



SHAOLIN ONLINE

# SELF-MASTERY CURRICULUM

## WHAT WILL I LEARN DURING THE 12-MONTH?

In the past 36 years of engaging various Martial Art Systems and also different Shaolin Practices, there were countless different methods, techniques and ways of practicing depending on the emphasis of what that system aims to provide.

The study of each of such system is certainly interesting and especially useful as a fulltime martial art practitioner and/or out of interest towards the great variety of what is possible to be learned.

What all systems of the past have in common is the fact that it's not just important to develop certain skills, but especially that there is a chronology of when the skills need to be developed and trained.

With great appreciation for the possibility of learning from different teachers and masters, what you will encounter in the 12-Month Training Programm is a summary of different practical methods to develop very specific abilities each month!

**AS A GENERAL OUTLINE, THIS IS AN OVERVIEW OF THE 4 PRACTICAL CATEGORIES THAT YOU WILL FOCUS ON DURING YOUR PRACTICE:**

Month 1-3

Refinement of  
Body and Mind  
Awareness

Month 4-6

Nourishing and  
Strengthening of  
Body and Mind

Month 7-9

Flexibility and  
Motion Training

Month 10-12

Clarity and  
Calmness of Mind

Each month you will get introduced to a proper method that inherits the knowledge and practice in order to develop yourself in the categories mentioned above.



# CURRICULUM

MONTH	PRACTICE LESSONS	FORM TRAINING
1	Breath Development	*CGRQ, XHQ, WXQ
2	Mental Development	*CGRQ, XHQ, WXQ
3	Sensitivity Development	*CGRQ, XHQ, YSG
4	Strengthening Zhan Zhuang	*CGRQ, XHQ, WXQ
5	Adjusting Inner Balance	*CGRQ, XHQ, WXQ
6	Opening the Channels	*CGRQ, XHQ, YSG
7	Basic Stretching Methods	*CGRQ, XHQ, WXQ
8	Core Development	*CGRQ, XHQ, WXQ
9	Spine Flexibility	*CGRQ, XHQ, YSG
10	3 Ways of Nourishing Qi	*CGRQ, XHQ, WXQ
11	Meridian Massage Brush	*CGRQ, XHQ, WXQ
12	Microcosmic Orbit	*CGRQ, XHQ, YSG

\*CGRQ = Chan Gong Rou Quan / XHQ = Xiao Hong Quan / WXQ = Wu Xing Quan / YSG = Yin Shou Gun

"FREEDOM LIES IN STRUCTURE"

## WHAT DO I GET AFTER I HAVE COMPLETED THE 12-MONTH PROGRAM?




You will be in possession of 12 separate exercises and methods, merged with the knowledge and wisdom to align and adjust yourself for whichever direction you want your personal journey to continue on. You receive complete Shaolin Routines/Forms and a Certificate.

## HOW DO I CONTINUE?

Our course is not style-oriented, but function-oriented. The practices consist of different styles: North & South Shaolin, Daoist practices, Buddhist practices, Confucian practices & Modern practices. The practices are deepening methods -> the more often you train the better the skills.



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MONTH	THEORY LESSONS	BONUS LESSONS
1	The Four Noble Truths	*PW <sub>1</sub> = Power Workout 1
2	The Eightfold Noble Path	*PW <sub>2</sub> + Introduction to Meditation
3	The 5 Silas	*PW <sub>3</sub> + Health & Nutrition
4	4 Ways of Letting Go	*PW <sub>4</sub> + Breath Center
5	Past - Present - Future	Power Workout 5
6	How to deal with emotions?	*PW <sub>6</sub> + Mental Discipline
7	Introduction to Daoism	*PW <sub>7</sub> + Using Time Wisely
8	Yin Yang Concept	*PW <sub>8</sub> + Create Distance
9	5-Element Concept	& more
10	Introduction to Confucianism	
11	Hierarchy and Harmony	
12	Confucian Virtues	

As a student of the 12-Month Self-Mastery course you will automatically get notified by E- Mail whenever a new Shaolin Spirit Live Session will take place. To participate in the monthly Live Sessions there is no additional registration or subscription necessary. You will receive a link, forwarding you to the Shaolin Spirit Live Session directly.



"WHAT BEGINS IN YOU, YOU CAN INFLUENCE"



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