

# Shaolin-Do Internal Rank Advancement Curriculum

as of March 2018

## White to Yellow Sash

1. Tai Chi 24

## Yellow to Blue Sash

1. Tai Chi Sword
2. Tai Chi Fan

## Blue to Green Sash

1. Yang Tai Chi 64

## Green to 3rd Brown Sash

1. Buddha Fist — Fist of the Grand Ultimate Mercy
2. Hsing I Reversible Broadsword

## 3rd Brown to 2nd Brown Sash

1. Classical Pa Kua
2. Tai Chi Stick — The Stick that Beat the Dog

## 2nd Brown to 1st Brown Sash

1. Yin Yang Dagger
2. Phequefo Tai Chi
3. Mulan Single Fan — Crane Dances in the Clouds

## 1st Brown to 1st Black Sash

1. Chen Tai Chi 83
2. Chen Tai Chi Double Broadwords

## 1st Black to 2nd Black Sash

1. 8 Animal Pa Kua
2. Yang Tai Chi Broadsword
3. Yang Tai Chi Broadsword Two-Man Set
4. 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

## 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

## 4th Black to 5th Black Sash

1. Dragon Pa Kua
2. Double Mulan Fans
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