

# Shaolin-Do Internal Rank Advancement Curriculum

as of October 2019

## White to Yellow Sash

1. Tai Chi 24 Yang

## Yellow to Blue Sash

1. Tai Chi 2-edge Sword

## Blue to Green Sash

1. Hsing I Reversible Broadsword

## Green to 3rd Brown Sash

1. Tai Chi Yang 64

## 3rd Brown to 2nd Brown Sash

1. Classical Pa Kua AND
  - A. Tai Chi Fan OR
  - B. Buddha Fist — Fist of the Grand Ultimate Mercy

## 2nd Brown to 1st Brown Sash

1. Yin Yang Dagger
2. Phequefo Tai Chi

## 1st Brown to 1st Black Sash

1. Chen Tai Chi 83

## 1st Black to 2nd Black Sash

1. 8 Animal Pa Kua PLUS 2 of the Following
  - A Tai Chi Stick — The Stick that Beat the Dog
  - B. Chen Tai Chi Double Broadwords
  - C Yang Tai Chi Broadsword
  - D Yang Tai Chi Broadsword Two-Man Set
  - E Strange Spear of the Hsing I Fist

## 2nd Black to 3rd Black Sash

1. Hsing I — 5 Roads, Linkage & 12 Animals
2. Hsing I Two-Man Set
3. Pa Kua Spear
4. Hsing I Entwine the Dragon Sword
5. Mulan Single Fan — Crane Dances in the Clouds

## 3rd Black to 4th Black Sash

1. Snake Pa Kua
2. Pa Kua Oo Tzé Kun — Pa Kua Sun Moon Fork
3. Pa Kua Three Harmony Sword
4. Double Mulan Fans

## 4th Black to 5th Black Sash

1. Dragon Pa Kua
3. Hsing I Six Harmony Staff
4. High Level Pa Kua Giant Broadsword
5. Pa Kua Twirling Hand Giant Broadsword
6. Liu Hsing
  - Hurling Rock Hand
  - Hurling Rock Leg
  - Eagle
  - Snake
7. 8 Animal Pa Kua Double Tiger Hook Swords