| Footwork | Stances Executed Correctly.....          | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|          | Moving from Posture to Posture.....      | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|          | Stability .....                          | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Body     | Posture.....                             | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|          | Balance.....                             | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|          | Head and Correct Looking .....           | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Spirit   | Breathing.....                           | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|          | Attitude .....                           | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|          | Walking-On, Start and Finishing.....     | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Skill    | Correct Function of Techniques .....     | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|          | Angles and Direction of Techniques ..... | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|          | Strength of Techniques .....             | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |

**Shaolin Dancing (not competing!)****Safety Gear not required but better!**

|            |                                      |  |
|------------|--------------------------------------|--|
| Show       | Walking-On, Start and Finishing..... | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|            | Presentation .....                   | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|            | Grace & Dignity .....                | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Skill      | Stances .....                        | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|            | Posture.....                         | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|            | Balance.....                         | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Understand | Moving.....                          | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
|            | Function of Technique .....          | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Chi        | Breathing.....                       | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |

**Knowledge & Background**

Type/PC written before commencing grading

|           |   |  |
|-----------|---|--|
| Explain   | the No1 Training Rule?.....                             | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Speculate | on the value of the 1 <sup>st</sup> Learning Guide..... | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Describe  | the Vital (Dragon) Point of this level .....            | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| List      | the 5 Shaolin Academy Training Rules .....              | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |
| Write     | about your favourite Tech of this level & Why.....      | 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 |