



SHAOLIN INTERNAL HEALTH WARRIORS' PROGRAM



LEVEL I (1-2 Weeks) Black

OBJECTIVES: This is an Institute and a Temple of Kungfu and Chan being into one. The Institute teaches every aspect of Shaolin Kungfu. Taiji practice, along with other internal arts such as Qigong, Xing Yi and Bagua, is an integral part of Shaolin Internal art training with Chan and Dao philosophy as our guide emphasizing on the body, mind and spiritual well being. The program provides individuals of all ages with mental & physical discipline, respects and internal arts of health to empower and channel internal energy through redirecting the power of the mind. Self-protection and self-control (which are always part of Taiji tradition) will also be introduced. The student will eventually become not only physically fit but with great mind and spirit in leadership and in running daily life. The student will become oriented and familiar with basic classroom and general school rules, regulations, guidelines, procedures, and activities such as saluting, reciting the Shaolin creed. The student will also learn how to utilize *The Liu Institute Student Handbook*.

Level I Student intro programs are designed to help each student stretch and relax muscles and ligaments and improve Qi flow using basic Shaolin Yi Jin Jing opening and part one 8 pieces of silk brocade. To increase flexibility, balance, and coordination and strengthen muscles, each student will learn to perform basic light stretch kicks, still stance and Taiji walks as well as Taiji Quan opening steps. Table 1 illustrates the Beginning Qi Gong and Taiji. Each student must master before moving to the next level.

Table 1. Level I Taiji & Qigong Exercises (Black)

Activity	Exercise
Warm Ups	Neck, Shoulders, Wrists, Waist, Knees, Ankles, Groins etc...
Stretch Kicks	Front, Side and Outside Crescent
Taiji Philosophy	Brief Taiji Dao & Yin/Yang Theory
Internal Basics	1 st part of the 8 Pieces of Silk Brocade, Yi Jin Jing Opening
Introduction to Breathing	Sitting Meditation & Standing Post Position
Taiji Intro.	Taiji Opening and Part Wild Horse Mane
Taiji with Stress & Health	Brief Qi Concepts and internal communication through Qi cultivation and regulating practice



LEVEL II (3-6 Months) White (a bit light)



OBJECTIVES: Level I Qi Gong exercises will be reviewed daily. The student will continue to learn school philosophy guidelines and regulations. Student must be able to recite Shaolin-Taiji Student Creed and well familiar with the Shaolin pledges promoting the spirit of Shaolin. Each student will continue to develop flexibility and leg strength as well as Qi feel. Each student understands the importance of introducing the Shaolin and Taiji spirit and practice of both body and mind to benefit others.

You are what you think!

The student shall initiate the 1st step to eliminate the thousands of thoughts into one focus through Chan. Each student will learn how to breathe into calmness and tranquility and learn to tune in through meditation. The student will complete the basic Taiji walk and 8 pieces of brocade and first route in Taiji short form learning to generate power from the waist and legs. 1st step to take another look at yourself in a different picture as better and energetic person with great life path in front of you.

Table 2 illustrates the Qi Gong exercises and short Taiji form steps the student must master before moving to the next level. Table entries added in this level are highlighted.

Table 2. Level II Taiji & Qi Gong Exercises (White)

Activity	Exercise
Chan Meditation	Chan philosophy and Chan breathing Into calmness and thoughtless
Qi Stretch	Basic Stretch Qi Gong
Stretch Kicks	Inside, Back kick with regulated breathing
Stances	Bow, Empty (1/2), Nail, Single (1/2) with basic breathing
Balance & Harmony	Taiji Balance Scales, Breathing in Coordination With Motions in harmony
Strength and coordination	Back Taiji walk, side Taiji walk in coordination with breathing
Visual and Senses Empty mind	Qi Exploration and Qi Feel
Qigong	2 nd part of 8 pieces of silk brocade
Taiji Form	Up to Single whip in short form in good coordination
Code/Rules	Memorize Student Creed & Brief rules



LEVEL III (6-9 Months) Yellow a bit Qi



OBJECTIVES: Level II Qi Gong and meditation intro & I. will be reviewed daily. The student's flexibility, balance and coordination as well as Qi feel will be further developed with the examination and observation. The student should be able to demonstrate 1st section of Taiji and Qigong with marked improvement in coordination and balance, calmness, serenity, smoothness in motion and internal eye guidance before moving to the next level. Qi sense (mindfulness in Qi) thoughtless and emptiness as well as muscle strength will also be emphasized with the addition to the forms performance. Evaluation of these stances will be based on the student's ability to perform them at least half of their lowest height.

Each student begins to re-look at his/her old habits of nutrition. Initiate the first step to "better food, healthier life" and put the slogan into daily life. Rebuild good habits step by step with indomitable will and strength.

Self-defense will be introduced along with the form instruction. The student will also learn combinations in Tai Gong utilizing these added techniques. Learning the application of the techniques from the section one short Taiji will be used to augment self-defense skills.

After demonstrating proficiency in 8 pieces of brocade and section one Taiji, Table 3 illustrates the Qi Gong and other internal exercises the student must master before moving to the next level. Table entries added in this level are highlighted in shaded color.

Table 3. Level III (Yellow)

Activity	Exercise
Chan Meditation	Initial step to improve life through Chan
Ethics and code	Familiar with Shaolin-Taiji Kungfu Ethics and code of principles
Taiji principle	Basic Understanding of Taiji Principles with actual life and Taijiquan
Stances	½ Drop, Empty/Cat and resting /cross with breathing
Chinese Language	Chinese terminology in Taiji Kungfu Basics and Chinese Numbers
Body and Mind Consciousness	Breathing in relaxation and guidance of Qi through motions
Qigong	Part 3 Eight Pieces of Brocade
Taiji Short form	Taiji Grasp Birds Tail through Kicking and Up to End of Form
Flexibility	Left Front, Right Front, Side
Partner	Taiji push-hands (single hand)



LEVEL IV (9-12 Months) Orange More Qi



OBJECTIVES: Level I - III exercises will be reviewed weekly. Now that the student has learned most Taiji stances, learning to transition from stance to stance is emphasized. This will help the student not only develop leg strength as well as reinforce focus and concentration on movements in traditional Taiji forms. Each must study basic facts concerning Shaolin history and Traditional Wushu History pertaining to other arts, sports and health.

Distractions and obstructions present only in our mind. Take an initial step to concentrate and focus to generate the power to change negative thoughts into positive and constructive thought. Set the goal and work toward it. Build a good thought into a constructed behavior and action. That in turn will turn to life success. Discard negative thoughts; make a lifetime commitment.

The student must demonstrate considerable proficiency in motions with complete body coordination and smooth execution of each motion. Continuity of Taiji movements and balanced kicks learned in earlier levels must be examined before the next level into traditional Yang family Taiji.

The student will complete the refinement of short Taiji and continue to learn the authentic Yang family Taiji. 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 Taiji & Qigong Exercises (Orange)

Activity	Exercise
Taiji Theory	Tao Philosophy; History and the Principle of I-Jin, Chan, and Dao
Chan Meditation/Qi	Focus and Qi feel/ Qi sense Demonstrate a step into Qi empowerment
Code/ Rules	Recite Code/ Must and Don'ts
Traditional Taiji poem in Chinese	Basic Chinese Language and equivalence in Taiji Forms
Inner Qi	How to lead Qi through motion
Essence	Body Weight Transition and internal power generation, waist motion as axel, idea of inner-eye with Qi
Qigong	Qigong vs. Taiji
Understanding Taiji & other internal arts	Relationships and differences/common principles
Partner Exercises	Single Push hands in 2 -3 ways
Ancient Yang Family	Intro First Part of 108 Old Frame



LEVEL V (12-15 Months) Green More Qi



OBJECTIVES: Level I - IV exercises and forms will be reviewed as needed. Chan and Tao of self-cultivation are introduced in fun way. Respect and discipline will be emphasized. The student should be able to demonstrate marked improvement in balance, coordination motion continuity and Qi flow. Depth, strength and proficiency in smooth Qi flow into Taiji forms should also be shown.

Repeated Tai Gong and silk reeling will be added to the student's Qi arsenal. The student is expected to perform more complex silk reeling and Tai Gong drills. Partner exercises in push-hands are extended to include light push hands sparring.

The student will complete the 108, section one and short Chen style form and Tai Gong combinations will be added to the student's forms practice. More traditional Taiji principles and combinations of skills will be taught as well as additional Taiji power executions through Internal Qi.

Table 5 illustrates the exercises the student must master before moving to the next level.

Table 5. Level V Taiji & Qi Gong Exercises (Green)

Activity	Exercise
Taiji and Health Theory Way of life	Understanding Taiji, Health and Well-Being, Relaxation
Shaolin/Dao Nutrition	Understanding and Application Tao Nutrition in life
Qi and Martial arts	Taiji-Tai Gong-internal arts of self-defense
Language in Taiji	Poems in Taiji Forms and Basic Chinese terminology in Taiji
108 & Taiji Duilian	Proficiency in performing 108 1 st section/Duilian
Self-Defense/Partner	Push-Hands Drills/Qin Na Drills
Meditation	Longer length of meditation into tranquil mind status
Qi Gong	Tai Gong and Silk Reeling Exercises
Taiji	Chen Family Short/ Intro Silk Reeling



LEVEL VI (15-18 Months) Blue More Qi



OBJECTIVES: Taiji Kung Fu drills will be reviewed from previous levels. Self-Cultivation in Chan along with respect and discipline shall be emphasized in pursuing spirit, mind and body well-being. Proficiency must be shown in performance of traditional Shaolin Qigong/Taiji forms/combinations. Demonstrate the ability to promote and introduce Shaolin and Taiji to benefit others without ego (Non-Me). Humbleness and teamwork be emphasized with diligence.

Self-defense training with general Taiji Qin Na applications and basic grappling will continue and will be extended to include Shuai Jiao. The student will also continue to work on executing Taiji and other internal self-defense techniques with partners.

The student will complete the 2nd section 108 with partial applications and Duilian. More push-hands and a taste of other internal arts will be on the plate.

Table 6 illustrates the exercises the student must master before moving to the next level.

Table 6. Level VI Taiji & Qi Gong Exercises (Blue)

Activity	Exercise
Self-Cultivation/Assist Others	Meditation in Chan –Wu, (Wu Wuo) assisting others on the path
Taiji Wu Xing Shaolin Internal Basics/Concepts	Wu Xing, Wu Ji & Taiji , Qi Sense and Qi Feel, Qi in physical motions
Shaolin Traditional Qi Gong	Basic 8 Pieces and Yi Jin Jing section 1
Forms	2 nd section of 108 Yang Family
Shaolin vs. Taiji	Taiji Shaolin relations pertaining to other internal Kungfu
Taiji other internals	Bagua vs. Xing Yi introduction
Self-Defense/Partner Basics/Drills	Yang Taiji Duilian basic drills Basic Taiji Qin Na Drills
Tai Gong	Healing process & Tai Gong
Honor of contribution to Shaolin	Demonstrate the outcome in assisting others on the Shaolin path



LEVEL VII (18-21 Months) Red More Qi



OBJECTIVES: At this level, each student needs more depth of understanding and experience Chan and the Dao. Learning the theory and applying the theory to modern day practice and living. The student may be asked to help with classroom activities, assisting in leading class and assisting individual students to meet the required assistant (one credit/50 classes). This level the student practices and experiences self-cultivation and experiences the internal Qi and assist the Master in guiding others. Taiji Kung Fu basics from previous levels will be reviewed and performed with proficiency.

Demonstrate the ability to concentrate and focus, the power to change negative thoughts into positive and constructive thought and idea. Demonstrate the initial step to build ability to concentrate an extended period. Show positive power building blocks: build a good thought into a constructed behavior and into action and let that repeated actions to be positive habits.

Self-defense training by using Taiji Qinna, Shuajiao and other Sanshou techniques will enhance the over all Taiji performance. Taiji sparring drills will become more intense and will be extended to include “real world” situations. The student will learn how to execute reality Qin Na and Taiji Sanshou techniques.

Table 7 illustrates the exercises the student must master before moving to the next level.

Table 7. Level VII Taiji Qigong and Other Internal Exercises (Red)

Activity	Exercise
Self-Cultivation/Assistant	Meditation in Chan Wu Xing assisting others on the path
Reach the other Shore	More Depth in Chan Theory and Philosophy
Weapons	Intro sword essence
Taiji-Qigong -Medicine Intro	The Medical Theory of Stress Mind-Body Holistic theory of Taiji and Qi Gong
Tai Gong	Qi Healing Process & Tai Gong
Taiji Power	Fa Jin in Taiji Yang and Chen
Chen Essence	Basic Chen Style Silk Reeling
Other Internal	Intro Bagua Old Frame
Partner Exercises	Yang Taiji Duilian Taiji Fixed Push -Hands Application in Er Lian Buo Qian Jin, Two Once Yield Thousand Pound)
Taiji Forms	Complete 108
Honor of contribution to Shaolin	Demonstrate results in helping others on the Shaolin path -Dao



LEVEL VIII (23-26 Months) Purple Concentrated Qi



OBJECTIVES: It is at this level the student may be required to get assistant teaching credits (one credit/50 class room hours) with basic techniques and forms, learn the art of teaching and help guiding others on the path.

Chan is a way of living and way of thinking. Demonstrate problems solving in Chan way. Living in Chan including eating habits changes in life. Health and self-defense applications will be emphasized at this higher level by learning how to apply Qi to self-healing and assisting others. The effectiveness of Taiji push-hands on rooting and neutralization will be concentrated upon. More depth of silk reeling on complete body motion and energy rejuvenation and balance will be the key core starting from this stage of training.

The 1st half the Short Yang Style Taiji Weapon form such as straight sword form is taught. Table 8 illustrates the Taiji and Tai Gong exercises the student must master before moving to the next level. Table entries added in this level are highlighted..

Table 8. Level VIII Taiji and Qi Exercises (Purple)

Activity	Exercise
Chan Enlightenment Concepts	Pure Enlightenment
Taiji-Qigong -Medicine Intro II	The Medical Theory of Stress Mind-Body Holistic theory of Taiji and Qi Gong
Chen Essence	Silk reeling II
Self-Defense	<ul style="list-style-type: none"> Competitive Fixed Step Push-Hands Intro
Taiji Power II	Fa Jin in Taiji Yang and Chen
Weapons	Intro straight sword short form
Partner Exercises	Taiji Countering drills/ Yang Family Taiji Dui Lian
Shaolin and Chen Family Forms	<ul style="list-style-type: none"> Chen Family Traditional Intro Section 1



LEVEL IX (33-36 Months), Brown (Qi & Kungfu)



OBJECTIVES: It is at this level that the student can begin earning teaching credits toward an instructor's certificate by assisting and teaching in assigned beginners' classroom instruction (one teaching credit = 50 hour instruction).

At this level, each student needs more depth of understanding and experience Chan and the Dao. Each student needs to read Lao Zi and Sun Zi. The student practices and experiences self-cultivation and experiences in more depth of the internal Qi.

Taiji Kung Fu basics from previous levels will be reviewed and performed with proficiency.

Demonstrate the efficiency in channeling energy and ability to intensely concentrate and focus, Demonstrate the power to change chaotic thoughts into a positive and constructive thought/idea and put that idea into action and reality. Experience true nothingness and taste the Qi benefits to not only yourself but others.

Table 9. Level IX Taiji forms and Qi Exercises

Activity	Exercise
Ancient sages	Sun Zi & Lao Zi/ a Paper on Taiji With ancient sages
Chan Meditation	Meditate into selfless/shapeless/nothingness
Advanced Silk Reeling	Completeness of body Jin with internal Jin-Qi
Self-defense/application	Advanced Push-Hands with moving steps
Forms	Chen style Route #1 part two
Basic Martial Arts and Medicine	Understanding Acupressure and acupuncture principles
Taiji Sanshou II	Fa Jin and neutralize Jin
Weapons	Express the Extension of the Qi through weapons/ Yang sword
Contribution & Promotion Credits	Guiding others and introduce Shaolin to benefit others/selfless



LEVEL X (42-48 Months) Black Part I (More Qi/Kungfu)



OBJECTIVES: The student may continue to work on credit for assisting with class instruction to work toward the discipleship candidate program. Working on self-cultivation in Chan and Taiji. Continue to study the principle and philosophy of Shaolin in more depth. Write a paper on Sun Zi and internal Kungfu.

The student will complete the traditional Chen style Taiji as well as beginners' Taiji Weapons essence training and will transit to the long and complex swords and other weapons.

Table 10. Adult Level X Taiji Forms and Qi Exercises (Black Part 1)

Activity	Exercise
Chan Experience/ Qi experience	Self-cultivate and guide others in Chan and Qi/ShaoLin Internals
Paper presentation	On Shaolin and Taiji philosophy and Internal Arts of Kungfu
Advanced Silk Reeling	Qi manifestation through reeling and complete body motion
Forms	Complete Chen #1 route
Tai Gong	Advanced Tai Gong for healing
Partner Exercises	Advanced Push-Hands with Qin Na and Shuai Jiao drills /Intro to Da Lu
Weapons	Complete Yang Taiji sword Chen Sword Essence and Chen sword part 1
Thorough understanding of Shaolin and School Direction	Experience and train the mind in Shaolin thinking to guide others
Honor of contribution to Shaolin	Demonstrate results in helping others on the Shaolin path -Dao



LEVEL XI (48-56 Months) Full Golden Black (Chan)



OBJECTIVES: At this level, the student should be able to demonstrate Chen and Yang traditional family forms with proficiency plus at least one Dui Lian form. In addition, the student should also be able to demonstrate a self-defense/Taiji Sanshou and basic push-hands both in fixed steps and free moving steps. Da Lu push-hands shall also be presented. Basic Taiji Qin Na and Taiji combat self-defense techniques shall be presented.

Each student shall write papers on various topics in Taiji: “Yi Jin-Taiji and Today” “Taiji a way of life” “Taiji Health and Healing”. Each student shall at least read the translated version of Chan and Yi Jing.

Finally, the student will be rated on how effectively he/she can assist and instruct a Taiji class and how he/she may present the theory and applications of Qi Gong and Taiji.

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 or advanced Taiji or other internal Kungfu forms or special internal weapons such as Bagua Dao and Taiji Fan, or advanced Taiji Sanshou training. The black sash pre-discipleship testing is done in the period of two weeks for detailed examination before advance to become a high level of discipleship candidate.

Table 11. Level XI Taiji Forms and Qi Exercises (Full Golden Black-Yi Duan Graduation)

Activity	Exercise
Chan Experience-Path in real life	Experience the journey to the shore Enlightenment of all Sentient Beings
Reading and report on Yi Jing/Sun Zi Bin Fa	Yi Jing, The Book of Change/ Sun Zi Art of War strategies/ Lao Zi and Chan
Tai Gong	Further studies on Tai Gong and Healing
Forms	Chen Family Style #2 Cannon
Silk Reeling Essence	More Silk Reeling energy proficiency And Internal Qi Power
Other Internal	Shaolin Internal Qi Gong Xin Yi Old Frame-Five Animals
Partner Exercises	Da Lu push-hands proficiency Moving push-hands with Qin Na and Shuai Jiao in more simulated situations
Weapons	Chen Taiji Sword and Yang Broadsword
Thorough understanding of Shaolin and School Direction	Shaolin Fighting Monk Experience
Special Shaolin Internal	Acupressure/ Fetal Demarks Intro
Honor of contribution to Shaolin	Demonstrate achievements in promoting Shaolin and helping others on the Shaolin path -Dao



12. Level XI-XX Taiji Forms and Qi Exercises (Er Duan –Master Program)



All students need to re-enter the full pledged Shaolin Advanced level program before the official discipleship program was granted according to his/her performance. Part of the training on the discipleship may be in China

All the advanced programs will be tailored to each person's needs and ability. Many individual-studies with personal guidance shall be present under the Master.

OBJECTIVES: At this level, the student should demonstrate their total loyalty, total commitment and love of the Shaolin as his/her way of life. He/she must be able to demonstrate Qi internal work and high level of discipline. In addition, the student should also be able to demonstrate martial aspect of internal arts of Shaolin and Taiji Kungfu.

Table 12. Level XII –XX and Beyond (Black Er Duan and Master beyond)

Activity	Exercise
Chan and Taiji related volumes	Follow the path of the Master Study Read and Lead
Chan and Dao Manifestation	Life Journey in Dao and Chan Daily meditation and examinations
Meditation	Daily Chan Meditation
Forms	Chen Cannon, Chen Swords/Other internal Weapons
Other Internal	Bagua and Xing Yi Advanced Studies Advanced Tai Gong
Other Internal Weapons	Staff and Taiji and Bagua Da Dao
Partner Exercises	Advanced Push-Hands and Da Lu Advance Taiji Dui Lian
Advanced Understanding and Practice in Chan and Dao Nutrition	Life Practice of Natural Dao and Chan Nutrition in Life
Experience in Shaolin	Experience the Fighting Monk On the Chan Path
Shaolin Internal	Continued self-cultivation and private Internal training and Shaolin family training