



SHAOLIN DISCIPLE CANDIDATE BLACK SASH PROGRAM

LEVEL I (1-2 Weeks) Black



OBJECTIVES: This is an Institute and a Temple of Kungfu and Chan, being **of** one body. The Institute teaches every aspect of Shaolin and Taiji with Chan as its guidance emphasizing the spirit mind, body well-being. The student reaches enlightenment as Shaolin warrior through experience, self-cultivation, self-discipline and his/her committed and never-**ending** journey of Shaolin and Taiji path. First, the student will become oriented with basic classroom and general school rules, regulations, guidelines, procedures such as saluting and reciting Shaolin students' creed. The student will also learn how to utilize *The Liu Institute Student Handbook*. Student must have a thorough understanding of how to be a true Shaolin warrior with first step of getting his/her beginning black sash as he/she is stepping into the unknown to strive toward the goal of getting true Golden Black Sash when he/she enters gate of Shaolin warrior experience as Shaolin Disciple Candidate.

Level I Student exercises are designed to help strengthen leg muscles using basic Shaolin stances, increase flexibility by performing basic stretch kicks, and defend against opponents using basic blocks, punches, kicks, and combinations.

Emphasis is placed on learning, in part, the 1st Shaolin exercise, which will prepare the student for more advanced forms while teaching the student to generate waist power and move from stance to stance. All mini/little Shaolin warriors will get half sash and need to complete half of the requirements before moving to the next level. Table 1 illustrates the exercises the student must master before moving to the next level.

Table 1. Level I Exercises (Black)

Activity	Exercise
Warm-Ups	Neck, Shoulders, Wrists, Waist, Knees, Ankles, Groins etc...
Stretch Kicks	Front, Side and Outside Crescent
Stances and Hand Forms	Horse, Fist, Palm, hook
Punches	Jab, Cross
Kicks	Lead Leg Front
Blocks	Block Up, Block Down w/ Hands
Self-Defense Combinations	<ul style="list-style-type: none"> Block Up w/ Cross Punch Counter Attack Block Down w/ Cross Punch or Front Leg Counter Attack
Forms	First 1 st Shaolin Exercise
Other	Front, Side and Back Stride



LEVEL II (3-6 Months) White



OBJECTIVES: Level I exercises will be reviewed daily. Students will continue to learn school philosophy guidelines and regulations. Student must be able to recite Shaolin-Taiji Student Creed and familiar with the Shaolin pledges promoting the spirit of Shaolin. Each student will continue to develop flexibility and leg strength. Cardio and muscle endurance will also be emphasized with the addition of basic calisthenics.

Self-defense combinations are expanded to utilize basic front kicks with punches and vice versa. The student will also learn to execute self-defense techniques by striking pads and to assist other students with their techniques by holding pads. Each student understands the importance of introducing the Shaolin and Taiji spirit and practice of both body and mind to benefit others.

The student will complete the 1st Shaolin exercise and learn the 2nd Shaolin exercise learning to generate power from the waist and legs. Two of basic traditional Wushu combinations will be learned. These combinations will prepare the student for learning more difficult forms and self-defense that will be performed in competitions and reality testing. Table 2 illustrates the exercises the student must master before moving to the next level. Table entries added in this level are highlighted.

Table 2. Level II Exercises (White)

Activity	Exercise
Stretch Kicks	Inside, Back, Double Strike & Matching
Stances	Bow, Empty (½), Nail, Single (½),
Kicks	Leading Leg Front, Back Leg Front
Sanshou/Self-Defense	Jab-Cross-Back Leg Front Kick, Lead Leg Front Kick-Jab-Cross, Shaolin Exercise Dui Lian
Pads/Bags	Front Kicks, Jab-Cross & vice versa
Forms	2 nd Shaolin Exercise,
Wushu Combinations	1 st & 2 nd Wushu Combinations Wushu Duilian
Calisthenics	Push-ups, Sit-ups, Back-ups
Other	Horse and Bow Stance Targeting



LEVEL III (6-9 Months) (Yellow)



OBJECTIVES: Level II exercises & I will be reviewed daily. The student's flexibility will be further developed with the examination of basic splits. The student should be able to demonstrate marked improvement in performing splits before moving to the next level. Cardio and muscle fitness will also be emphasized with the addition of calisthenics. The student will continue the development of leg strength with the addition of two more stances. Evaluation of these stances will be based on the student's ability to perform them at least half of their lowest height.

Self-defense will be emphasized in this level with the addition of knee kicks; side kicks, various hooks, and dodges. The student will also learn combinations utilizing these added techniques and as well as learn to execute them on pads and bags. Learning the application of the techniques from the 1st and 2nd Shaolin exercises will be used to augment self-defense skills.

After demonstrating proficiency in Shaolin exercises, the student will be introduced to the Shaolin form Luo Han Shi Ba Shou (18 Hands). The 3rd & 4th Wushu combinations will also be learned. Basic one and two legged jumps will be learned to prepare the student for basic traditional and modern Wushu jump kicks. Table 3 illustrates the exercises the student must master before moving to the next level. Table entries added in this level are highlighted in yellow.

Table 3. Level III Exercises (Yellow)

Activity	Exercise
Splits	Left Front, Right Front, Side
Stances	Drop, Empty/Cat and resting /cross
Kicks	Side/Front Kicks
Tumbling	Side/Front Roll & Cart Wheels
Shaolin Sanshou Self-Defense /Qin Na	Jab-Cross-Hook Back Leg Front Kick 1st Luo Han Dui Lian/ 1 Arm Qin Na
Pads/Bags	<ul style="list-style-type: none"> Jab-Cross-Hook or straight Duck/Dodge-Hook Front and Side Kicks w/ Hand Combinations
Forms	Luo Han 18 Hands
Wushu Combinations	3 rd - 5 th Wushu Combinations
Calisthenics	Push-ups, Sit-ups, Back-ups
Other	Horse and Bow Stance Targeting



LEVEL IV (9-12 Months) Orange



OBJECTIVES: Level I - III exercises will be reviewed weekly. Now that the student has learned most Shaolin stances, learning to transition from stance to stance is emphasized. This will help the student not only develop leg strength as well as reinforce movements in the Shaolin and traditional Wushu exercises. Each student must study basic facts concerning Shaolin history and Traditional Wushu/Kungfu History pertaining to other arts at this stage. Each student must have a thorough understanding the qualifications and endeavors of reaching the goal of getting the Gold Black Sash as a genuine Shaolin student and Pre Shaolin Discipleship Candidate.

The student must demonstrate proficiency in punches and kicks learned in earlier levels. Uppercuts and roundhouse kicks will be added to the student's self-defense arsenal. Combinations using these added techniques would be learned and executed on pads and heavy bags. Additionally, students will work in pairs and perform these combinations in light shadow boxing sets. Pairing work will also include arm and leg conditioning.

The student will complete Luo Han 18 Hands with self-defense pairing and learn two additional Shaolin forms: Liang Huan Quan and Xiao Hong Quan (1st half). The student will also be taught traditional Wushu combinations 5th and up and the first two Wushu jump kicks. Table 4 illustrates the exercises the student must master before moving to the next level. Table entries added in this level are highlighted.

Table 4. Level IV Exercises (Orange)

Activity	Exercise
Stances/Splits	Transitioning in all stances/ marked improvements in splits
Punches	Proficiency in hooks/Uppercut
Kicks Wushu Basics in Tumbling	Roundhouse (low and high) Single leg round off
Shaolin Sanshou Self-Defense	Jab-Cross-Hook-Uppercut, Jab-Cross-Low Round/Catches Hong Quan Dui Lian/ Qin Na
Pads/Bags	Jab-Cross-Hook-Uppercut, Jab-Cross-Low Roundhouse
Forms	Liang Huan Quan, Xiao Hong Quan
Wushu Combinations	5 th thru 8 Wushu Combinations
Partner Exercises	Shadow Boxing, Arm and Leg Conditioning
Jump Kicks	Er Qi Jiao, Chao Shang Fei, Standing Wuai Bai Liang
Shaolin History/Chan Concepts	Basic Shaolin Chan and Quan in one, Shaolin concepts, principles and history. Promote Shaolin Spirit to benefit others



LEVEL V (12-15 Months) Green



OBJECTIVES: Level I - IV exercises will be reviewed as needed. Student needs to understand Shaolin Chan, its concepts and history, especially its practice: self-cultivation. The student should be able to demonstrate marked improvement in flexibility through proficient execution of front and side splits and rigorous stretch kicks. Depth, strength and proficiency in stance transitions should also be shown.

The student is expected to perform more complex self-defense drills. Partner Dui Lian and exercises drills are extended to include light contact sparring, simulated defense fighting and Simple Shaolin Qin Na applications for wrists and arms. Sanshou drills such as grappling and leg catching are also learned.

The student will complete Xiao Hong Quan and its related poems and lyrics, learn the 1st half of Long Fist (optional). Tiger and Dragon Shaolin Wushu combinations will be added to the student's forms practice. More traditional Wushu combinations will be taught as well as additional Wushu jump kicks. Wushu basics are added to the curriculum in this level and include 180° front and back sweeps. The student will also be exposed to weapons training by performing basic staff drills.

Table 5 illustrates the exercises the student must master before moving to the next level. Table entries added in this level are highlighted in yellow.

Table 5. Level V Exercises (Green)

Activity	Exercise
Splits/ Stances	Proficient execution of front and side splits, stretch kicks and proper stance
Intro Internal Basics	Bagua Steps vs. Xing Yi Steps
Shaolin Sanshou self-Defense	Multiple combinations using all punches and kicks learned in levels I - IV, Sanshou catching techniques and Qin Na, Shaolin Dui Lian and Drills
Shaolin Traditional Combinations	Tiger, Dragon,
Forms	Chang Quan Old Frame and Poems, Staff (1 st Half), Tang Tui, Standard Long Combos, and Dui Lian
Wushu Combinations	9 thru 10 Wushu Combinations Staff Combos/Essence
Other Wushu Basics (optional)	180° Front and Back Sweeps/head stance and cart wheels and aerials
Jump Kicks (optional)	<ul style="list-style-type: none"> Wai Bai Lian (Outside Lotus Jump Kick Full) Chao Shang Fei (Double Leg Front Flying Kick Separate) Shuang Fei
Partner Exercises	<ul style="list-style-type: none"> Light Sparring/Simulated Qin Na for Wrists and Arms Sanshou Leg Catching and Grappling
Weapons	1 st Level Staff Drills/1 st Staff Short Form
What is Shaolin made of?	Total Dedication and Loyalty to Shaolin



LEVEL VI (15-18 Months) Blue



OBJECTIVES: Wushu/Kung Fu drills will be reviewed from previous levels. Self-Cultivation in Chan is emphasized in pursuing spirit, mind and body well-being. Proficiency must be shown in performance of traditional Shaolin Gongfu/Wushu forms/combinations, traditional Shaolin Wushu jump kicks and other Wushu basics. Demonstrate the ability to promote and introduce Shaolin and Taiji to benefit others without ego and selfishness.

Self-defense training with general Qin Na applications and basic grappling will continue and will be extended to include Shuajiao. Sparring drills will focus on countering/catching side and roundhouse kicks and throwing the attacker. The student will also continue to work on executing self-defense techniques on pads and heavy bags.

Xuang Feng Tui (optional Tornado Jump Kick) and 360° front and back sweeps are added to the student's Wushu training. The student will complete Long Fist and learn the Shaolin form Chao Yang Quan. The student will also be taught one of the following Shaolin short forms: Ba Bu Liang Huang, Liu He. The first half of the staff demands efficacy, 2nd half of the form will be learned as well. Table 6 illustrates the exercises the student must master before moving to the next level.

Table 6. Level VI Exercises (Blue)

Activity	Exercise
Self-Cultivation/Bring up others	Meditation in Chan/Basic 8 Pieces Guiding others on the road/assistant
Wushu Combinations	Proficient execution of all basic Wushu combos from previous levels
Shaolin Wu Xing Basics/Concepts Shaolin Internal Basics	Proficient execution of all Shaolin Animal combinations Bagua hands formation/transition
Wushu Basics	360° Front and Back Sweeps/
Forms	<ul style="list-style-type: none"> • Standard Long Fist (modern) • Shaolin Short Form (Ba Bu Lian Huan, Liu He) & Dui Lian
Jump Kicks (optional)	Xuang Feng Tui (Tornado Jump Kick) Introduce Xuan Zhi (butterfly)
Other Basics	Monkey Roll/Round Off/ Back Hand Spring
Partner Exercises Simulated Combat	<ul style="list-style-type: none"> • Qin Na, Grappling, Shuajiao • Catching/Countering Side and Round Kicks drills • Basic Throwing/Simulated fight
Weapons	Staff Full/other short weapon combo introduction: broads/straight swords
Honor of contribution to Shaolin	Achievement in guiding others on the Shaolin path to help more people



LEVEL VII (18-21 Months) Red



OBJECTIVES: At this level, the student may be asked to help with classroom activities, assisting teaching to meet the required 1 assistant teaching credit (50 classes). This level student begins self-cultivation and experience of the internal Qi practice and in guiding others

Wushu/Kung Fu basics from previous levels will be reviewed and performed with proficiency. Xuang Feng Tui with a one-legged landing, Xuan Zhi (butterfly kicks) and Li Yu Da Tin (fish flip belly) are added to the student's Wushu training. These are optional for older adult students over 30.

Self-defense training using Qin Na, Shuajiao, and grappling will continue. Sparring drills will become more intense and will be extended to include "real world" situations. The student will learn how to execute falling sweeps.

The Shaolin short form the student chose to learn will be finished. Shaolin Wushu combinations learned at this level include Praying Mantis and Monkey. The student will complete the basic staff form to learn complex Famed Shaolin staff and will be introduced to the broadsword and short weapon drills. Table 7 illustrates the exercises the student must master before moving to the next level.

Table 7. Level VII Exercises (Red)

Activity	Exercise
Shaolin Family History Lineage	Give 5 Shaolin Family Names/Generations
Wushu Basics	Li Yu Da Tin (Fish Flip Belly) 11- 12 Wushu Combos
Shaolin Wushu Combinations	Praying Mantis, Monkey
Forms	Complete Shaolin Short Form: Tong Bai or Cao Yang/Dui Lian
Jump Kicks	<ul style="list-style-type: none"> Xuang Feng Tui with One-Legged Landing Fish flip Belly (kip up) Split Kicks Xuan Zhi (Butterfly Kick)
Partner Exercises	Simulated and Reality Sparring, Falling Sweeps
Weapons/Mimic Forms	<ul style="list-style-type: none"> Staff Form (2nd Half proficiency) Introduction to Broadsword Other Short Weapon Drills Weapon sparring sets/Dui Lian
Other Basics	<ul style="list-style-type: none"> Mimic Forms/Essence Monkey rolls and front tuck Front Spring
Internal Xing Yi	Introducing Xing Yi Basics
Shaolin Internal Power/ healing	Beginning experience with Chan/ internal Qi development and intuition



LEVEL VIII (23-26 Months) Purple

OBJECTIVES: It is at this level the student may be required to get teaching and assisting credits with basic techniques and forms, learn the art of teaching. At this stage student is expected to reach the high level of discipline. Each must demonstrate his/her high discipline as good example and a model of a Genuine Shaolin student.

360° front and back sweeps without hands are added to the student's Wushu training.

Self-defense training will focus on learning Sanshou techniques such as various throws and catches. Full contact sparring will be optional for those students that are interested in competitive Sanshou. The student will also learn advanced Qin Na techniques as well as advanced pad and heavy bag drills.

Tong Bei and Bench Short Form are the Shaolin forms the student will be expected to learn. Eagle Claw or Monkey is the Shaolin Wushu combination learned at this level. The 1st half the Short Weapon either Broadsword or straight sword form is also taught to the student. Table 8 illustrates the exercises the student must master before moving to the next level. All students need three stripes before the next Sash. Table entries added in this level are highlighted.

Table 8. Level VIII Exercises (Purple)

Activity	Exercise
Wushu Basics	360° Front and Back Sweeps without hands
Shaolin Wushu Combinations	Eagle Claw/Alternative Monkey
Sanshou Basic Quick Throws	<ul style="list-style-type: none"> Hip/Neck Reverse Throws Catch and Golf Swing Throw (Front and Back) Side Kick Catch and Throw (Front and Back)
Forms	Tong Bai, Cha Quan (1 st half) & Duilian
Jump Kicks	<ul style="list-style-type: none"> Xuang Feng Tui with One-Legged Landing Xuan Zhi (Butterfly Kick)
Partner Exercises	Simulated and Reality Sparring
Weapons	<ul style="list-style-type: none"> Broadsword Straight Sword Other Weapon Drills/Duilian
Shaolin Shuaijiao	Shuaijiao/Qin Na Basics



LEVEL IX (33-36 Months) Brown



OBJECTIVES: It is at this level that the student can begin earning teaching credits toward an instructor's certificate by assisting and teaching beginners with classroom instruction. It is at this stage that student must have high disciplined intensive training preparing for the Golden Black Sash into Shaolin Discipleship Candidate.

Wushu training will focus on several advanced jump kicks (optional): Xuan Shi with twist, side jump kick landing on body, scissor kicks, and twisting scissor kicks. The student will use these kicks in advanced Wushu forms. A high degree of leg strength, power, and flexibility will be needed to perform these kicks correctly.

Advanced pad drills, combinations, and competitive sparring with other students will make up the focus of self-defense training for this level. Full-contact sparring is optional.

Monkey (2nd set) and Di Tang Shaolin Wushu combinations will be added to the student's forms practice. The student will also be taught Shaolin Long fist and a form using a Shaolin weapon selected by the student, and approved by the master. Table 9 illustrates the exercises the student must master before moving to the next level. All Students need 4 stripes before the next Sash.

Table 9. Level IX Exercises (Brown)

Activity	Exercise
Shaolin Internal	Chan Meditation/Qi Gong Basic Xing Yi Animal Steps/Strikes
Self-Defense Combinations	Low Roundhouse-Side Kick-Side Kick
Shaolin Wushu Combinations	Basic Monkey (2 nd set), Di Tang & 13-16 Traditional Wushu Combos
Forms	Complete Cha Quan & other Traditional Shaolin Mimic Forms Intro
Jump Kicks	<ul style="list-style-type: none"> • Xuan Shi with Twist • Side Jump Kick Landing on Body • Back Spin Leaping Kick • Scissor Kick • Twisting Scissor Kick
Partner Exercises	Advanced Pad Drills, Competitive Classroom Sparring
Weapons	Spear and other Selected Weapon/ approved by Head Master
Contribution & Promotion Credits	Guiding others and introduce Shaolin to benefit others without selfishness



LEVEL X (42-48 Months) Black with Stripes



OBJECTIVES: The student may continue to work on credit for assisting with class instruction to work toward the discipleship program. Working on self-cultivation in Chan and Taiji. Continue to study the principle and philosophy of Shaolin in more depth, learning the way of Shaolin and the way to be a true Shaolin Disciple, preparing for being a Shaolin discipleship candidate.

Xuan Shi with a 360° twist and a tornado kick with a full body slap landing are added to the student's list of jump kicks (optional). Additionally, the student will be able to perform Wu Long Jiao Zhu (Five Dragon Swirling The Pole) with proficiency.

The student will participate in advanced competitive sparring with full body gear. The back turn leaping heel kick will be added to the student's arsenal of self-defense techniques.

The student will be taught a traditional short Praying Mantis combination and the Shaolin form Da Hong Quan. Weapons training will continue with flexible weapons drills as well as two forms using the spear. All students must master before moving to the next level.

Table 10. Level X Exercises (Half Black) 3 Stripes

Activity	Exercise
Chan Experience/ Qi experience	Self-cultivate and guide others in Chan and Qi/ShaoLin Internals
Kicks	Back Turn Leaping Heel Kick/Advanced Combos
Shaolin Wushu Combinations	Short Praying Mantis Combination
Forms	Yi Quan, Da Hong Quan
Jump Kicks	<ul style="list-style-type: none"> Xuan Shi with 360° Twist Tornado Kick with Full Body Slap Landing
Partner Exercises	Advanced Competitive Sparring with Full Gear/ Self-Defense Qin Na
Weapons	Flexible Weapons Drills, Two Spear Forms/ other weapons and special Shaolin forms
Thorough understanding of Shaolin and School Direction	Experience and train the mind in Shaolin thinking to guide others
Shaolin Internal	Self-Cultivation and Non Thinking, Qi Feel / Discipleship Private Internal



LEVEL XI (48-56 Months) Full Golden Black



OBJECTIVES: Student receives his/her Shaolin disciple name and fully become a Shaolin Disciple Candidate. It will take another two to three years to be fully ordained as a true Shaolin Disciple/ShaoLin Warrior. It is a life-time commitment. Each disciple must travel on the path of Shaolin and the Dao. At this level of beginning the Shaolin Discipleship Candidate path, the student should be able to understand and live by the philosophy of Shaolin Chan (Zen) and demonstrate all forms with proficiency plus at least one mimic form. In addition, the student should also be able to demonstrate a self-defense/self-choreographed fighting form/Dui Lian set as well as Sanshou (Shaolin free combat for protection).

The student should be able to show proficiency with three weapons, one of which is a long weapon. This will be reviewed through forms demonstrations.

Finally, the student will be rated on how effectively he/she can assist and instruct a class. After the completion of this level, the training will be tailored to each individual student's needs. Student may work on the basics internal Qi/external Iron Shield/ Iron Leg/ Iron Palm or advanced Kungfu forms of special weapons such as Guan Dao and Pu Dao, or advanced Sanshou training. Shaolin Medicine and Acupuncture/acupressure/Demark for healing and protection will be introduced. The black sash pre-discipleship testing is done with two weeks of detailed examination before advancing to high level of discipleship candidate. All students will need to have at least three stripes before the final Black Sash test.

Table 11. Level XI.33 Exercises (Full Golden Black)

Activity	Exercise
Chan Experience-Path	Self-cultivate and introducing others in Chan and Qi/Private Training in Shaolin and Acupressure Point
Shaolin Sanshou/Qin Na	Advanced Combat and life protection skills/Qin Na/ Sanshou simulated fight and full sparring
Shaolin Wushu Combinations	Mimic Combinations Advanced Wushu Combo Training
Forms	Da Hong Quan/Xing Yi/ Selectives
Jump Kicks	<ul style="list-style-type: none"> Xuan Shi with 360° Twist into Tornado Kick with Full Body Slap Landing Tornado into Split etc...
Other Wushu Tumbling Basics	Back Hands Spring back Tuck into Front/ Er Qi into Aerials
Partner Exercises	Self-Defense Qin Na/Shuijiao/ Fast Sanshou Catches
Weapons	Flexible Weapons Drills, Traditional Spear Forms/ other selective weapons and special Shaolin forms
Thorough understanding of Shaolin and School Direction	Experience as a highly disciplined Shaolin Fighting Monk/hands on Exams
Shaolin Internal	Self-Cultivation and Private Internal Acupressure/ Fetal Demarks Training Iron Body, Iron Shell, Iron Head & iron legs