

Shaolin-Do Internal Rank Advancement Curriculum

as of December 2021

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
6. Swallow Tai Chi – Yen Tzi Tai Chi Chien
7. Supreme Condor Tai Chi – Sen Tiao Tai Chi Chien

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
5. Mulan Long Tassel 2-Edge Sword
6. Hsing Yi Reversibly Double Broadwords
7. **Dragon Form – Tai Chi**

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