

Shaolin Academy
5 Animal Kung Fu

L4 - Orange Sash
Wu Tang

唐縣



Sifu Audrey

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Congratulations

You are making success a habit, well done! The best and the worst is still to come! Or as Dolly Parton once put it;

The way I see it,
if you want the rainbow,
you gotta put up with the rain.
Dolly Parton

There is something very different I would like you to consider! You have achieved Orange Sash and are working towards Green Sash and, well . . . you are in the 'Danger Zone'!



If you look around you may find that some Yellow Sash students are no longer with us. They reached the 'Danger Zone' too and were not able to overcome it. This is sad. Now you are either a person who also reached it and overcome it or you will reach it soon. What are the symptoms? Well let me put it simply; a lot of things give you the sh..s, willies. You do not feel like training, it is all a bother, you get agitated even possibly very reluctant to train. Well again two things;

1. This happens to most everyone 3 times and around this time is the first of these
2. Do not cease your training now!

OK so I am interested in you staying; I do like all my students especially if they have managed to this level. But it is for the same reason but a different angle that I say this to you. Never ever stop when you are in this phase. Do not break off relationships, do not quit your school or job, do not do ANYTHING rash. Review what your goal was and if you did not have one, achieve Red Sash. Then sit back, review what you have achieved, when your emotional inner 'schwinehund' is no longer in charge and then decide if that was enough or to commit to another 5 levels!

Never ever, ever, ever make a decision of this nature if you are on a high or a low. Set a reasonable target, achieve it and then review it! I can tell you that this is very, very, very important and this attitude will make a tremendous positive difference in your life.

So the next question is how to deal with it! And I have a very good suggestion;

If you are a;

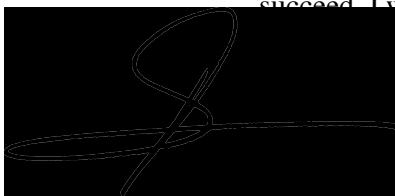
- Tiger** Just do it; power through; get over it; do something different; work towards your next level very concentrated; focus on what you want to achieve; work hard and regularly.
- Panther** Review what you have; health, fitness, friends, agility, confidence; connect with the reason you started; look at all the possibilities that are open to you, training, teaching, films, business, running your own venue, the joy of training. Make a new focus with some side focus (i) and slowly but surely re-motivate yourself.
- Crane** You have new friends, people in the club who care about you and who you care about; focus on working with them, helping them and them helping you; get involved in some of the social aspects of the club; Second Saturdays, Club party's, get-togethers, Long Friday Group; helping with the management and running of the club; volunteer some time.
- Snake** You set yourself a goal whether you know it or not. It is not your way to stop now. Finish either to Black Sash or if that seems to far Red Sash. Accelerate your training; focus on what needs to be achieved; bring things to a nice and neat and proper finish, as you do not like loose ends.

Opportunity

As with every difficulty, it is an opportunity; an opportunity to grow, learn overcome and create wisdom. At this time it matters little how you overcome it; it just matters that you do! Also, seeing which of the above methods works for you is a clear indication of which may be your animal. You may need to use a combination of two, three or even all four. Just make it work.

And as with everything it gets more interesting; however you solve this now, it will help you grow and be stronger. And when this phase comes around again, say with your partner, children, work, school, etc., you will know how to deal with it.

Yet in all success is the seed of failure. Sometime in the future, Blue Sash, Navy Sash this will happen again and your normal method will not work! It will be a time where you will need to chose a different Animal Style to succeed. . . and you will! I actually really look forward to this as quite a transformation happens to people when they get the first true glimpse of their own power to succeed. I will be there and am now to help where you need it. But do not be afraid. Now I can help as I will too need to take a different approach.



Look forward to the future; it's fun!

Perspective on the 5 S's

The sequence of focuses in each book follows a very clear path. It may be the time to explain this logic. Safety, your safety, your families is paramount and even supersedes the law. In Shaolin Kung Fu this is also the case and that is why the first level you learnt you were focused on Safety (Grey Sash)!

The next most important aspect of your health and well being is your Chi and Breath. You received some very interesting information about breathing and breathing exercises! It would be very important for you to 'experiment' with this (White Sash).

Next was Stature, Posture, Balance and Foundation and you will have experienced that this is also considered to be very, very important for both life and training (Yellow Sash).

To put all this into perspective, here are the 5 aspects of Physical, Mental and Spiritual Balance!

Stature, Posture, Balance & Foundation

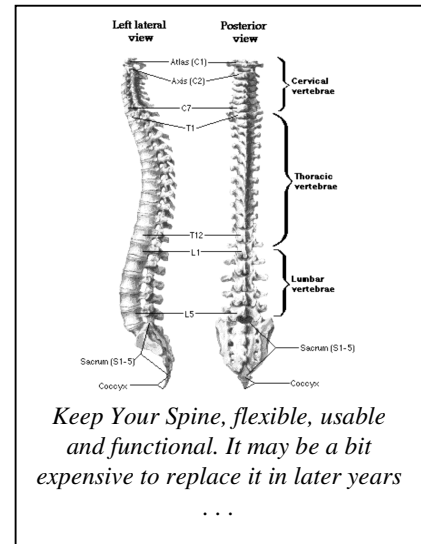
Speed & Timing, Coordination & Control, Perfection

Stamina & Endurance, Patience & Economy

Strength & Power, Force & Will

Stretch & Flexibility, Agility & Grace

We worked on the most important aspect in the last workbook. You may recall that there is a great emphasis on you assuming the Natural Stance when in class and not doing anything else. Now assume that this is the standard operation. For on this level we cover the Snake Aspect for it is about a lot of things but mainly about Control; and this is another aspect of Safety!!



“it is through the little happenings, that the universe heralds Big Events” and it is often the little things that make the difference to your Success; i.e. Stature & Posture

Speed & Timing, Coordination & Control, Perfection

Speed will get us there quickly, coordination will make us on target, timing will allow us to choose the right moment and control will allow us to measure our action. As you see, the one is nothing without the others. In the Shaolin 5 Animals, the Snake is the Symbol for Speed, Coordination (Accuracy), Timing and Control; it is the animal of precision.

Although it will be a few days yet before you start working on the Snake Aspect of Shaolin Kung Fu, this is one of the most difficult to master yet the one that most people seek.

So the question is how?

You 'need to want to' be very precise and accurate and quick and controlled in your techniques. You 'need to want to' have a high degree of precision and then develop your speed. You 'need to want to' recognise the right timing.

The first and most important aspects to practice are 'Control and Coordination'. We first eliminate the need for Speed and Timing by practicing without an opponent. This allows us to develop the precise level of body, mind, breath coordination and control. When you are able to execute a technique 999 times from 1000 exactly at the same (slow) speed, at the right time, to the right target, with the right movement then you can consider working on the next two, Speed and Timing! Practically, that is when you grade a technique and verify that you know it well. When you regrade the technique it should also be quick and at the right time and when you grade to Black Sash it should also be very effective.



Some interesting Snake Style exercises that you could practice.

1. Start by performing your form in a specific time, say 60 seconds and then reduce the time by 1 second each week without compromising the flow or technical quality of the form. Once you have reduced it by 10 seconds stop there for a while and allow your instructor to check the quality of the execution then try again to reduce it over the next ten weeks.
2. Set a timer to one minute and see how many proper punches, kicks, strikes or blocks you can do in one minute. Write this down in your Workbook and do 1 more each day in that minute.
3. Get yourself 5 empty matchboxes and a small bucket. Line up the 5 matchboxes on a railing and put the bucket directly 2 meters behind them. Now in rapid succession, hit the 5 boxes with one hand (first left then right) and make them all go into the bucket. Repeat this until you can perform this with both hands three times without missing (Snake Grading Item).
4. Get yourself a ring about twice the width of your closed fist (between 15 cm and 20 cm). Hang it from a string about solar plexus height (Snake Grading Item). Now three options;
 - a. Make it spin moderately quickly and punch into the ring alternating hands without touching or disturbing the ring or its rotation.
 - b. Make the ring swing from side to side without any spin and punch through it as it passes through the centre of its swing.
 - c. Do the same as above except that you move from one side to the other!
5. Have a good friend throw 5 balls at you in rapid succession (but not hard) and you punch them back to the person or to a designated target (like the bucket in a previous example) or at your lower body and you kick them back or to a designated target.
6. Throw 5 balls in the air and punch them or kick them at a designated target (bucket or ring as used in a previous example).
7. Put 5 balls on top of matchboxes and kick them into a target preferably without disturbing the matchboxes.

Please, only use speed training on techniques and movements that you know really well. Record all your extra exercises in your workbook (KIIT's Take Note!!)

Food, glorious food

We seem to be in the craze of being slim and trim, and we ignore the consequences! Like anything in life, the extremes are what cause problems. Too much is not good and too little is just as damaging. Also, your body size and weight is not the issue; your health, well-being and continued happiness is though. Let me propose a line of thought to you.

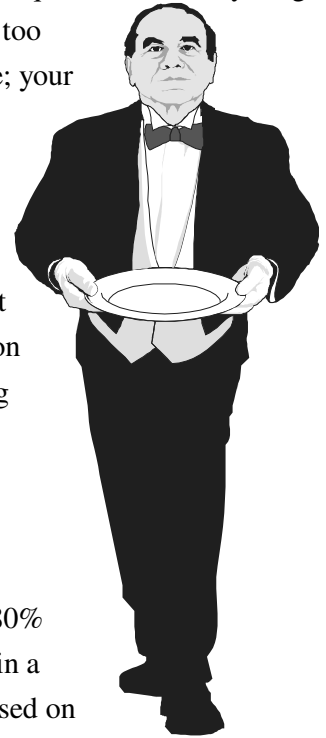
You, your body needs certain vitamins, minerals and fluids to have the various parts of your body functioning and to create the body 'juices' that you need to function. Of the 6 vital organs, each fulfils a different function and thus requires different nutrients from your food intake. The following recommendations are based on many, many years of study, research and experimentation by health organizations around the world and Oriental Medicine Guidelines to ensure a healthy, energetic, alert and long life.

One each hour, a glass of water; each and every hour! We are 70% to 80% water, our blood is mainly water, and our brain is mainly water, floating in a protective bed of water, processing millions of bits of data chemically based on water. If you dehydrate your body, you, your mind and body will work far less than at their optimal. Add a glass off water for every 30 minutes of exercise.

Seven a Day, fruits & vegetables; each and every day! In winter 4 to 5 vegetables and only one to two fruit and in summer the opposite, 3 to 4 fruit and 3 to 4 vegetables. We can pop pills, supplements and energisers. Fruit and vegetables are still the best and most natural.

30 a Week, Different Foods; each and every week. An old lesson I received from a non-English speaking master of mine; 30 foods a day he said; every day, 80 foods a week! Well as the National Manager for Telstra I needed some more information than just that. It was provided by Dr Mark Linquist of Monash University who, after a 10 year study could verify that Variety is the Spice of Life, and 30 different foods each week! We need to change our eating habits and not have 3 to 4 huge portion of food on our plates each time we eat but 10 to 12 small portions. Some good examples of this are Wholemeal Salad Rolls, Vegetable soups with a lot of different vegetables, Garden Salads, etc.

Avoid Fried Food! French Fries, Burgers, Pizza, KFC, etc. have generally between 25 to 40% FAT. Although we need fat to live, one burger supplies us with our fat requirements for 9 days!

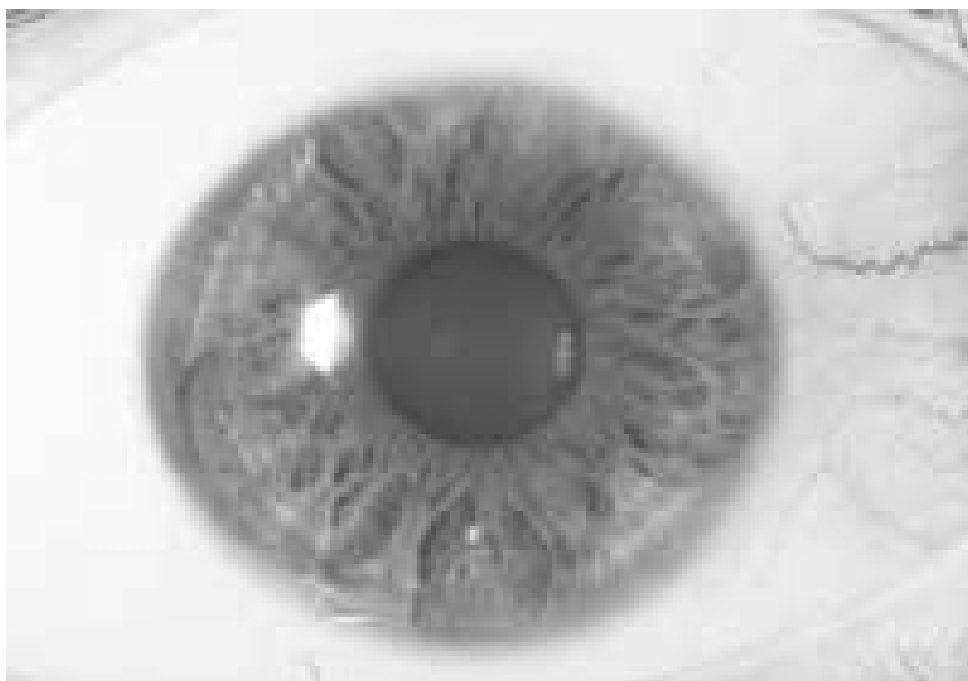


One Day a Month, fasting on tea, rice and seaweed. Once a month give your body a holiday, a time of cleansing. For 24 hours eat only very pure foods, very little and plenty of water. You can choose the number 7 diet, Green Tea, whole grain rice and seaweed. Most everything you need for your nutrition is contained in that but avoids a lot of the extra stuff. This would allow your body to cleanse it self a bit more thoroughly than usual.

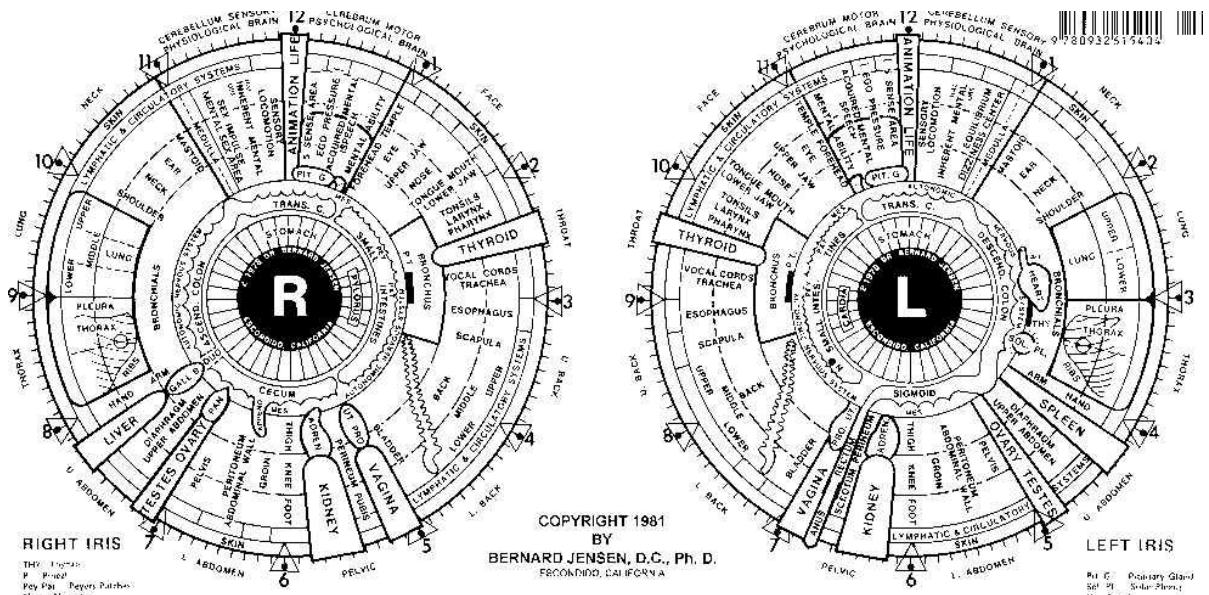
Once a Year, see a specialist on the subject of

Nutrition and Health; Possibly a dietician, nutritionist or as I like to, a herbalist and iridologist. In some places are ‘Alternative’ medicine clinics based on thousands of years of experience. I generally alternate between and Indian Based Herbalist and a Chinese Based school!

Each Morning, check the whites of your eyes! They are a good indicator how well your body has been detoxified and purified during sleep. If you had a late night, restless sleep, food too late at night or too much, if you are unwell, low on energy, eating the wrong foods; all this will be mirrored in the whites of your eyes. If you would like to know more about iridology visit <http://skepdic.com/iridol.html> or <http://www.healingfeats.com/iridolog.htm>. They have a few interesting books listed as reference.



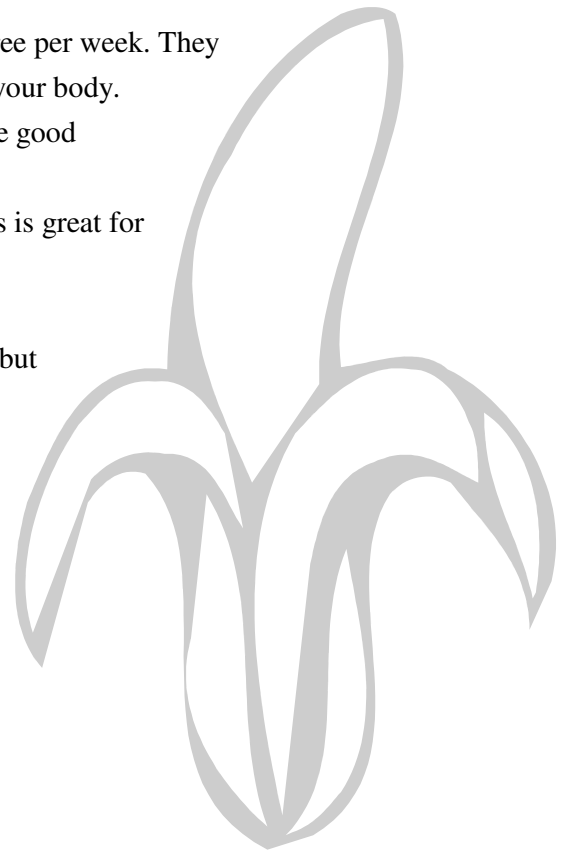
I believe this is the easiest way to check on your state of mind and body first thing in the morning. If all is clear you know you can operate at peak efficiency and train hard but if your eyes are blood-shot or discoloured you may want to slow down, be a bit more aware and careful with your business and inter-human dealing. You may avoid a lot of complications and problems this way.



When you need Energy

- Bananas are great but no more than two to three per week. They have a lot of sulphur that may accumulate in your body.
- Apples are both great energy packets and have good hydrating effect.
- Pasta with tomato based (not cheese) toppings is great for long-term energy.

And then there are the worlds of vitamins and herbs, but this in a later workbook. ☺



5 Levels of Learning

It is an advantage to know where you are and where you may be going. But how do you recognise where you are and how to take advantage of it? The following is a universally applicable system that can be used in martial arts, school, work and almost anything that involves human learning.

Unconscious Inability when you don't know what you don't know (or can't do)

When you start martial art training for the first time, before you really know, (or sometimes cared) what you know or really can do, you will have a vague idea about what it is and how it works from movies and such. But unless you had previously practiced some martial arts, you will not know what lies ahead of you. You are not totally aware of what there is to learn and what there is to know. You may have had a fair idea of what you would like to achieve, what the end result should be and what you expect, but **you really don't know what you don't know.**

Conscious Inability (possibly where you are now, on this level) now you know what you don't know or can't do

As you continue your martial art training and learning, you gradually begin to have an overview, and thus you find yourself gradually moving into the second level. You now know what you didn't know when you started.

This is a time when you may become very frustrated. You may even be filled with self-doubt, and consider it overwhelming when you realise how much there is or can be. Some choose to give up martial arts at this point, as they do not believe that they can achieve their desired result. A little bit of knowledge can be a dangerous thing!

This is a time of distraction. You now see all that you don't know, and want to learn it all, now, immediately. In your quest for knowledge and ability, you may become impatient and distracted. You may go out and search for more information, greater details and secrets. This could stop you from achieving, distract you in too many directions, and disperse you like dust in the wind until you do know where to go or what to do.

It is a time to find focus and continue. A time to discover the central theme of your life, why you started this and why you have stayed so long and focus on the next steps, your next level. And once you find your way through there is:

Conscious Ability now you know what you know

Between step two and three is the cocky stage for some. Hey look at what I can do and have learned.

You now know most or all what you will need to know to become a Black Sash in Shaolin Kung Fu. This is though a time that is also frustrating as you feel you know it all but still get told that you are not doing it all quite right. A time when frustration can set in. This is a time to 'just do', enjoy the finer points of your training (detail, usage, origins, function).

Unconscious Ability now you do without need for thought

A lot of time later, a lot of blood, sweat and tears later, you have finally learned all of the combinations, forms, techniques, etc. With little effort or thought, you can execute them successfully. You are aware and have an overview of all the techniques, forms, routines, etc., that you need to know, all of which you can perform perfectly. You are a good Shaolin 5 Animal Kung Fu practitioner but not a teacher or master! For that you need one more, very important step;

Confirmed Ability

you believe, you have used it, you know what it is

Although you have gained some wisdom (= experienced, evaluated and integrated skills * knowledge) along the way you really need to believe in what you have learned. For this you need to prove to yourself that what you have learned will work. This is where you need to compete and teach. Competitions will allow you to fine tune your skills and believe in yourself and what you have learned. Teaching will do the same except from a third person point of view. Both these will complete you being a true and real Shaolin Kung Fu Black Sash.

It is the natural progress in life that once we have learned and experienced, we consolidate this by first doing and gaining wisdom and then showing and teaching this to the next generation. This is the obligation and cycle of life and why you may feel that you wish to become a Shaolin Kung Fu Black Sash Instructor.

**You are the most important person in your life
and the best you seek,
It takes work to become what you can,
and not grow weak**

**But what many do not appreciate
and rarely see
That many toil and do,
for themselves and also for me and you**

**So remember when you think on the self;
working on your wealth
Important is your Physical,
Mental and Spiritual health**

**That was it best for you right now and here
May cause a lot of problems, pain and fear**

**So consider well the future Friends and Foe
When you seek your best that you do not all forgo!**

Sijo Robert Z

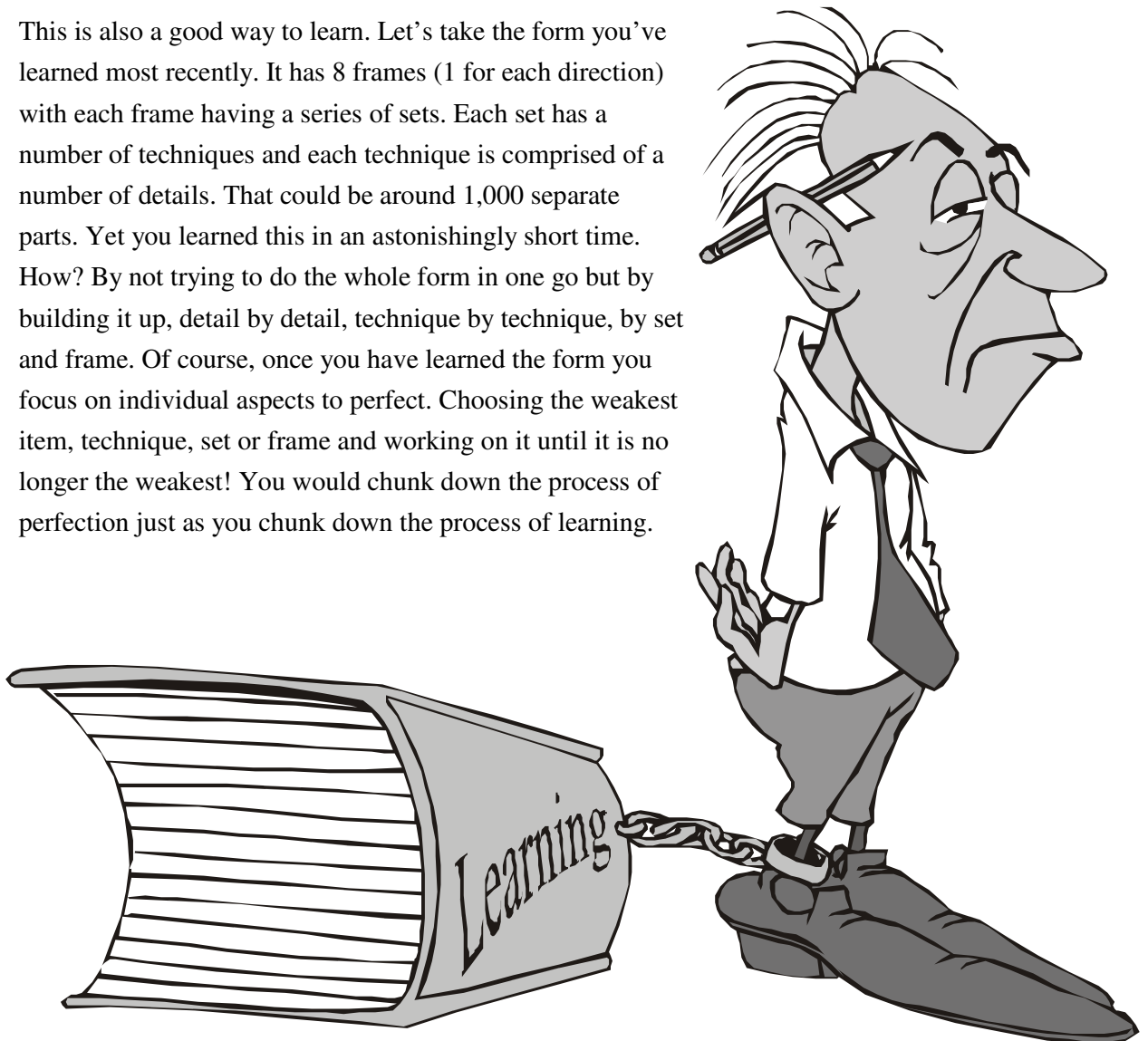
4th Learning Guide - Chunking Large Tasks

The fourth guide to learning efficiently is called "Chunking" and works well with the first principle of 'One Thing at a Time'.

No matter what type of information you have to process, learn or assimilate, if it is a large amount, it's best chunked down. This is a well-practiced habit of good writers and presenters of information. A good writer will divide their book into chapters, paragraphs and sentences. They will try and have one statement per sentence, one thought per paragraph and one subject per chapter.

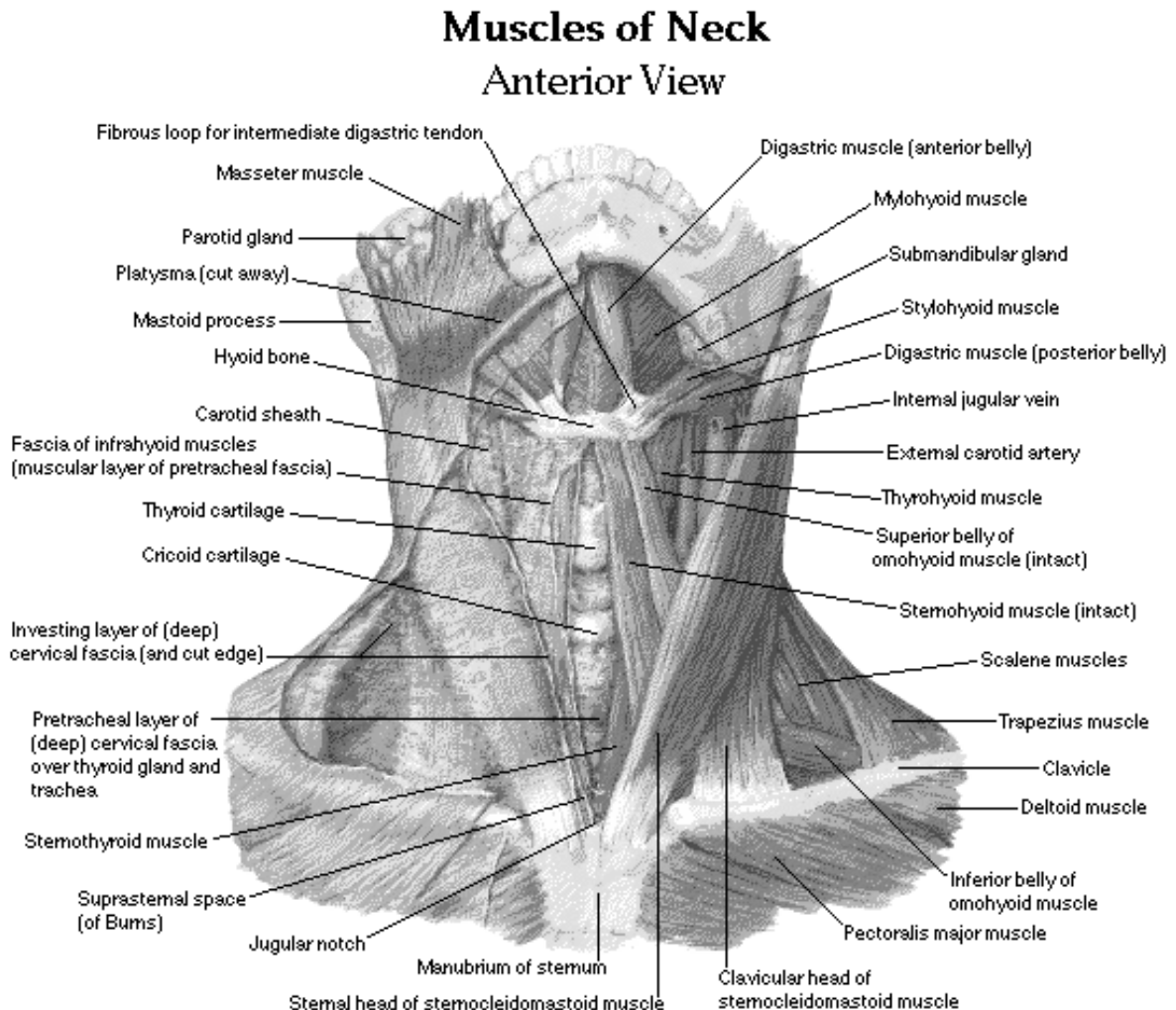
A good presenter will finish a part of their presentation by opening to questions, recapping the subject or some other distinct way of allowing the audience time to digest.

This is also a good way to learn. Let's take the form you've learned most recently. It has 8 frames (1 for each direction) with each frame having a series of sets. Each set has a number of techniques and each technique is comprised of a number of details. That could be around 1,000 separate parts. Yet you learned this in an astonishingly short time. How? By not trying to do the whole form in one go but by building it up, detail by detail, technique by technique, by set and frame. Of course, once you have learned the form you focus on individual aspects to perfect. Choosing the weakest item, technique, set or frame and working on it until it is no longer the weakest! You would chunk down the process of perfection just as you chunk down the process of learning.



Level 4 Vital Points, Neck

The neck is a very crucial point of our body to protect. It is well muscled so to a degree, protected. It also has all the connections going through it that the brain needs from the body to survive and conversely, feeds the body with impulses that it needs to function.

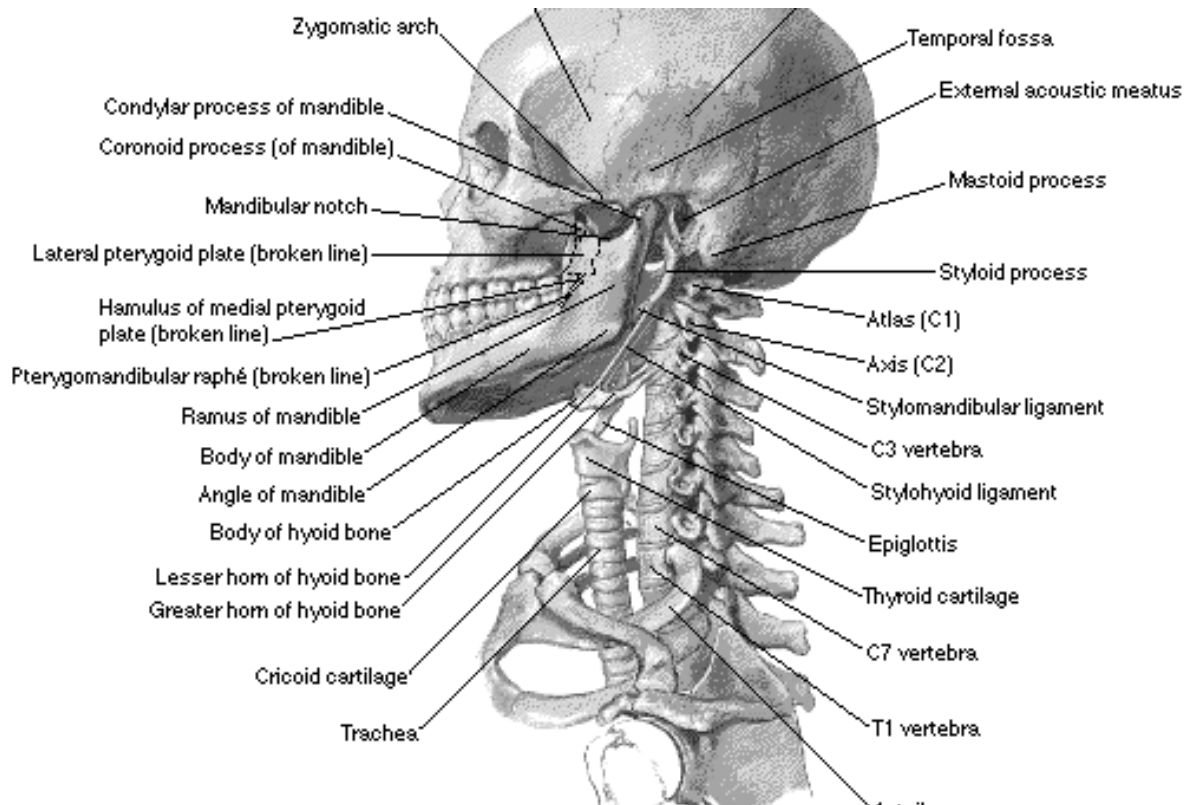


As a general rule, we consider the whole neck to be just one giant Vital Point that needs protection.

It is the link between the driver and the machine, the mind and the body. There are two classes of attack on the neck. Those that seek to damage the fundamental structure, the bones, and those that attack the tissue surrounding the bones.

Structural Protection

Below we see the Bony Framework of the Neck. The spinal bones protect the nerves that run from the head to the rest of the body. They are well protected as they are inside the spine, much the same way as our heart and lungs are inside the rib cage.

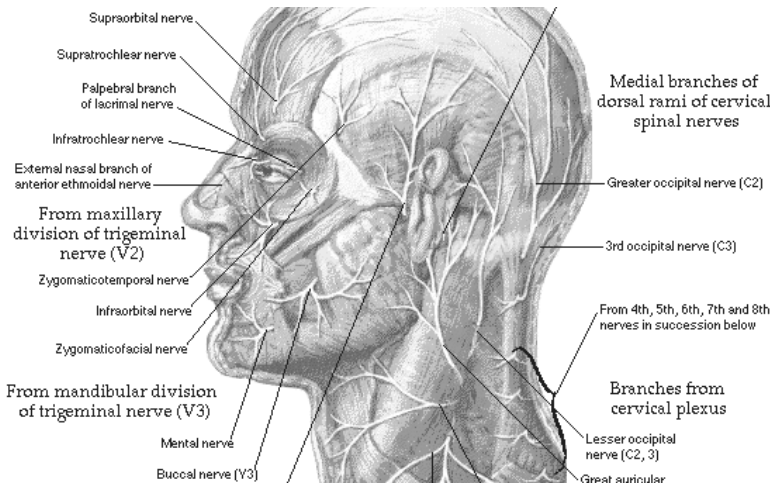


You will have heard that people who have had severe car accidents, or other such damage to this part of the spine, can become paraplegics or quadriplegics. This is when the spine is dislocated in a lateral motion, severing vital nerves and receptors. Conversely, a total rotary spinal move (as applied by advanced War Tiger Stylists) can also lead to the severing of live vital receptors which can lead to signals to the heart and other vital organs to be ceased.

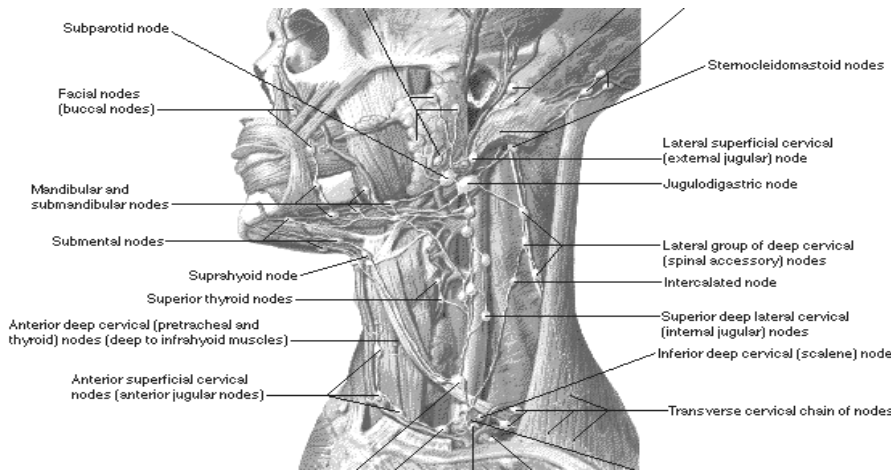
As can be seen from the first picture in this article, there is a lot of protection around the neck. As the spine protects and distributes the nerves, the muscle tissue protects the blood supply to the brain. It is easy to stop this supply for a time. This causes the brain to shut down, and you to become unconscious. This is dangerous state to be in or put someone into as it is the next closest to death, short of a coma.

The neck also protects the passage of air from the nose and mouth to the lungs. And to a certain degree this is fairly exposed and vulnerable to attack!

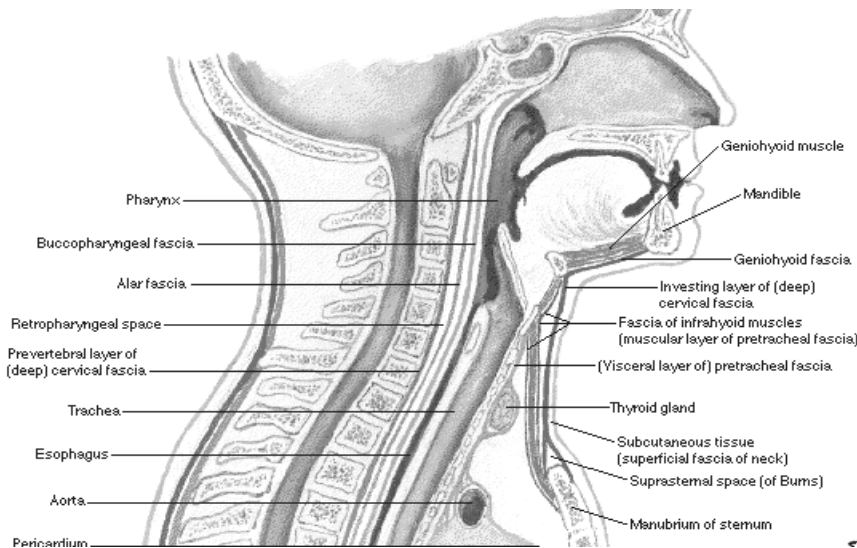
Nerve Endings



Lymph Vessels and Nodes



Fascial Layers of the Neck



**Protect your neck from all attacks,
as such can cost your life,**

Be the attack by Colds,

Bugs, Hand or Knife.

Be also very, very safe,

when practicing Kung Fu

That damage is not caused

to your partner or you

For one sure thing I know,

as I live, learn and grow,

That's such a deed would be, life changing,

rearranging and with sorrow

And not a last I would be happy to carry,

to others to have done such deed

Targets, Goals and Visions

It is wise to have Targets, Goals and Visions, if you like achieving specific and efficient outcomes. But what are Targets, Goals and Visions and how can we use these tools? There are many interpretations and answers, and I will give you just one!

Dreams are what you see in your mind and makes you want it. Dreams are all the little and big 'would like to haves' that everyone seems to have. Dreams are the Castles in the Sky.

Visions are the dreams you have chosen to make real. They are the Dreams that you can taste and smell and feel. They are the castles with the Plan for the Stairway to get there!

Goals are the big parts of the Vision. Parts of the whole, each of which need to be completed before the next steps can be taken. They are the pillars upon which the stairs will be built.

Targets are the things to do, the entire individual little and big things that need to be done to complete a Goal. They are the steps that will be placed on the pillars according to the plan to get to the dream!

Benchmarks are the milestones with which you check that you are on target. Little bits of the Vision (Plan) that allow you to know that your stairs will be on the pillars and that the pillars lead to you Castle.

All this can be explained differently and you can use other vernacular so let us see what all this really means.

"Failure is only a temporary change in direction to set you straight for your next success." - Denis Waitley

"Cherish your visions and your dreams as they are the children of your soul; the blue prints of your ultimate achievements." - Napoleon Hill

I have a vision of a full time Mega Kwoon with 8 large training areas with a coffee shop in the middle and professional suits on the out side. With living quarters for Staff & Students, gardens and a garden roof top! This is my castle, my dream. And with this dream I have also clear Goals, targets and benchmarks.

If you are really interested in making this 5 Step Process work for you, you are most welcome to book some time with myself, Sijo Robert Z and I will help you through it. Call me first as there is a small amount of preparation to be had. It is also advantageous to know of the 13 Steps to Success, & Habits of Highly Successful People and the SMART Planning Guide.

*"No one that ever lived has ever had enough power,
prestige or knowledge to overcome the basic condition of
all life - you win some and you lose some."*

Ken Keyes

Doing It.

The path of Shaolin Academy Gradings is already such a Vision, Goal and Target division. Each of the gradings towards Black Sash is a progressive target. Grading for Black Sash can be termed as a Goal. All this takes place on the way towards the Vision of becoming a Master of Shaolin Kung Fu, Life and most importantly, yourself.

Reward for Success

Having achieved a Target, celebrate it! If you have passed a test, have a quiet drink with your partner or give yourself some me time. If you have achieved a Goal, go out to a movie and/or dinner, share it with your partner and friends. If you have fulfilled a Vision, do something very special! Have a holiday, go away for the weekend or buy yourself that item that you've been wanting for so long. Rewards for success condition you positively for future success.

For if you don't celebrate your achievements, you may lose the need to succeed!

Practice

You have a good opportunity, with this book, to practice your planning through Visioning, Goal setting and Targets defining. Use it! It is a good opportunity to experiment your goal setting in a controlled and measurable environment!

Help

If you are uncertain how to approach this, how to set goals and targets, speak to your instructor or master:

*But when all is said and done, one thing cannot be undone
for Yin and Yang there needs to be, the universal balance you see
so yes Dream, Plan and Do as you would, this is important, necessary and good
but also remember that your balance needs to be maintained
and your time needs to be spent, with your body, friends and mind
on the activities unplanned, spontaneous, yes impetuous kind
so that you are not caught out by life and very deep strife
as life, will seek to balance for us, both order and chaos*

Take Note

First note for consideration:

Set reasonable targets or goals, not too high and make your visions realistic. Work your way up slowly, learning along the way, practicing your usage of these tools, and you will notice that almost anything is possible. By all means, stretch your abilities, allow yourself to fail and make experiences, and allow yourself to aim for higher than what you may expect to achieve:

For what is a vision if not something you have not achieved before?

Second note for consideration

Set reasonable targets or goals, not too low and don't trivialise your visions, as you may not feel the proper challenge and satisfaction of success. You need to stretch your wings and dig in with your claws:

For what is life if not a series of challenges to conquer and enjoy!

Third note for consideration

Stop and take stock, consider the big picture, your commitments, dreams and future plans. Consider whom and what is important to you, and once you are fairly clear in your mind, then decide what you want to do and Just Do It:

For there is a time for planning and thought and consultation, and there is a time for action! ☺

Final Note of Consideration

Stop and take stock often, stop and reconnect with why you are doing what you are doing! Step back, see the big picture, say thank you, reconnect with what is important to you, friends, family, etc.

Past, Present and Future

It is good to know what you have achieved, where you are and what you wish to achieve. Use this page to practice this life skill and note down at least two items in each category

Past

1 I have decided in my Kung Fu training to aim at achieving _____ Sash

2 _____

3 _____

Present

1 I am working on passing this level with credit

2 _____

3 _____

Future Immediate & Medium term

1 I will become a Red Sash

2 _____

3 _____

Future Long term

1 I will become a Black Sash

2 _____

3 _____

Dreams

1 _____

2 _____

Progress

It is good to appreciate what we have achieved! From Shaolin 5 Animal Kung Fu point of view there are initially two major reasons;

1. If we do not appreciate our success, both small and large; we will cease to succeed!
2. How we achieve our initial improvements/success is NOT how we continue to achieve improvements/success. We need to recognise when old habits & methods no longer work!

For this reason it would be a very good idea, once you have received this book, to record the following details;

Physical Details

Date Today _____

My Age _____ years My Height _____ cm My Body Weight _____ kg

Chest Size _____ cm Tummy _____ cm Hips _____ cm

left Upper Arm _____ cm Lower Arm _____ cm Fist _____ cm

right Upper Arm _____ cm Lower Arm _____ cm Fist _____ cm

left Quad _____ cm Calf _____ cm Ankle _____ cm

right Quad _____ cm Calf _____ cm Ankle _____ cm

Strength

(Amount total)

Push Ups _____ Sit-ups _____ Squats _____

(Distance in cm)

High Jump _____ cm Long Jump _____ cm Hop-Step-Jump _____ cm

Stretch

(measured in Hands & Fingers)

Sitting-Leg Split against wall _____ left bend _____ right bend _____
Hands & fingers from crotch to wall both hands either side of leg - distance to foot (+/-)

Hands up & down spine - left up _____ cm Right-up _____ cm

Speed Coordination (how many in one minute)

100 Straight Punches _____ 100 Front Kicks _____ 100 OBlocks _____

Stature (completed by instructor)

Ideal	Horse Stance	
Head	tilt	L5 - 4 - 3 - 2 - 1 - 0 - 1 - 2 - 3 - 4 - 5R
Body	lean	L5 - 4 - 3 - 2 - 1 - 0 - 1 - 2 - 3 - 4 - 5R
Hips	lean	L5 - 4 - 3 - 2 - 1 - 0 - 1 - 2 - 3 - 4 - 5R
Left Leg	inward	L5 - 4 - 3 - 2 - 1 - 0 - 1 - 2 - 3 - 4 - 5R
Right Leg	inward	L5 - 4 - 3 - 2 - 1 - 0 - 1 - 2 - 3 - 4 - 5R
Stance Height	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Stamina (how many seconds)

Ideal Stance Horse, Golden Buddha _____ sec Shadow Sparring _____ sec

Hand Stand Against Wall _____ sec Lower Push Up Position _____ sec

Beats Per Minute _____ BPM

Notes, items you wish to focus on/achieve

1 _____

2 _____

3 _____

4 _____

5 _____

Maybe _____

Yellow Sash Curriculum

Stances & Posture

20% Of Result

Horse	Foundation 4 min	Height 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Stability 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Cat	Baseline	Movement 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Stability 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Crane	Baseline	Movement 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Stability 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Eagle	Baseline Front.....	Movement 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Stability 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Baseline Back.....	Movement 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Stability 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Bare Hand & Foot Skills

20% Of Result

Blocks	Gate Block.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Reverse Gate Block.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Uplifting Gate Block.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Inverted Gate Block.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Punches	Back Fist.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Reverse Fist.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Monkey Fist.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Strike	Brass Gong (Head Butt)	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Kicks	Side Front Spin.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Side Back Spin	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Knee	Spear..... right side	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Elbow	Uplifting	right side 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Stepping & Systems

10% Of Result

Adv	Spear.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Ret	Snake	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Snake	Kama Triangle.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Kama Square	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Spear	Kama Triangle.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Kama Square	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Systems	of Stances	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	of Blocks	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	of Punches	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	of Kicks (13 dir Side Kick)	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Attacker Response to Grab Attacks from Behind **10% Of Result**

Crane	Choke from Behind	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Follow up (students choice)	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Finishing (safety).....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Spring	Arm Lock from behind.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Follow up (students choice)	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Finishing (safety).....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Combo	Bear Hug.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Follow up (students choice)	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Finishing (safety).....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Fukien Fist Form**20% Of Result**

Total Mark.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
(note only to be graded by a full instructor & Black Sash)	

Sparring (Optional) Continuous for 3 mins Touch Contact **10% Of Result**

Sparring	ONLY WITH FULL SPARRING EQUIPMENT
Total Mark.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Knowledge & Background**10% Of Result**

What	is the focus of this level & why?	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Speculate	on the value of the 3 rd Learning Guide.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Research	What the Dragon & Phoenix together symbolise....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Describe	your favourite Tech of this level & Why.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Assign	Write 200 words or more on an aspect of Shaolin Kung Fu or Shaolin Temple or Shaolin Academy History	

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Orange Sash Curriculum

Stances & Posture

20% Of Result

Horse	Foundation 5 min	Height 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Stability 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Riding Drg	Baseline	Movement 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Stability 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Loma	Baseline	Movement 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Stability 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Mantis	Baseline Front.....	Movement 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Stability 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Bare Hand & Foot Skills

20% Of Result

Blocks	Eagle Wing	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Cross Lower	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Cross Upper.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Scissor Left	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Scissor Right	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Hand	Spade Edge.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Cross Spade Edge.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Kicks	Crescent	in 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	out 0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Back Spin Crescent	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Knees	Maui Thai	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Elbow	Front Cross	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Stepping & Systems

10% Of Result

Cat	Adv & Ret	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Kama Square	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Kama Triangle.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Crane	Adv & Ret	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Kama Square	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Kama Triangle.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Eagle	Adv & Ret	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Kama Square	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Kama Triangle.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Systems	of Stances	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	of Blocks	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	of Punches	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	of Kicks (13 All Three)	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Attacker Response to Head Locks**10% Of Result**

Head Lock1	From the Side	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Follow up (students choice)	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Finishing (safety).....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Head Lock2	From the Front.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Follow up (students choice)	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Finishing (safety).....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Head Lock3	On the Ground.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Follow up (students choice)	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
	Finishing (safety).....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Wudang Hammer Form**20% Of Result**

Total Mark.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
(note only to be graded by a full instructor & Black Sash)	

Sparring (Optional) ½ Full Contact with Protection**10% Of Result**

Total Mark.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
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Knowledge & Background**Type/PC written before commencing grading**

What	is the focus of this level & why?	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Speculate	on the value of the 4th Learning Guide.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Research	the Dao, what is it?	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Describe	your favourite Tech of this level & Why.....	0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10
Assign	Write 200 words or more on an Martial other than Shaolin	

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Attendance Record

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30
31	32	33	34	35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	50
51	52	53	54	55
56	57	58	59	60
61	62	63	64	65
66	67	68	69	70
71	72	73	74	75
76	77	78	79	80
81	82	83	84	85
86	87	88	89	90
91	92	93	94	95
96	97	98	99	100
101	102	103	104	105
106	107	108	109	110
111	112	113	114	115
116	117	118	119	120
121	122	123	124	125
126	127	128	129	130
131	132	133	134	135
136	137	138	139	140
141	142	143	144	145
146	147	148	149	150
151	152	153	154	155
156	157	158	159	160
161	162	163	164	165
166	167	168	169	170
171	172	173	174	175
176	177	178	179	180
181	182	183	184	185
186	187	188	189	190
191	192	193	194	195
196	197	198	199	200

Class attendance register

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