

Shaolin Martial Arts Student Manual



Please familiarize yourself with the contents

AND VISIT:

www.shaolinmartialarts.net

Shaolin Martial Arts
Paintsville-Prestonsburg
is on Facebook

Just request to be a "friend" and you're signed up.

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1. What to Expect From Your Training

We assume that the student who joins the Kung Fu program is looking for some improvement in their fitness level. Therefore we assume that the beginning student is feeling a little out of shape and inflexible, and we begin training at a gentle pace. We begin each class with some form of warm-up. Kung Fu has a series of exercises performed before every class. Once the muscles are warm and stretched, class begins. We encourage modification of movements to compensate for any old injury or ache you may be nursing when you join. For the beginning student who is in prime form and has been exercising regularly, don't despair. Everything can be done more intensely during class when appropriate. You will not be disappointed though.

In a short time, you will find yourself moving faster and stronger, bending lower and kicking higher! It sneaks up on you! So many times we've heard people say, "I'll never be able to do that!" Then a few months later, we remind them of it as we watch them execute the same move perfectly. The curriculum is such that you progress very smoothly both in the complexity of the movements and in the degree of physical challenge. This way your body and your brain receive constant challenge but at a safe and controlled rate.

2. What to Call the Instructors and fellow students

Instructors and senior students are addressed according to their rank.

GRANDMASTER (red and black belt):

The head of our system is 10th degree **Grandmaster Sin Kwang Thé** (Pronounced /Tay/), and he is the only one in Shaolin Martial Arts to hold the title Grandmaster. He is always greeted with a respectful bow and his proper title, no exceptions. As are all senior students and teachers.

ELDER MASTERS (Black Sash with 8 red stripes):

We will often have visitors from around the nation and among them are 8th degree black belts holding the title of "Elder Master", such as **Master Garry Mullins**. You can refer to our website to become acquainted with him and his schools in Tennessee.

SENIOR MASTERS (Black Sash with 7 red stripes):

Senior Masters are usually greeted by the more simplified version, "Master".

MASTERS(Black Sash with 6 red stripes):

Full Masters addressed again as simply "Master" and their name.

ASSOCIATE MASTERS (Black with 5 red stripes)

5th degree "Associate Masters" like **Associate Master Tommy Hitchcock** are referred to as "**Master**" and then their name.

Sifu (Chinese for "teacher", pronounced here /see-foo/)

3rd and 4th degree Instructors (Black sash, with 3 or 4 white stripes) are "Sifu".

Mr. or Ms. (plus their name)

If your primary instructor is a 1st or 2nd degree black sash, they are to be called Mr. or Ms. plus their name. Feel free to ask if you have any questions.

NOTE** The stripes represent training like this – it takes no less than 3 years to get your black sash, then about the same amount of time, or more, to get your second stripe, another 3 years to get the third, 3 more to get the fourth,....so a fifth degree black belt has been training for well over 15 years(usually longer), this is why it is important to use the titles and pay respect to the training and dedication the belt represents. Likewise, you will find that everyone at Shaolin Martial Arts is mutually respectful of all levels as we recognize all dedicated students united on a path to fitness and growth. If you notice a lower belt not following proper etiquette, please kindly refer them to this section of their manual. This is particularly important to us that we represent our school properly to the highest levels.

3. THE SHAOLIN MARTIAL ARTS RULES

The following list contains the rules of conduct for our Shaolin Martial Arts system. They were passed down from Great Grandmaster Ie Chang Ming :

3a. Grandmaster Ie Chang Ming's Rules for Shaolin

- Obey the rules of society.
- Demonstrate excellent martial art spirit.
- Respect elders and honor friends.
- Be kind and love others.
- Show good faith to others and keep their trust.
- Support the weak and aid the needy.
- Demonstrate good conduct and excellent learning spirit.
- Cultivate the body and nourish the spirit.
- Be disciplined, be generous, be honest, be loyal and give forgiveness.
- Be alert, be wise, be open minded and be patient.

We are proud to say that Grandmaster Sin is a living example of these rules and is a constant source of inspiration. These are positive, life-affirming rules and will stand up to anything you will ever read in a "self-help" book.

3b. Rules for the Kwoon or School

Your general motivation is to always be more concerned with the safety of your partners than that of yourself.

- Bow when entering and leaving the training rooms.
- Address the instructors properly.
- When interrupting an instructor or higher belt to ask a question, bow before and after as a sign of politeness and respect.
- Do not ask higher belts to spar.
- Never inform the instructor that you are ready for new material or to be tested. There is a specific curriculum that must be followed and it is the instructor's discretion when new material is taught.
- Do not** show any other students material unless you are expressly given permission (at that time) to do so or asked to do so by an Instructor, 3rd Black sash or higher.

- Parents taking class with their children cannot take their children ahead in material of what they are being taught in class unless expressly told/asked to do so by Master Tommy.
- Do not teach our forms to people outside the style. Do not lend/give/sell them videos of our forms for any reason.
- Wash your uniform between each class and keep it in good repair always. Buy a second uniform if you can't keep up. Use deodorant and no heavy perfume or cologne.
- Do not leave unattended children in the school.
- Remove shoes to work out in the training area.
- Do not** touch weapons above your rank and wait until class to practice.
- No unsupervised sparring in the school.**
- We highly recommend wearing a protective cup (for men) and mouthpiece for all Sparring but these are optional.
- No internet social media** pertaining to the class, its instructors or material are allowed for any reason without the express permission of Master Garry. This includes photos of Masters or instructors without their permission or videos and/or written copies of forms/kata.
- Ask permission to use the phone and never answer the phone during class.
- To cut back on crowding, try not to arrive more than 15 minutes early for class and please be dressed for class if at all possible.
- Show respect and appreciation for each other at **all** times.

3c. Sparring Rules

- Sparring equipment may be worn by students: shin/instep guards, hand gear, mouth piece, groin cup (men) and Headgear is optional.
 - No Contact** is allowed to the head, neck, throat, or groin (except light contact to protective gear).
 - No attacks to joints (elbows and knees) are ever permitted.
 - Students under black belt level may not spar without black belt supervision.
 - Light "TAG" contact is only allowed to legal areas if both students are wearing sparring equipment.
 - No weapons sparring outside of class exercises.
 - Never spar at a higher intensity level than your opponent is comfortable with. By the same token, be careful in sparring because you will always "reap what you sow".
 - When sparring, make your opponents safety more important than scoring points.**
- We fully expect all students to follow these rules and upper belts (upper brown and black belts) to set the example. To insure the continued high quality of our school and the good name of Shaolin Martial Arts upper belts must also help to gently remind the lower belts when they drift from these guidelines (like an older sibling might).

3d. The Facility

As for the facility, treat it with respect please and follow these guidelines at all times.

Food, Drink and Shoes

- No food or shoes are permitted in the training rooms, you can remove shoes at the door to the training area and store them with your gear in the specified locations. -
- Only water is allowed in the training area. Please throw away your containers or take them home because we throw all containers away after class.

Sweat

- It's a good idea to bring a small towel to each class to frequently blot your face and hair. Sweat on the gym floor can be hazardous and please wipe off equipment after use.

Weapons

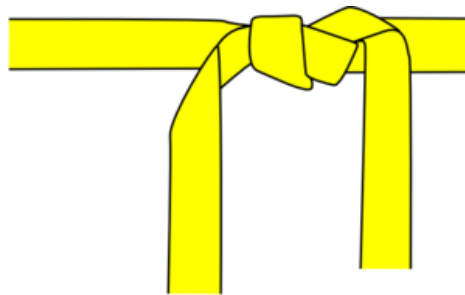
- Weapons can be stored during class time in the designated areas but must be taken home after each class. Be mindful of the ends during transport and don't lean any weapons against the walls.

Trash

- Please throw any trash you see and help keep equipment put away. Leave the school better than you found it.

4. Rank Advancement

Testing for your next belt is a process of demonstrating that you have learned the required material and are able to execute it with precision, power and speed (in that order of importance). You are never tested unless your primary instructor deems you ready. (This means few people ever fail a test and you **never** have to pay your test fee more than once per level). You will first be pre-tested by your primary instructor (the pre-test is free) to insure you are ready. Brown and black sashes test in front of Masters whenever possible. It is an honor to test. You should view your test as a rite of passage and something to be proud of, not a dreaded examination. We will always emphasize that your class work and general attitude towards your Martial Arts are at least **50%** of your test. So the **HARDER** you work in class, the **EASIER** your test will be!!!



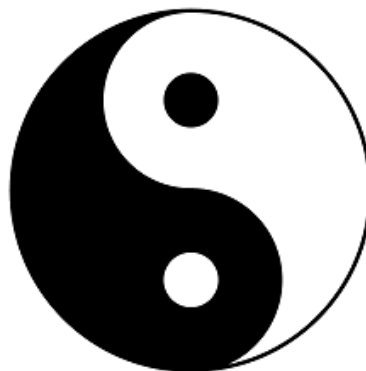
Test Time and Location

When you have passed your pre-test in regular class, you can then test for your new belt and rank. Testing for yellow through green sash is done 3 times a year.

Testing for higher levels is done twice a year (if possible). You must pass your pre-test before testing for your new rank. Testing with Elder Master Garry or Master Tommy, you must pay your test fee on or before the day of the test.

Testing Protocol

1. Wear a clean uniform in good repair and follow the rules for jewelry and nails as usual
2. You will first bow to the instructor upon rising when your name is called.
3. After you have executed the form, bow and then bow to the instructor as you await further directions.
4. Should you begin to run out of room, stop and bow, turn (or back up if necessary) and continue. It is important to indicate that you understand the amount of room needed for a form and the direction that it takes to demonstrate your knowledge of the material.
5. Should you make a mistake, bow to the instructor and repeat the form if it is a short kata or sparring technique. If it is a long form you can bow and then wait for further instruction.
6. Never show any emotion during a test (I.e. irritation with yourself) and never swear. It is poor sportsmanship and will put a negative gloom over your test causing you to make more mistakes. Think positively!
7. Be prepared to be tested over everything you know up to your level. If you are testing for black belt, be prepared to perform all material from white to black! Sparring is also a component of your test. You should demonstrate your ability to defend and to attack **WITH CONTROL**. Don't get crazy during the sparring portion. Those who humiliate their sparring partners during the test only make themselves look bad.



Test Fees

Why is there a test fee, you may wonder? A portion of your test fee covers the cost of your belt and certificate and a portion of it goes to Master Mullins. This covers his travelling expenses as he lives more than 3 hours away and must take time from his classes to come to Kentucky. Master Garry teaches 6 days a week.

The fees up to first black belt are listed as follows:

Shaolin Kids (any rank) -25.00

Yellow Belt- 35.00

Blue Belt -35.00

Green Belt- 35.00

1st Brown Belt- 45.00

2nd Brown Belt -45.00

3rd Brown Belt -45.00

1st Black Belt -75.00

When to pay, when to arrive, when to warm up, and more...

Test fees are due PRIOR to your test. Make checks out to "Tommy Hitchcock". Arrive at least 15 minutes before testing. Once testing begins there is a warm up session then discussion from Master Tommy or Master Garry. Spectators are allowed for every test up to 4th black. 5th degree black belt tests are closed to anyone below 5th degree. In the event that Master Garry is performing the test, we will line up for a formal bow-in upon his arrival. He will bow the class in and begin the test. Following a test, there will be time for you to have your picture taken.

5. Calendar

Rule of Thumb

During the year we are closed on all of the "traditional" holidays listed in the calendar. We will try to keep the event calendar and Facebook updated with both events and holiday closures, as well as any special events etc...

Christmas

We are closed two weeks at Christmas and New Years and those two weeks will be posted in advance. Tuition is the same for December and January as all holidays have been balanced by extensive training time and affordable rates.

Special Events

Any changes in schedule due to seminars, camps, testing, or other will be posted and distributed on Facebook and the website.

Bad Weather

In the event that the weather is icy or snowy, check the website homepage and Facebook for updated information on class cancellations due to weather. However, don't risk your safety just because you think class is "on". If the weather is bad and you aren't comfortable with driving in it, don't come to class.

6. Equipment

The following are a list of weapons that you will be learning to use as you progress through the ranks. I've included the price ranges for each as well so that you will know what to expect. Roughly, it takes about 2-3 months to go from one level to the next up to brown belt level. It then takes approximately 6 months to go from one level of brown to the next. Once you reach 1st black, it will take approximately three years to reach 2nd, three years to reach third and so on....

Where weapons are concerned, I will always try to find the option most suitable to your budget and taste. I am providing this list so you can plan ahead with your budget, but always remember that even if you can't afford the weapon, you shouldn't let it stop you from continuing your training.

Equipment Price Range

White uniform \$40.00

Staff \$10-\$20**

Nunchaku \$15-20**

Short stick \$10-\$20**

Broadsword \$20 for wooden \$40-\$80 for various metal ones**

Sai \$40-\$52 (case is optional)**

Spear \$45**

Two edge sword \$75-\$120**

Once you reach black sash or in the event of a special seminar, other weapons forms are available to you: more staff forms, dagger forms, double broadsword, double tiger hook swords, axes, 3-section staff, etc..

** - All weapons in these categories are priced by quality and cost

7. CLASSES:

Material Classes:

These are the bulk of the class types and involve a brief warm up, review of old material, learning of new material and drills of basic skills or movements from the new material. There is always a component of strength and endurance training to every class primarily through these endeavors. Always attend at least one per week or you will never progress!

Basic Skills or Conditioning Class

What is it?

The Basic Skills or Conditioning Class is just what its name suggests. It is a rigorous class that hones your basic kicking, punching and sparring skills while improving your strength and endurance. We perform many types and repetitions of pushups, sit ups, stretches, and isometric exercises. Sparring between all ranks occurs during this class.

Iron Training

(optional for adult brown belts and above)

What is it?

This is a method of training which results in a hardness or “iron” like quality to those areas being trained, mainly the hands, forearms, shins and feet. Other martial arts which practice iron training employ methods which are detrimental to the bones and nerves, but the Shaolin method maintains the integrity of these tissues by method and herbal tinctures.

Requirements.

This training is completely optional and only available to adult students who are brown belt and above. Those students must speak with their instructor on how to proceed.

8. Seminars And Private Lessons

Are extra Seminars required? NO!

What can you do with an extra seminar? Extra seminars give you a taste of material that you wouldn't normally see for several years, as they are usually upper level forms. They challenge your physical and mental limits and accelerate your training and your knowledge of the material at your own rank level.

Who teaches them?

Periodically seminars are offered by Master Tommy, Elder Master Garry, the visiting Senior Masters and Grandmaster The'. They are opportunities to learn directly from the Masters and to sharpen or broaden your skills and training. There are seminars in skills and techniques, advanced open hand or weapon forms and they always enlightening.

Private Lessons

Private lessons are available to current students (Yellow Sash or higher) and the cost ranges are about \$75-\$100per hour. Check with Master Tommy to schedule.



9. A Brief History of Shaolin Martial arts

Shaolin Martial Arts is the original blend of hard and soft fighting arts. It doesn't rely on body rigidity to develop power like Karate, but instead generates force from natural body mechanics and circular movements. Shaolin Martial Arts, however, is more than just a fighting art, it is a way of perfecting oneself. By attempting to master these ancient styles of fighting, we actually come closer to mastering ourselves. This happens as you are learning to make your body perform tasks and postures that it has never attempted before, your **mind** begins to realize that you can do **anything** and this wonderful idea pervades every aspect of your life! This is not to imply that after you have trained with Shaolin Martial Arts for a time that you will be able to do anything! The key is that you will **feel** that you can and you will leave fear of failure behind as you put your best effort into everything. Regret becomes a thing of the past.

The ancient Chinese observed the diverse fighting strategies of the animal kingdom, and realized that like animals, people also required fighting techniques suited to their unique physical statures. Thus the animal fighting systems were born. The animal-based forms taught in Shaolin have been passed down for more than two thousand years. Different animal styles were developed by different monks thousands of years ago and those monks practiced in different provinces throughout China. Some systems came from Hunan province, from Hua and Er-Mei mountains, and from Wu Tang mountain and Fukien Province. All were included in the Shaolin Temple Systems. Both the Kung Fu and Tai Chi Programs in Shaolin Martial Arts are rich with material and diversity, enough to fascinate and challenge the individual for a life time!

Throughout history, the Shaolin monks have been the most feared fighters in Asia, but even more famous is their love of peace, virtue and honor. The long standing history of Shaolin temples and their famous reputation of amazing feats of fighting, flexibility, and longevity can be attributed to an ability to train not only deadly fighters, but masters of life.

IMPORTANT NAMES IN OUR HISTORY

Hua To (141-208 A.D.)

One of the most famous early physicians of China, Hua To was the first human to use sutures as well as anesthetics made from herbs during surgery. His importance for Shaolin came from his observations of the movements and spirits of five different animals. From the Bear, Deer, Bird, Tiger and Monkey he developed exercises that served to strengthen and invigorate the organs, increase circulation, tone the muscles and increase overall energy. This regimen was famous for its health promoting properties, but is little known today.

Da Mo (440-528 A.D.)

Da Mo was the legendary founder of Shaolin martial arts as well as being the first Ch'an (Zen) Buddhist patriarch of China. Due in part to his influence, the number of Buddhist temples in China grew from 2,000 to 30,000 over a period of fifty years. Also known as the Bodhidharma, Da Mo spent nine years in meditation facing a cave wall on Shaoshih peak of Mount Sung (this is actually where he was buried.) Although this was not an uncommon practice in Buddhism, this level of dedication was uncommon. During his meditation, he was bothered by occasional drowsiness and there is a myth that says he became so angry that he finally cut his eyelids off to keep from sleeping. He tossed his eyelids aside and from them a tea plant grew. After that monks would drink tea to stay awake during long meditations. For this reason, Da Mo is always painted without eyelids. After his long meditation he presented a two-fold plan for the Shaolin monks. This plan would train the physical as well as spiritual side. The spiritual training would come to be known as Ch'an or Zen Buddhism. This was a blend of Buddhist as well as Taoist philosophy. It's main premise stressed that the Buddha was within you and to look elsewhere for the Buddha was to miss it. They only needed teachers to offer guidance toward the answers that were within them. The physical training aimed at transforming the body into a strong and pure environment in which one could pursue the ultimate questions of the Ch'an training. Da Mo introduced the Yi Chin Ching, or Change the Muscle Classic, exercises. Since Da Mo was from India, the postures in this set, looked very similar to yoga. These are the same postures that we still practice today. There are many other Chinese schools that claim to practice these, but to my knowledge there are none that are as rigorous as ours. Many experts claim that there were originally 49 exercises but that they were lost over time, but we are the school that carries them on.

The Lineage of Our Shaolin Martial Arts

Su Kong Tai Djin (1849-1928 A.D.)

Great Great Grandmaster Su Kong was born in China's Fujian province. He was raised in the temple there, but traveled to all of the other Shaolin monasteries throughout his lifetime. He never lived outside of the Shaolin system and eventually became the Grandmaster of the Fujian temple. Grandmaster Su had a vast knowledge of Shaolin and mastered the art forms of all of the Shaolin temples in China. Along with other senior masters, he destroyed the Fujian temple before the government could do the same and retreated from society for the rest of his days. He was a legendary Shaolin master and is the founder of our system. His area of specialty was the most deadly of all arts, Tien Shieh Kung (death touch).

Grandmaster Ie Chang Ming (1880-1976) A.D.

Great grandmaster Ie Chang was a disciple of Grandmaster Su's from an early age. Grandmaster Su passed all of his knowledge of the vast Shaolin system to Ie Chang Ming. This meant that Ie Chang Ming would be the new Grandmaster of the Shaolin order. He moved to Indonesia where he had to disguise the system in order to teach it. To avoid the loss of their own culture as a result of Chinese immigration, the Indonesian government made it illegal to teach Chinese arts. Grandmaster Ie Chang Ming was master of many arts, but his personal specialty was that of Tieh Sha Chang or Iron Palm.

Grandmaster Sin Kwang Thé (1943- Present)

Grandmaster Sin began studying with Grandmaster Ie Chang at the age of seven. He studied eight hours a day, seven days a week until he was awarded the title of Grandmaster at the age of twenty-five, becoming the youngest Grandmaster on record in 1968. He left Indonesia and moved to Lexington Kentucky where he attended school and received a degree in mechanical engineering. He pursued a Master Degree in nuclear physics, but stopped to teach Shaolin Martial Arts full time. Since then, he has taught full-time producing thousands of black belts, with many students having stayed with him for more than 40 years. Grandmaster Sin has one of the largest martial art schools in the nation.

Elder Master Garry Mullins

An 8th degree black sash, Certified by Grandmaster Sin Kwang The', Elder Master Garry Mullins is one of only four individuals to attain this level in our system. Elder Master Mullins has trained exclusively under Grandmaster Sin Kwang The' since 1972. He has mastered styles such as (but surely not limited to) the five animals styles, Tai chi, Pa Kua, Hsing-i, Shaolin long fist and many of the 36 traditional Chinese weapon styles. Elder Master Mullins has also received and instructs techniques in push-hands, the Mayflower poles, iron hand training, the I-Chin-Ching, and much, much more. Master Mullins is the lead instructor of several schools throughout the state of Tennessee.

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10. How to Help Support Your School and Your Training

In order for you to continue to train at Shaolin Martial Arts for years to come (and there is certainly plenty of material for a lifetime of training), it is important to keep the school strong. That is accomplished in several ways:

1. **Encourage New People to Join:**

If you love the training please feel free to spread the word to everyone you know and encourage new people to join all the time.

Take a beginner class along with a friend to help them feel more at home from their first class!

We can give you flyers and business cards to hand out or leave at work whenever you need them. Send our website address to friends and family, invite them to come watch you test or to watch classes.

2. **Leave a Review:**

TWITTER, FACEBOOK, etc... Let everyone know we are here.

3. **Buy your weapons and gear from us:**

rather than online or elsewhere. We can get you a discount on just about any martial art item you might want – even if we don't have it on display, we can order it. We don't require or expect you to do any of these things, but if you love what Shaolin does for you, we hope you will endeavor to keep it strong and the doors wide open for years to come.

11. Becoming a Teacher!

If You Decide You Would Like to Teach or Help Teach, Down the Road....

Assistants need to be a brown belt to begin assisting with the Shaolin Kids and beginning kids classes. Master Tommy will offer assistance free to all students to be certain they have the material accurately and he also teaches you how to break the forms down and teach them to various age groups. For example, you wouldn't tell a 5 year old to "pivot" their foot "45 degrees" because they would think you were speaking a foreign language.

If you just want the opportunity to really "own" your material and to help the school continue to offer such high quality classes, we welcome new teachers and assistants any time. See Master Tommy when you are interested.



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