

This manual belongs to: _____

SHEPHERD-WARRIOR MARTIAL ARTS



Chi-Tu Do Student Handbook

For students in the Warriors and/or Adult Programs

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Dear Student,

Thank you for choosing Shepherd-Warrior Martial Arts. It is an honor and a privilege for us to be your chosen martial arts school. I believe that God has brought us together for a purpose. We look forward to working with you and helping you achieve your goals. It is our desire that you have a positive and uplifting experience every time you come to class. If there is anything that we can do better in this regard, please let us know. Your feedback and comments are very important to us.

As you probably know by now, Chi-Tu Do is a martial art taught from a Christian perspective and with a Christian philosophy. So in practicing this martial art properly, it must be understood that the art is tempered by our faith in Christ. We are not teaching this art so you can be the ultimate fighting machine. The practice and use of the martial arts should always be filtered, first, through Jesus' commands to love God with all that we are and all that we have, and to love people (and lay down one's life for his/her friends). Second, it should also be filtered through Christian principle of the "Golden Rule," that you would not do to someone else (even an attacker) what you would not want to have done unto you. God is just, but He is also merciful.

We teach this art so that you can learn how to appropriate its principles so that you can become a better person, a better citizen and a better Christian; one that would be a benefit to your family, friends, and to the community.

In His service,

A handwritten signature in black ink, appearing to read 'D Forleo', with a stylized flourish at the end.

Dennis Forleo
7th Degree Black Belt
Owner/Senior Master Instructor

Introduction

Opening Thoughts

Before making the commitment to a martial arts education, we feel it is important that you understand the responsibilities involved, both ours as well as yours. You will find it helpful to familiarize yourself with the information in this manual. We believe that if you thoroughly understand the requirements, you will be able to more effectively work towards accomplishing the goals you have set for yourself as well as meeting the required standards. At Shepherd-Warrior Martial Arts, we believe that communication is the key. If we work hard to maintain good communication, then we will have a great, long lasting relationship. If at any time during your training you have questions or comments, we encourage you to express them to us without hesitation. We are open to your feedback and need to know how to best serve your needs.

Our Vision:

We are Shepherd-Warriors.
We exist to love and care for
our families and our students;
to serve and protect them,
to lead and guide them,
to lay down our lives for them,
to teach them the heart
and train them in the way
of the Shepherd-Warrior.

Our Values:

Love
Integrity
Unity
Growth
Quality
Accountability

Chi-Tu Do Philosophy

Chi-Tu Do means “the way of the Anointed One” or “the Christian martial way.” It is founded on the principles of the Bible, God’s inspired word and our instructional guide for life. Among the many character traits of God we see in Exodus 15:3 that “The Lord is a warrior, YHWH is His name.” Throughout the Bible we can read of the exploits of men trained in martial arts. The book of Judges (Ch. 13-16) records the life of Samson, a mighty man of God who killed 1,000 Philistines with the jawbone of a donkey and brought down a temple with his bare hands.

1 Chronicles 10 and 11 describe King David’s mighty men of valor and their exploits. Jashobeam and Abishai each killed 300 men in one battle with only a spear (v. 11, 20). Benaiah, using only a staff, fought a seven and a half foot tall Egyptian armed with a spear (v. 23). David himself claimed to be trained by God. He sings praise in Psalm 144:1 when he says, “Blessed be YHWH, my rock, who teaches my hands to war and my fingers to fight.” In the New Testament, we see even Jesus told his disciples, “and he that hath no sword, let him sell his garment and buy one.” (Luke 22:36) God has made it clear that there is nothing wrong with self-defense and being prepared. From the Christian perspective, it is a person’s duty to defend himself or his loved ones from unprovoked attack.

The word “martial” means warlike or relating to war. This is where we get the word military. In Chi-Tu Do, we embrace many of the same principles our military does in training men and women. Values such as **discipline, self-control, integrity, honor, respect, courage, enthusiasm, and confidence** are the backbone of this system. Although these values can be taught in a secular environment, we believe that they can be more deeply and fully taught from a Biblical perspective. We believe these are also profoundly Biblical values and that their evidence in our lives is an outward sign of our faith in Jesus Christ.

Jesus Christ is the focus of Chi-Tu Do. The Bible tells us to train up our children in the way they should go (Prov 22:6) and to bring them up in the training and admonition of the Lord (Eph 6:4). We believe that training in Christian values is good for adults as well as children. We train our bodies as the temple of the Holy Ghost (1 Cor 6:19), our minds as the mind of Christ (1 Cor 2:16) and our spirit to be able to stand against spiritual warfare we encounter (2 Cor 10:3-6). Chi-Tu Do training is more than learning movements and techniques; it is about glorifying God with everything we are and learning to be more like Him.

The essence of our values can be summed up in the **Chi-Tu Do Warriors Code**:

To live a life of honor, embracing my duty to God, family, and my fellow man; upholding justice and mercy with courage and humility.

History & Lineage of Chi-Tu Do

Grandmaster Cunnings (8th Degree) – Brian Cunnings began training in Kwon Bup in Fresno, California in 1972. Taken from the traditional classes and put in the full contact kickboxing team, he competed in many PKA and full contact matches where Da’Shifu Al Moore Jr. took an interest in his training. Shortly thereafter he began training with Moore in Shoú Shú (pronounced Show Shoe) Kung Fu and attained a Black Belt in that style. In the early 1980s, as a pastor on a trip to Korea, he met fellow-minister and evangelist, Grandmaster Edward B. Sell and began cross-training in the Chung Do Kwan style of Taekwondo. Mr. Cunnings opened a Taekwondo school in Oakhurst, California in 1985 as a 3rd Degree Black Belt. His school was also housed at his church for several years throughout the 80s & 90s. In the early 1990s he successfully tested for 6th Degree Black Belt in that style. In the late 1980s, while still training in Taekwondo, then Master Cunnings met and began working with Soke Clement Riedner in both the Shiho Karano Ju Jitsu and Ba Men Chuan Fa martial art systems. He has since attained a 5th Dan in Ju Jitsu and a 6th Dan in Ba Men Chuan Fa. Also in the 80s, he met and began training with Grand Master Ramiro U. Estalilla Jr. in the Estalilla Kabaroan system of the Filipino weapons Arts. Apo Cunnings has reached the Associate Grandmaster (8th Degree) level in that system. He also worked as a Deputy Sheriff for many years and was the Head Defensive Tactics Instructor for his local County Sheriff’s Dept. He has also received extensive training in tactical firearms and is an instructor for law enforcement.



In the middle of the 1990s, after achieving his Master’s Degree (and beyond) in each of the individual styles, he decided to incorporate his knowledge of these 4 styles into one integrated system. This was the birth of Chi-Tu Do. The style is formally recognized by both Soke Riedner and GM Estalilla as a valid martial arts system. In 2000, Master Cunnings was promoted to the rank of 7th Degree Black belt and recognized as an Associate Grandmaster in Kabaroan Eskrima. In August of 2011, he was recognized as an 8th Degree Black Belt by Soke Riedner and now uses the title of Grandmaster. He also goes by the term “Apo” which simply means Uncle. Apo is still a pastor and evangelist and lives in Coarsegold, California. He has 2 sons, Bonner & Brent, and numerous grandchildren. He is also an author, writing *God is a Warrior; I am a Warrior* in 2013. You can view and purchase the book on the Amazon.com website. *Apo believes that Psalm 144:1 & 2 is the foundation and heart of the CTD system.*



Kung Fu



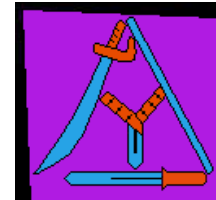
Taekwondo



Ju Jitsu



Eskrima



Senior Master Dennis Forleo – Beginning in 1985, when he was just 9 years old, Dennis Forleo sought out training in the martial arts to combat school bullying. Naturally, when he realized that his church’s pastor, Brian Cunnings, was going to be opening a Taekwondo school, he wanted to enroll. He began in the fall of 1985 and reached a Junior Black Belt level in February of 1987, on his 11th birthday. He continued to train in Taekwondo and successfully tested for 4th Degree Black Belt (Associate Master) in Chung Do Kwan in May of 2000. He also began to learn some of the other styles (Shiho Karano Ju Jitsu and Kabaroan Eskrima) during the late 1990s as Apo Cunnings was launching the newly formed Chi-Tu Do system. He moved to Billings, Montana in June of 2000 and began teaching his friends in his basement in 2002. He also began learning Brazilian Jiu Jitsu just before he left California, but continued to train in Billings. He holds a Blue Belt in that style. Master Forleo opened Billings Chi-Tu Do in July of 2003 in West Park Plaza. Since his move to Billings, he has trained directly with GM Estalilla and Soke Riedner numerous times and has achieved a 5th Dan in Shiho Karano Ju Jitsu, is an Advanced Apprentice Instructor of Tai Chi in the Ba Men system, and in 2013 he was promoted to Associate Grandmaster (8th Degree) in Kabaroan Eskrima by GM Estalilla. In January 2017, he successfully tested for black belt in Krav Maga. On February 25th, 2017, he was promoted to 7th Degree Black Belt in Chi-Tu Do by GM Cunnings and given the title of Senior Master.

Regarding each “modern” style:

Taekwondo – a Korean martial art which specializes in kicking and striking whose modern versions developed throughout the 1940s, 50s & 60s by various Korean Generals. “Tae” means to strike with the foot; “Kwon” means to strike with the hand; and “Do” means the way, method, or path. So, loosely translated, Taekwondo means the way of kicking and striking. Chung Do Kwan, meaning Great Blue Wave, is one of the 9 originally recognized styles of the World Taekwondo Federation at its beginning in 1973. For more information and a timeline about the development of the U.S. Chung Do Kwan Association and the history regarding the late Edward B. Sell or his wife GM Brenda, go to, www.uscdka.com/about-uscdka.

Ba Men Chuan Fa (Kung Fu) – a Chinese martial art meaning “8 Gates Fist Way” given to Soke Riedner by Dr. Andrew P. Tamper for the continued development of the Chinese connection between other martial arts techniques and Tai Chi. The martial applications of Ba Men Chuan Fa revolve around the application of the 8 gates to a combative situation. The primary goals of Ba Men are not to see how many forms the student can learn, but rather how the student can apply the principles of breath and Chi flow to his arts as well as personal health. For more information regarding the development of Ba Men Chuan Fa and the history of Soke Riedner, go to <http://www.christianblackbeltassoc.org/BaMen.htm>.

Shiho Karano Ju Jitsu – meaning “Circle of Readiness” or “4 Way Defense,” this art, developed by Soke Riedner, was born out of his early training in Hakkoryu Ju Jitsu in Japan in the 1960s but modified to reflect Soke’s Christian belief system. The style is organized around 4 basic categories, or directions – Basic Principles & Techniques (stance, footwork, blocking, striking, escaping), Throwing, Wrist Bends and Black Belt Principles (fine points). This art includes principles of Judo and Aiki-Jitsu as well as influences from Chin-Na. While the Shiho Karano system uses the traditional Japanese terminology for its techniques, in Chi-Tu Do we use more of the Aikido terminology for these same techniques. You can go to <http://www.christianblackbeltassoc.org/styles.htm> for info about Soke Riedner and Shiho Karano Ryu.

Estalilla Kabaroan Eskrima – with its roots in the Philippines, Kabaroan, which means “Art of the Barons,” has been taught to us by GM Ramiro U. Estalilla Jr., DMA. Kabaroan uses a cross-section of the Filipino arts to teach techniques and concepts using single, double and compound weaponry. Founded in 1921, Estalilla Kabaroan (known for its use of larger, heavier weapons, as opposed to the smaller, shorter sticks of Kali or Arnis) utilizes exercises/forms/katas, sinawali patterns and disarming techniques. The art is taught within the context of Philippine history and culture with a mind toward Humanizing (not animalizing) the art, Civilizing (not barbarizing) the artist and Refining the system. Estalilla is a Christian minister and emphasizes the Golden Rule when training. He has taught at Fresno City College since 1982.

Shepherd-Warrior Martial Arts Code of Conduct

We take great pride in our school and the quality of student we produce. We have designed these guidelines to help you get the most out of your training. You are expected to maintain the following standards of conduct in class:

Respect & Courtesy:

Showing respect and courtesy to others is our standard of behavior whether on or off the training floor. The more you give, the more you get. While training, you should always show respect and courtesy to all other students and instructors. While at home, you are expected to be respectful and courteous to your family as well. During class, your patience will be tested; don't lose it. Always maintain self-control, discipline and respect.

Appearance:

Be dressed in appropriate attire to practice. Personal hygiene is a must. Fingernails and toenails must be kept short and clean. Remember the "4 C's":

- 1.) Clean Body – Good personal hygiene.
- 2.) Clean Mind – Think no evil thoughts.
- 3.) Clean Heart – Keep your intentions pure.
- 4.) Clean Spirit – Be sincere in your actions.

Attendance & Practice at Home:

- 1.) Within your first year, we expect you to make at least 80% of your classes.
- 2.) Our goal is to get you to execute with speed and power without having to think about it. That won't happen without your focused effort and practice at home.

Mindset:

Take your training seriously. Have fun, but give 100% effort in everything you do. When you are in class, be in an appropriate mindset to practice. Remember the reason(s) you are here.

The following behaviors will result in disciplinary action:

- 1.) Use of foul or abusive language in class.
- 2.) The use of tobacco or alcoholic beverages products prior to, or during class.
- 3.) The use, transport, or possession of any illegal drug or substance in or out of class.
- 4.) Any kind of intimidation, abuse or harassment of any individual in or out of class.
- 5.) Physical damage or theft of personal belongings in the training area.
- 6.) Other conduct which the instructor may deem inappropriate (see the X rule below)

Discipline may come in the form of one or more of the following:

- 1.) Verbal warning – student will be reminded that behavior is not acceptable.
- 2.) Physical punishment – extra pushups, sit-ups, squat kicks, etc.
- 3.) Temporary removal from class – the instructor may have them sit out for a time or have them go home for the night.
- 4.) Suspension from class – student must leave and will not be allowed to return without instructor approval.
- 5.) Permanent removal from class – student must leave and will not be welcome to continue training.

The X rule:

X in mathematics is the symbol for the unknown. The X rule states that if a situation arises that is not mentioned in the rules, the instructor, at his/her sole discretion, will have the right to determine if the situation will be tolerated and the consequences for the situation.

Chi-Tu Do Student Etiquette

Personal Appearance:

The Chi-Tu Do student should be clean and neat at all times. The uniform should be clean and neat, patches neatly sewn on, belt hung evenly, hands and feet clean, finger and toe nails always neatly trimmed and clean. Men's facial hair (mustache/beard/etc.) is to be kept neat and trimmed. Long hair is to be securely pulled back away from the eyes. No watches or other jewelry will be worn during practice (with the exceptions of a wedding ring and/or a medical ID). At the beginning of class the instructor may perform an inspection of the students to insure cleanliness and safety.

Training Area Appearance:

The training area should always be neat and clean. This means that upon arriving for class if there is set up or clean up to be done, each student should automatically assume it upon himself or herself to get it done. Your help here demonstrates leadership and pride in your school

General Protocol:

- Christian Martial Artists should never forget that they primarily represent their Lord, Jesus Christ, then their family and their school and instructor.
- Each Christian Martial Artist should exhibit self-control both inside and outside of their training area.
- Always, and in all things "Do all to the glory of Jesus Christ." Yield your heart unto Him and be disciplined to a strong personal devotional life of reading your Bible, and seeking to genuinely walk with God.

Training Area Protocol:

- Each student should always salute in respect to the training area upon entering and leaving the training floor.
- Shoes should be removed before stepping onto the training floor. There are bins to temporarily store shoes at the front of the studio. There are several reasons for this:
 - i. To keep the mats cleaner.
 - ii. To prevent injuries while practicing Chi-Tu Do.
 - iii. To create better body balance and improve coordination.
- ****NOTE**** Special training shoes (shoes that are not worn elsewhere) may be worn with instructor approval.
- Prior to the beginning of class, students are expected to warm up on their own or practice their material quietly. No loud talking or horseplay is allowed in the training area. Our school is a place where respect and self-control are always observed.
- Each student's attitude should be one of respect and enthusiastic and attentive willingness to learn. When it comes to lining up, doing what is told by an instructor, participating in class actions, etc., students should always RUN.
- When lining up by rank, the line-up should be the highest ranked students beginning on the instructor's left forming to the instructor's right.
- When any upper ranked (4th Degree and up) Black Belt enters the class while in session, the first student or instructor who sees them should call the class to attention and lead them

to salute in respect, then continue with the class. The senior instructor present should turn the class over to a junior instructor and personally greet the guest, before returning to teaching the class.

- When arriving after a class has already begun, the student should wait at the edge of the training area until acknowledged by the instructor and instructed to enter the class formation for training. No student should assume he or she may enter without permission.
- When any instructor communicates with a student, the student should stand at attention and answer with "Yes Sir", or "No Sir" (or Ma'am), never with "yeah," "nah," or "uh huh," etc. When being addressed by anyone with an higher ranked belt, stand at attention and answer with a sharp "Sir" (or Ma'am).
- When addressing any instructor in the studio always use their last name and Mr., Miss., Mrs., Master, Grandmaster, Soke, Dr., etc.
- During class, it is respectful to address all participating students as "Sir" or "Ma'am" when speaking, or when spoken to, regardless of their rank.
- To ask a question of the instructor, the student should first raise their hand and await recognition by the instructor. Then, after addressing the instructor in the appropriate manner (saluting and saying Sir or Ma'am), the student should ask their question. After receiving a response, the student should then thank the instructor and salute.
- Students should be in proper uniform when on the training floor. On Monday and Tuesday classes, you should wear your "A" uniform, which consists of your uniform jacket, pants and your belt. Other days of the week, you may wear the "B" uniform, which is an SWMA T-shirt, your uniform pants and belt. Female students are required to wear a T-shirt underneath the uniform jacket. It is requested that the T-shirt be the same color as either your belt or your jacket or an approved club T-shirt. Students should be in their "A" uniform at all events in which they are testing for either a stripe or new belt.
- A student may wear their uniform to and from class. Always leave your belt on when in uniform. You should not wear your uniform anywhere else other than in class or in transit to or from class, unless you are practicing or are a part of a demonstration. It is not a Halloween costume or play thing.
- If you must retie your belt or adjust your uniform during class, never face your instructor. Instead, turn around and face in the opposite direction to retie your belt or adjust your uniform.
- Students may not lean on the walls or touch the mirrors unless directed to do so by the instructor. Students who touch the mirrors may be required to clean them.
- Do not enter or leave the floor during training/class without permission from the instructor.
- There will be no chewing of gum on the training floor.
- Never wash your belt.
- Bring any problems that could interfere with your learning to the attention of your instructor.
- If you are injured *in any way* during class, notify the instructor immediately.
- When the instructor is teaching a class, show respect by not talking when he or she is demonstrating or explaining something.
- While seated on the floor, students should keep proper posture. There are three acceptable positions to sit: kneeling, cross-legged, or cross-legged with arms wrapped around knees.

- Do all exercises to the best of your ability. Students are expected to train hard both at the studio and at home and to be disciplined and cultivate a strong moral character.
- If you will not be attending a class, please notify the instructor prior to missing the class.
- If a student engages in sparring, it will be done under the supervision of an instructor to ensure safety. Safety gear *must* be worn to spar. Required safety gear includes a helmet and mouthpiece, gloves, boots and a groin protector (for men). Shin pads are optional, but highly recommended. Safety gear is always available for purchase in the pro shop.
- Visitors are always welcome, if they abide by our rules. You are responsible for your guests and their behavior.
- Always show courtesy and respect to all those present in the studio. Proper respect will be shown to all ranks.

Outside the Training Area Protocol:

- Fighting is not self-defense, and self-defense is not fighting. The physical skills we teach in class are not to be used unless you are in a life-threatening situation. Someone trying to hurt your feelings or make fun of you is not threatening your life. There are other, better alternatives for dealing with bullies.
- If you are in a bullying situation, please come talk to your instructors. We have all been in the same position before and can give you some tips on how to deal with it effectively. We also periodically teach a class called Stop Bullies FAST that will give you the tools to deal with bullying and teach you how to get them to leave you alone.
- Fighting is always prohibited unless it is in a self-defense situation. First to strike in life threatening situation is one thing, however to begin a fight or to engage in behavior that leads to a fight is entirely another. Anyone who engages in this sort of misconduct or anyone who misuses their knowledge, who shows a lack of self-control, who shows a lack of respect towards an instructor, their fellow students, or the school, may be terminated from Shepherd-Warrior Martial Arts without refund.

CHI-TU DO STUDENT UNIFORM CODE

The following standards are hereby adopted by Shepherd-Warrior Martial Arts as the Uniform Code for all Chi-Tu Do students. Since the word *uniform* means – consistent, standardized, identical in appearance, it would make sense that students wearing their training uniform should look...well, uniform. The jacket and pants should be kept neat, clean and wrinkle free when worn in class. The following are examples of the uniform we use and the placement of the patches that you can earn by completing your character sheets or by memorizing things.

The Training Uniform consists of 3 parts:



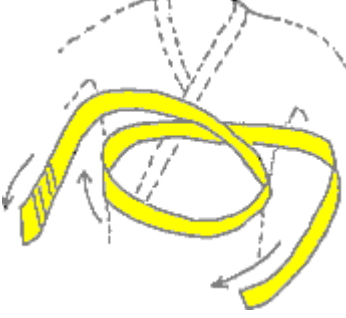






- A. *The Jacket*
- B. *The Belt*
- C. *The Pants*

The Chi-Tu Do Student Uniform

NOTES:

- You may get your name embroidered on your uniform if you wish.
- Though not shown, the pants match the color of the jacket.
- The jacket sleeves may be cut and hemmed to $\frac{1}{2}$ or $\frac{3}{4}$ sleeves or kept at full length at your preference.
- Note the uniformity of the placement of the patches. Yours should be applied in similar fashion. Later sections of this Handbook will tell you how you can earn each of these patches.
- Challenge Stars are placed on the right leg, below the knee.



	<p>1 - Hold belt at its center, ends even, with stripes (if you have them) on the left side.</p>		<p>6 - Bring left (striped) end of belt down and over the front of the U</p>
	<p>2 - Place center of belt on front center of jacket, about one inch below the naval. Wrap belt around your waist, crossing the right side over the left side at center of the back. Stripes will now be on your right side. Pull ends of belt forward and adjust so the ends are even.</p>		<p>7 - Loop striped end under and up through the U shape to form a knot.</p>
	<p>3 - Lay the right side of belt over the left side of belt across your middle. Stripes will now be on your left side.</p>		<p>8 - Pull ends of belt outward to tighten knot. Stripes will be on your right side.</p>
	<p>4 - Slide the left side of belt (striped side) under and behind all the belt layers. Stripes will still be on your left side.</p>		<p>9 - Adjust knot so the ends of belt are even and hang neatly.</p>
	<p>5 - Create a U with the non-striped end pointed to your left</p>		

How to Tie Your Belt

Billings Chi-Tu Do
Belt Levels and
Curriculum

Billings Chi-Tu Do

Description of Belt System and Explanation of Curriculum

As in most martial art schools, we utilize a belt system, with its various colors and stripes, to help organize classes and provide feedback and motivation for our students. The colors of the belts and number of stripes are indicative of both a student's time in training and skill level. Throughout your training, you will progress through 6 different belt colors before becoming eligible to test for Black Belt. Each level color also has stripes (up to two per belt) to designate how many quarterly progress checks the student has passed. The progression of belt levels and colors is as follows:

Level 1 – White to Orange Belt	}	Beginner Ranks
Level 2 – Orange to Purple Belt		
Level 3 – Purple to Green Belt	}	Intermediate Ranks
Level 4 – Green to Blue Belt		
Level 5 – Blue to Brown Belt	}	Advanced Ranks
Level 6 – Brown to Black Belt		
1 st Degree to 2 nd Degree Black Belt		
2 nd Degree to 3 rd Degree Black Belt		
3 rd Degree to 4 th Degree Black Belt		

Each of the levels above has its own set of curriculum that is taught and which will be expected that the student knows and can perform to test for the next level. Each colored belt level should take an average student at least 9 months to complete. After reaching black belt level, the time increases – we will explain this to you when you get there. In the meantime, every three months we have a quarterly progress check where, if passed, a student would receive a stripe on the tip of their belt. A maximum of 2 stripes would be given – the first after 3 months and the second after 6 months. When a student has two stripes and has completed 9 months in a level, they would be eligible to test for the next level. Eligibility to test does not guarantee that a student will pass or move up. If a student fails a test, they would remain in their current level (giving them time to practice more) until the next testing, where they could try again.

What follows is an outline of the techniques, principles and requirements for each level.

Chi-Tu Do – Level 1

Skills, Techniques, Principles & Requirements

The following is the curriculum for consideration to test for the rank of Orange Belt:

Class Requirements:

- 1.) Knowledge and understanding of the basic Customs, Courtesies and Class rules.
- 2.) Sign and return the Chi-Tu Do Student Pledge & Etiquette Confirmation.
- 3.) Has attended a *minimum* of 60 classes.
- 4.) Has attended the FAST Basics/Stop Bullies FAST course.

Physical Requirements:

- 1.) Completion of a baseline Physical Fitness Assessment.

Mental Requirements:

- 1.) Read the book *God is a Warrior, I am a Warrior* by Brian Cunnings.

Spiritual Requirements:

- 1.) Completion of the 9 Character Trait Sheets for White Belts.

Martial Requirements:

Stances

Natural
Ready
Long Forward
Walking

Movement

Step
Slide
Burst

Blocks

Outside
Parry
High

Strikes

Straight Punches
Hammer Fist
Palm Strikes
Eye Strikes
Horizontal Elbow
Vertical Elbow
Rear Elbow

Kicks (Front leg, Pivot, XO & Shuffle - unless noted otherwise)

Pivot Rising Front Kick (w/ shin)
Side-Step Rising Front Kick (shin)
All Front Kicks (w/ Ball of foot)
Side Kick (to the sides of Ready Stance)
Rear Kick (from Standing and Ground)
Pivot Knee Strike
Stomp Kick (from Ground)

Principles & Concepts

Assertiveness & Avoidance

Escapes & Controls

Wrist Grab Escapes
Clothes Grab Escapes
Front Choke Defenses
Wall Choke Defenses

Weapons

Single Sinawali
5, 12, & 15 Strikes Kata
3rd Class Disarms

Breaking

1 Board (Hand Technique)

Ground

Back Breakfall (including Movement on Ground & BJJ Get Up)
Upa (Bump) & Trap, Buck, Roll & Escape
Shrimping
Defense Against Choke from the Mount
Back Door Escape
Rear Choke Escape

Chi-Tu Do – Level 2

Skills, Techniques, Principles & Requirements

The following is the curriculum for consideration to test for the rank of Purple Belt:

Class Requirements:

- 1.) Has attended a *minimum* of 120 classes since beginning – 60 in Level 2.
- 2.) If adult student, has attended the FAST Advanced course.

Physical Requirements:

- 1.) Improvement in Physical Fitness Assessment scores.

Mental Requirements:

- 1.) Read the book *Bulletproof: The Making of an Invincible Mind* by Chuck Holton and write an essay on what you learned (minimum of 1 page).

Spiritual Requirements:

- 1.) Completion of the 9 Character Trait Sheets for Orange Belts.
- 2.) Recite The 10 Commandments (Ex 20:1-17 or Deut 5:6-21) from memory.

Martial Requirements:

Stances

Straddle
T-stance
Cat Stance

Movement

Linear
Triangular
Switch Step

Blocks

Inside
Low

Strikes

Hook Punches
Electric Slap
Suto Chop
Ridge Hand
Cobra Strikes
Crane Strikes
Muay Thai Elbow

Kicks (Front leg, Pivot, XO & Shuffle - unless noted otherwise)

Slap Round Kick
Side-Step Slap Round Kick
Inside Crescent Kicks
Outside Crescent Kicks
Scoop Kick
Hooker Kick
Side Kick (from the Ground)

Principles & Concepts

Power Principle – All Styles

Kata

Level 1 Kata

Escapes & Controls

Side Headlock Escape
Rear Headlock Escape
Front Headlock Escape
Single Turn Wrist Locks

Weapons

Double Sinawali
12, & 15 Strikes Kata - 4 Directional
1st Class Disarms

Ground

Side Breakfall
Side Movement
Americana from the Mount
Straight Arm Bar from the Mount
Collar Chokes
Rear Naked Choke

Sparring

1 on 1 Blocking Drill

Breaking

1 Board (Kicking Technique)

Chi-Tu Do – Level 3

Skills, Techniques, Principles & Requirements

The following is the curriculum for consideration to test for the rank of Green Belt:

Class Requirements:

- 1.) Has attended a *minimum* of 180 classes since beginning – 60 in Level 3.
- 2.) If adult student, has attended the FAST Combat Ground Fighting course.

Physical Requirements:

- 1.) Improvement in Physical Fitness Assessment scores.

Mental Requirements:

- 1.) Read the book *Fighting Science: The Laws of Physics for Martial Artists* by Martina Sprague and write an essay on what you learned (minimum of 1 page).

Spiritual Requirements:

- 1.) Completion of the 9 Character Trait Sheets for Purple Belts.
- 2.) Recite The Beatitudes (Matthew 5:3-11) from memory to an instructor.

Martial Requirements:

Movement

Trapezoidal
Yielding
Slipping

Strikes

Uppercut Punches
Backfist
Tiger's Paw
Eagle's Claw
Rising Elbow
Piston Elbow

Principles & Concepts

Rebound Principle – All Styles

Escapes & Controls

Ikkyowaza
Nikyowaza
Sankyowaza
Reverse Ikkyo
Contact, Capture & Control

Ground

Forward & Backwards Rolls
Arm Bar from the Guard
Cross Choke from the Guard
Kymura from the Guard
Guillotine from the Guard
Hip Heist
Scissor Sweep

Blocks

Elbow Check

Kicks (Front leg, Pivot, XO & Shuffle - unless noted otherwise)

Pivot Slap Round Kick
All Round Kicks (w/ Ball of Foot)
Hinge Kicks
Stop Kick
Hook Kick
Spin Rear Kick

Kata

8 Gates of Ba Qua (Striking Applications)

Weapons

Triple Sinawali
Bombolian Kata (Short Form)
2nd Class - Tertiary Disarms

Sparring

2 on 1 Blocking Drill

Breaking

2 Boards (Hand Combo)

Chi-Tu Do – Level 4

Skills, Techniques, Principles & Requirements

The following is the curriculum for consideration to test for the rank of Blue Belt:

Class Requirements:

- 1.) Has attended a *minimum* of 240 classes since beginning – 60 in Level 4.
- 2.) If adult student, has attended the FAST Weapons Defense course.

Physical Requirements:

- 1.) Improvement in Physical Fitness Assessment scores.

Mental Requirements:

- 1.) Read the book *Verbal Judo: The Gentle Art of Persuasion* by George Thompson and write an essay on what you learned (minimum of 1 page).
- 2.) Recite The Bill of Rights (The 1st 10 Amendments to the U.S. Constitution).

Spiritual Requirements:

- 1.) Completion of the 9 Character Trait Sheets for Green Belts.

Martial Requirements:

Movement

Lateral Crossover
Bob & Weave

Strikes

Overhand Punches
Dragon Fist
Crane's Beak
Crane's Tip
Spinning Backfist
Spinning Elbow

Kicks (Front leg, Pivot, XO & Shuffle - unless noted otherwise)

Pivot Side Kick
Axe Kicks
Pivot Hook Kick
Spin Hook Kick
Spin Outside Crescent Kick
Rocking Kick (from the Ground)
Kicking Combinations

Principles & Concepts

Speed Principle – Hard, Suto & Soft

Kata

Level 2 Kata

Escapes & Controls

The Split
Gooseneck
Shiho Nage
Gyaku Te (w/ Otoshi)

Weapons

5s & 7s Sinawali
Alpha 26
Knife Defenses

Ground

Diving Rolls
Passing the Guard
Escaping the Guard – Stacking
Neck Crank from inside Guard
Straight Ankle Lock
Knee Bar

Sparring

1 on 1 Free Sparring

Breaking

2 Boards (Kicking Combo)

Teaching

36 Hours of Teaching Level 1 Material (teaching White Belts)

Chi-Tu Do – Level 5

Skills, Techniques, Principles & Requirements

The following is the curriculum for consideration to test for the rank of Brown Belt:

Class Requirements:

- 1.) Has attended a *minimum* of 300 classes since beginning – 60 in Level 5.
- 2.) If adult student, has attended the FAST Defense Against Multiple Attackers course.

Physical Requirements:

- 1.) Improvement in Physical Fitness Assessment scores.

Mental Requirements:

- 1.) Read the book *Sharpening the Warrior's Edge: The Psychology & Science of Training* by Bruce Siddle and write an essay on what you learned (minimum of 1 page).

Emotional Requirements:

- 1.) Spend a day “blind”
- 2.) Spend a day “mute”

Spiritual Requirements:

- 1.) Completion of the 9 Character Trait Sheets for Blue Belts.

Martial Requirements:

Movement

Circular
Semi-circular

Strikes

Superman Punch
Striking Combos

Kicks (Front leg, Pivot, XO & Shuffle - unless noted otherwise)

Jump Kicks
Flying Kicks
Jump Spin Kicks
Flying Knees
Touch Contact Kicking

Principles & Concepts

Intercepting Fist Principle

Kata

8 Gates of Ba Qua (Ju Jitsu Applications)

Escapes & Controls

Flowing Ju Jitsu
Centering Principles
Throws & Takedowns

Weapons

4s & 6s Sinawali
12 & 15 Strikes Double Sticks
Gun Defenses

Ground

Front Breakfall
Escaping Side Control
Side Control to Knee Mount
Combatives from Knee Mount
Arm Bar from Knee Mount
Escaping Knee Mount
Kymura from Side Control
Stripping the Caught Foot

Sparring

2 on 1 Free Sparring

Breaking

3 Boards (Hand/Foot Combo)

Teaching

36 Hours of Teaching Level 2 Material
(teaching Orange Belts)

Chi-Tu Do – Level 6

Skills, Techniques, Principles & Requirements

The following is the curriculum for consideration to test for the rank of 1st Degree Black Belt:

Class Requirements:

- 1.) Has attended a *minimum* of 360 classes since beginning – 60 in Level 6.
- 2.) If adult student, has attended the FAST Stress Shooting course (if 18 or older).

Physical Requirements:

- 1.) Improvement in Physical Fitness Assessment scores.

Mental Requirements:

- 1.) Read the book *Deadly Karate Blows: The Medical Implications* by Brian Adams and write an essay on what you learned (minimum of 1 page).

Emotional Requirements:

- 1.) Spend a day in a wheelchair (Yes, it's supposed to be inconvenient).
- 2.) Spend one major holiday serving the less fortunate.
- 3.) Supply three letters of reference from Christian brother/sister or Pastor as to character.

Spiritual Requirements:

- 1.) Completion of the 9 Character Trait Sheets for Brown Belts.
- 2.) Recite Psalm 91 (from the Amplified Bible translation) to an instructor.

Martial Requirements:

Movement

Mixed Footwork Patterns & Combinations

Strikes

Advanced Striking Combinations
& Mitt work
Touch Contact with All Strikes
Power Striking
- Concrete Patio Block(s)

Kicks

Advanced Kicking Combos
Touch Contact with
- Pivot Front Kick
- Pivot Slap Round Kick
- Pivot Side Kick
- Spin Kick

Principles & Concepts

All Principles with Finishes
- Elbows, Knees, Kicks & Throws

Kata

Level 2 Kata (Performed at BB level)

Escapes & Controls

Combinations & Flowing
Judo Throws

Weapons

Bombolian Sinawali
All Stick Kata - Single & Double Stick
Mixed Weapons Defenses & Disarms

Ground

Baseball Choke
Triangle Choke
Omoplata
Reverse Arm Lock
Free Rolling

Sparring

Mass Attack

Teaching

36 Hours of Teaching Level 3 Material (Purple)

Character

Building

SWMA – Chi-Tu Do Program

Character Trait Requirements

It is extremely important for us to make sure that we, not only teach great martial arts and self-defense skills, but that we also help each of our students learn more within their walk with God. In this regard, we feel that helping our students build their character to be more Christ-like is much more important than teaching them to punch and kick. Think about it...if a person consistently demonstrates things like respect, self-control, compassion, courtesy, etc., wouldn't you think that the likelihood of having to use physical self-defense skills would be lower?

Each month in the Warrior and Adults classes, there will be a worksheet that will cover the Character Trait of the month. The questions on the worksheet are designed to make you think about the trait and how to apply it to your life. You should take a little time each month to answer the questions on the worksheet. You will also need to memorize the verse at the bottom of the worksheet and recite it to your instructor when you turn in your completed worksheet. ***Worksheets and verses are due prior to the end of each month.***

Each worksheet is numbered and color-coded. Do the color sheets that match your current belt color. There are 9 Character Trait sheets per belt level, as it typically takes 9 months to move from one level to the next. So, new students should start with White #1, which is Respect (see below). The following month, they would do White #2, which is Focus. They would continue in this manner until all 9 are completed. Once a student passes their test for Orange belt, then they would begin working on the Orange belt sheets, beginning with #1, and so on.

The following are the traits for each level:

White Belts (Lvl 1)	Orange Belts (Lvl 2)	Purple Belts (Lvl 3)	Green Belts (Lvl 4)
Respect	Humility	Commitment	Availability
Focus	Joyfulness	Determination	Enthusiasm
Obedience	Courage	Consistency	Friendship
Self-Control	Patience	Boldness	Hospitality
Attentiveness	Courtesy	Thoroughness	Flexibility
Teachability	Truthfulness	Kindness	Creativity
Self-Discipline	Dependability	Tolerance	Accountability
Punctuality	Loyalty	Discretion	Persuasiveness
Orderliness	Responsibility	Trustworthiness	Initiative

Blue Belts (Lvl 5)

Compassion
Sincerity
Listening
Discernment
Sensitivity
Resourcefulness
Generosity
Tenacity
Confidence

Brown Belts (Lvl 6)

Cautiousness
Gratefulness
Thriftiness
Forgiveness
Integrity
Honor
Virtue
Wisdom
Charisma

Example

CHARACTER Counts RESPECT

RESPECT MEANS TREATING PEOPLE THE WAY YOU WANT TO BE TREATED.

Write down three ways that you showed respect by being gracious to someone else, even if they didn't deserve it; first, at the studio, then, at school or work, and finally, at home:

At the studio: _____

At school or work: _____

At home: _____

Why is respect one of the first and most important traits in martial arts?

Should you give respect to someone who hasn't earned it yet? Why, or why not?

List five things in your life that deserve your respect:

1. _____
2. _____
3. _____
4. _____
5. _____

1 WHITE BELT WORKSHEET

"Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself." - Philippians 2:3

Shepherd-Warrior Martial Arts
1212 Grand Ave, Ste. 11
Billings, MT 59102
(406) 591-2864
www.shepherdwarriormartialarts.com

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The number identifies the order in which to do them.

The color on the sheet should match your **current** belt color.

Answer the questions to the best of your ability. If you are school aged, you may get help from your parents to answer them.

Verse to memorize and recite to your instructor each month.

Supplemental Information

The Ten Commandments

1. You shall worship no other god than me.
2. You shall not make yourselves any idols...for I am a jealous God.
3. You shall not misuse the name of the Lord your God.
4. Remember the Sabbath by keeping it holy.
5. Honor your father and mother.
6. You must not murder.
7. You must not commit adultery.
8. You must not steal.
9. You must not lie.
10. You must not be envious of what belongs to your neighbor.

The Beatitudes

- Blessed are the poor in spirit,
for theirs is the kingdom of heaven.
- Blessed are those who mourn,
for they will be comforted.
- Blessed are the meek,
for they shall inherit the earth.
- Blessed are those who hunger and thirst for righteousness,
for they will be filled.
- Blessed are the merciful,
for they will be shown mercy.
- Blessed are the pure in heart,
for they will see God.
- Blessed are the peacemakers,
for they will be called sons of God.
- Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven.
- Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me.
Rejoice and be glad, because great is your reward in heaven...

Amendments to the

U.S. Constitution

The Bill of Rights

- Article 1.** Our right to freedom of religion, freedom of speech, and our right to assemble and petition the government.
- Article 2.** Our right to keep and bear arms.
- Article 3.** Protection from forced housing of soldiers.
- Article 4.** Protection from unreasonable searches and seizures.
- Article 5.** Protection from double jeopardy and from being a witness against ourselves. Our right to due process of law.
- Article 6.** Our right to a speedy, public and fair trial.
- Article 7.** Our right to a trial by jury.
- Article 8.** Protection from excessive bail, and cruel and unusual punishment.
- Article 9.** The Constitution may not be interpreted to deny our other rights.
- Article 10.** Powers not given to the United States are reserved to the individual states or to the people.

Award Patches for Memorization

Eagle Patch

Memorize the Ten Commandments and the Beatitudes

U.S. Flag Patch

Memorize the Amendments to the U.S. Constitution

Chi-Tu Do Defense Principles

Power Principle: Maximum Shifting of Body Weight

Rebound Principle: Blocking Hand Makes First Strike

Speed Principle: Block and Strike at the Same Time

Intercepting Fist: The Block is the Strike

EACH PRINCIPLE IS PERFORMED IN THE FOLLOWING STYLES:

1. Hard – with closed fist techniques
2. Suto – with open hand techniques
3. Soft – using cobra/crane, etc.
4. Elbow – using as both block and strike

How it's done:

The pair of students will face off and salute one another. One student is designated the “attacker” while the other is the “defender.” Practice of the Principles simulates a sudden attack from someone on the street; therefore, it is important that the attacker should vary both his timing and intensity of attack so as to not develop a predictable pattern or timing.

The defender should always practice blocking the wrist of the attacker's arm and striking to *specific* targets on the face or body (point of the chin, corner of the jaw, nose, base of the skull (cerebellum), solar plexus (xiphoid process), and the “floating” ribs). Never strike to just the “face” or the “head.” Advanced students may also block and strike at nerves and nerve centers.

Each time, practice hitting the target precisely; don't practice missing.

On the following page is *Power Principle* explained step by step in the *Hard Style*. Each defense may be modified by either style or principle (or both) as needed.

INSIDE BLOCK DEFENSES

- 1. ATTACKER STEPS IN WITH RIGHT FACE PUNCH**
 - a. Right step 45 degrees to your right; Right hard inward block
 - i. You are **INSIDE** of the attacker's punch
 - b. Left (reverse) punch to chin

- 2. ATTACKER STEPS IN WITH LEFT FACE PUNCH**
 - a. Left step 45 degrees to your left; Left hard inward block
 - i. You are **INSIDE** of the attacker's punch
 - b. Right (reverse) punch to chin

- 3. ATTACKER STEPS IN WITH RIGHT FACE PUNCH**
 - a. Left step 45 degrees to your left; Left hard inward block
 - i. You are now **OUTSIDE** of the attacker's punch
 - b. Right (reverse) punch to corner of the jaw

- 4. ATTACKER STEPS IN WITH LEFT FACE PUNCH**
 - a. Right step 45 degrees to your right; Right hard inward block
 - i. You are **OUTSIDE** of the attacker's punch
 - b. Left (reverse) punch to corner of the jaw

OUTSIDE BLOCK DEFENSES

- 5. ATTACKER STEPS IN WITH RIGHT FACE PUNCH**
 - a. Right step 45 degrees to your right; Left hard outward block
 - i. You are **INSIDE** of the attacker's punch
 - b. Right (reverse) punch to chin or corner of the jaw

- 6. ATTACKER STEPS IN WITH LEFT FACE PUNCH**
 - a. Left step 45 degrees to your left; Right hard outward block
 - i. You are **INSIDE** of the attacker's punch
 - b. Left (reverse) punch to chin or corner of the jaw

- 7. ATTACKER STEPS IN WITH RIGHT FACE PUNCH**
 - a. Left step 45 degrees to your left; Right hard outward block
 - i. You are now **OUTSIDE** of the attacker's punch
 - b. Left (reverse) punch to corner of the jaw

- 8. ATTACKER STEPS IN WITH LEFT FACE PUNCH**
 - a. Right step 45 degrees to your right; Left hard outward block
 - i. You are **OUTSIDE** of the attacker's punch
 - b. Right (reverse) punch to corner of the jaw

Chi Tu Do – Level 1 Kata

The emphasis for Level 1 kata is on displaying powerful blocks and strikes. The shifting hips should be evident.

Attention, Honor Position, Salute, Chimbee Stance

1st Bar (toward F) – Hard Style

Step forward *Left Long Forward Stance*; **Hard Inside Block** (L) with body shift
Shift back **Reverse Punch** (R)
Step forward into *Right Long Forward Stance*; **Hard Inside Block** (R) with shift
Shift back **Reverse Punch** (L)
Step back to *Left Long Forward Stance*; **Hard Outside Block** (R) toward right oblique
Shift to left oblique; **Reverse Punch** (L)
Step back to *Right Long Forward Stance*; **Hard Outside Block** (L) toward left oblique
Shift to left oblique; **Reverse Punch** (R)
Right foot steps toward R; turn and face L and slide back to *Left Cat Stance*

2nd Bar (toward L) – Suto Style

Slide forward to *Left Long Forward Stance*; **Inside Suto Block** (L) with body shift
Shift back **Reverse Inside Suto Strike** (R)
Step forward into *Right Long Forward Stance*; **Inside Suto Block** (R) with shift
Shift back **Reverse Inside Suto Strike** (L)
Step back to *Left Long Forward Stance*; **Outside Suto Block** (R) toward right oblique
Shift to right oblique; **Reverse Inside Suto Strike** (L)
Step back to *Right Long Forward Stance*; **Outside Suto Block** (L) toward left oblique
Shift to left oblique; **Reverse Inside Suto Strike** (R)
Right foot steps toward L; turn and face R and slide back to *Left Cat Stance*

3rd Bar (toward R) – Soft Style

Slide forward to *Left Long Forward Stance*; **Inside Cobra Block** (L) with body shift
Shift back **Reverse Cobra Strike** (R)
Step forward into *Right Long Forward Stance*; **Inside Cobra Block** (R) with shift
Shift back **Reverse Cobra Strike** (L)
Step back to *Left Long Forward Stance*; **Outside Crane Block** (R) toward right oblique
Shift to right oblique; **Reverse Cobra Strike** (L)
Step back to *Right Long Forward Stance*; **Outside Cobra Block** (L) toward left oblique
Shift to left oblique; **Reverse Cobra Strike** (R)
Left foot slides toward L; turn and face F into *Left Cat Stance*

4th Bar (toward F) – Elbow Style

Slide forward to *Left Long Forward Stance*; **Inside Elbow Block** (L) with body shift
Shift back **Reverse Elbow Strike** (R)
Step forward into *Right Long Forward Stance*; **Inside Elbow Block** (R) with body shift
Shift back **Reverse Elbow Strike** (L)
Step back to *Left Long Forward Stance*; **Outside Elbow Block** (R) toward right oblique
Shift to right oblique; **Reverse Elbow Strike** (L)
Step back to *Right Long Forward Stance*; **Outside Elbow Block** (L) toward left oblique
Shift to left oblique; **Reverse Elbow Strike** (R)
Slide Back to Chimbee Stance
Honor Position, Salute

Chi Tu Do – Level 2 Kata

In Level 2 Kata, the block should be performed at the same time as the stepping foot touches the ground.

Attention, Honor Position, Salute, Chimbee Stance

1st Bar (toward F) – Hard Style

Step forward *Left Long Forward Stance*; **Hard Inside Block** (L) with body shift
Shift back **Reverse Punch** (R)
Pivot Front Kick (R); step down into *Right Long Forward Stance*; **Hard Inside Block** (R) with shift
Shift back **Reverse Punch** (L)
Step back to *Left Long Forward Stance*; **Hard Outside Block** (R) toward the right oblique
Shift to left oblique; **Reverse Punch** (L)
Step back to *Right Long Forward Stance*; **Hard Outside Block** (L) toward the left oblique
Shift to left oblique; **Reverse Punch** (R)
Right foot steps toward R; turn and face L and slide back to *Left Cat Stance*

2nd Bar (toward L) – Suto Style

Slide forward to *Left Long Forward Stance*; **Inside Suto Block** (L) with body shift
Shift back **Reverse Inside Suto Strike** (R)
Pivot Round Kick (R); step down into *Right Long Forward Stance*; **Inside Suto Block** (R) with shift
Shift back **Reverse Inside Suto Strike** (L)
Step back to *Left Long Forward Stance*; **Outside Suto Block** (R) toward the right oblique
Shift to right oblique; **Reverse Inside Suto Strike** (L)
Step back to *Right Long Forward Stance*; **Outside Suto Block** (L) toward the left oblique
Shift to left oblique; **Reverse Inside Suto Strike** (R)
Right foot steps toward L; turn and face R and slide back to *Left Cat Stance*

3rd Bar (toward R) – Soft Style

Slide forward to *Left Long Forward Stance*; **Inside Cobra Block** (L) with body shift
Shift back **Reverse Cobra Strike** (R)
Pivot Side Kick (R); step down into *Right Long Forward Stance*; **Inside Cobra Block** (R) with shift
Shift back **Reverse Cobra Strike** (L)
Step back to *Left Long Forward Stance*; **Outside Crane Block** (R) toward the right oblique
Shift to right oblique; **Reverse Cobra Strike** (L)
Step back to *Right Long Forward Stance*; **Outside Cobra Block** (L) toward the left oblique
Shift to left oblique; **Reverse Cobra Strike** (R)
Left foot slides toward L; turn and face F into *Left Cat Stance*

4th Bar (toward F) – Elbow Style

Slide forward to *Left Long Forward Stance*; **Inside Elbow Block** (L) with body shift
Shift back **Reverse Elbow Strike** (R)
Knee Lift (R); step down into *Right Long Forward Stance*; **Inside Elbow Block** (R) with shift
Shift back **Reverse Elbow Strike** (L)
Step back to *Left Long Forward Stance*; **Outside Elbow Block** (R) toward the right oblique
Shift to right oblique; **Reverse Elbow Strike** (L)
Step back to *Right Long Forward Stance*; **Outside Elbow Block** (L) toward the left oblique
Shift to left oblique; **Reverse Elbow Strike** (R)
Slide Back to Chimbee Stance
Honor Position, Salute

8 Gates of Ba Qua

The 8 Gates of Ba Qua is one of the most ancient and fundamental form of Tai Chi exercises. It is the foundation of the 'Ba Men Chuan Fa' system of Tai Chi.

Starting position:

1. Stand in a Natural Stance with your arms at your sides and your knees slightly bent.
2. Rotate your hips slightly forward to line up the spine correctly.
3. Stand upright with your shoulders pulled back.
4. Relax your body...not completely, but in a resting mode.

The 8 Gates are initially in this order:

- 1. Ward**
- 2. Press**
- 3. Roll**
- 4. Push**
- 5. Pull**
- 6. Shoulder**
- 7. Split**
- 8. Elbow**

Practice them in this order at first. As you practice the 8 Gates, be sure to:

1. Breathe correctly, coordinated with the movements.
 - a. INHALE – when the movement is coming towards you.
 - b. EXHALE – when the movement is going away from you.
2. Do not stop and start movements; keep it flowing in a continuous motion.
3. Remember to:
 - a. Breathe in the nose and out the mouth with a smooth flow.
 - b. Keep the correct body posture.
 - c. ROOT – stay settled into the ground.
 - d. Stay relaxed.

The 8 Gates of Ba Qua is practiced once with the techniques performed with the right side back, then as you perform the Elbow, you step forward and perform it all again with the left side back. Step back with the right foot on the left side Elbow to return to the start position. You may turn 90° to the right and repeat the process on both sides again. When you do this 4 times, you will have returned to the start position, which ends the form.

Each movement has multiple applications as well as variations that will give the advanced practitioner of this form the ability to mix and merge both hard and soft fist techniques (striking as well as joint locking) within the movements. What is most important is to understand the fundamentals of each movement and how to apply it in various situations. That is why coming to class is so important.

Chi Tu Do – Kabaroon Kata

5 Strikes - Linear

Begin from ready stance with left leg back and stick in your right hand; your right arm relaxed and at your right side. On strike 4 and 5, make sure to use the backup hand to cover.

- 1.) **Thrust** – Shift weight to front leg as you lunge point of stick at opponent’s solar plexus. Draw stick back across body to left hip as you shift weight to back leg.
- 2.) **Under Left** – Shift weight to front leg as you strike at upward 45° angle to knee. Draw stick back across body to left ear as you shift weight to back leg.
- 3.) **Over Left** – Shift weight to front leg as you strike at downward 45° angle to collar bone. Follow through and step forward with left leg.
- 4.) **Under Right** – Shift weight to front leg as you strike at upward 45° angle to knee. Draw stick back to right ear as you shift weight to back leg.
- 5.) **Over Right** – Shift weight to front leg as you strike at downward 45° angle to collar bone. Follow through as you step back with left leg.

5 Strikes - With a Partner

Partner 1 (P1) attacks first and partner 2 (P2) defends. Partners begin facing each other, salute and step back with left foot into ready stance (see above). P1 attacks with the Thrust technique as P2 defends with a block (parry). Then both partners perform strikes 2-5 simultaneously. Since P1 attacked, P1 steps forward with strike 4 as P2 steps backward with right foot. After strike 5, P2 becomes the attacker and steps forward with right foot with the Thrust technique. P1 parries and defends strikes 2-5, stepping backward with right foot on strike 4 while P2 steps forward. This should bring both P1 and P2 back to starting position. Repeat.

This partner drill is first performed back and forth, in a linear format, but after some practice, the students are expected to move around from side to side with one another. This simulates skirmishing around, practicing attacks and defenses using various footwork patterns. More advanced students should also be practicing both meeting and merging techniques. Merging is done by the defender, not the attacker. The attacker needs to “feed” the normal strikes so the defender can merge appropriately.

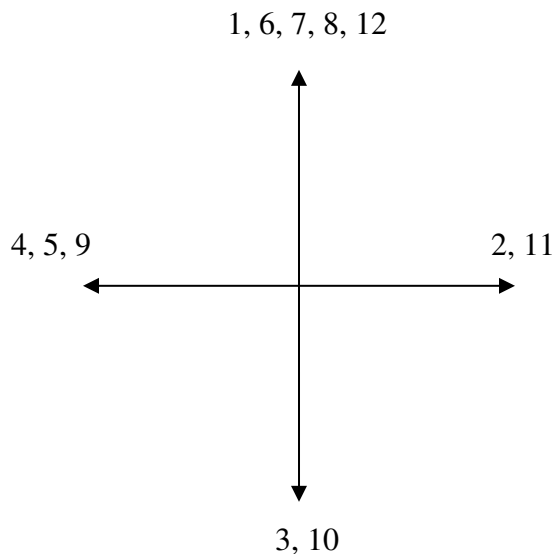
Chi Tu Do – Kabaroon Kata

12 Strikes Linear

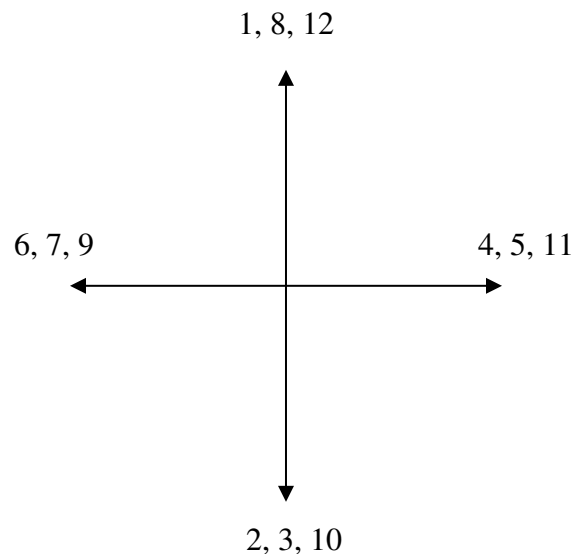
Begin from ready stance with left leg back and stick in your right hand; your right arm relaxed and at your right side.

- 1.) **Thrust**
- 2.) **Under Left Chop**
- 3.) **Over Left Slash**
- 4.) **(Step Left) Under Right Chop**
- 5.) **Over Right Slash**
- 6.) **(Step Back) Vertical Left Chop**
- 7.) **(Palm Push) Horizontal Left Gore**
- 8.) **(Step Left) Horizontal Right Gore**
- 9.) **Under Right Gore**
- 10.) **Over Right Gore**
- 11.) **(Step Right) Over Right Butt**
- 12.) **(Step Left) Over Left Butt**

12 Strikes 4 Directional – Form A



12 Strikes 4 Directional – Form B



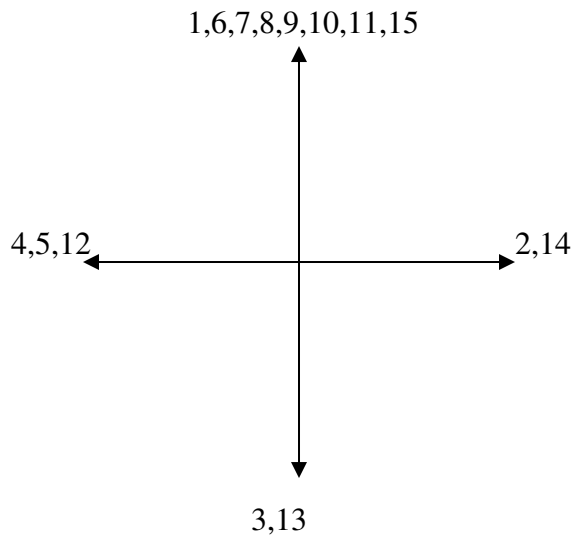
Chi Tu Do – Kabaroon Kata

15 Strikes Linear

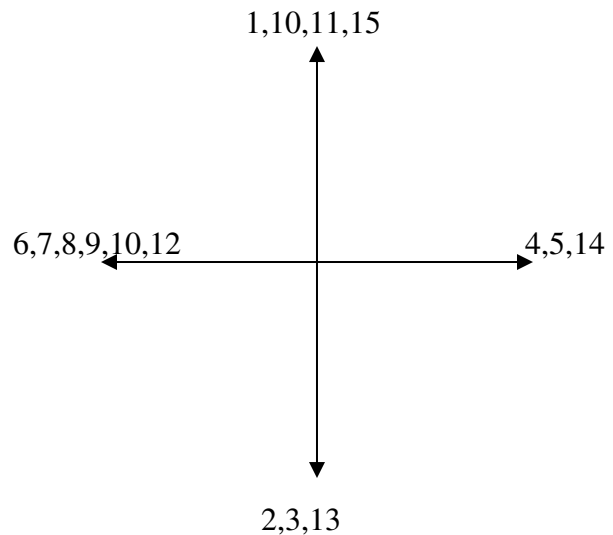
Begin from ready stance with left leg back and stick in your right hand; your right arm relaxed and at your right side.

- 1.) Thrust
- 2.) Under Left Chop
- 3.) Over Left Slash
- 4.) (Step Forward Left) Under Right Chop
- 5.) Over Right Slash
- 6.) (Step Back Left) Vertical Left Slash
- 7.) Radical Right Chop
- 8.) Horizontal Left Slash
- 9.) Horizontal Right Slash
- 10.) (Palm Push) Horizontal Left Gore
- 11.) (Step Forward Left) Horizontal Right Gore
- 12.) Under Right Gore
- 13.) Over Right Gore
- 14.) (Step Forward Right) Over Right Butt
- 15.) (Step Forward Left) Over Left Butt

15 Strikes 4 Directional – Form A



15 Strikes 4 Directional – Form B



Chi Tu Do – Kabaroon Kata

Bombolian Kata (11, 13, 15, 17)

The term Bombolian, in Eskrima, means that the techniques executed are performed with two hands on the weapon. The strikes used in this form are the Butt, the Gore and the Slam. This form can be done either from a stationary natural stance, or it may also be performed with steps.

Begin with the basic 11...

- 1.) Over right butt
 - 2.) Over left butt
 - 3.) Horizontal right butt
 - 4.) Vertical left butt
 - 5.) Radical right butt
 - 6.) Horizontal left butt
 - 7.) Vertical right butt
 - 8.) Radical left butt
 - 9.) Under right butt
 - 10.) Under left butt
 - 11.) Slam
- } This series of 3 strikes is called a triplet. This would be a right triplet.
- } Another triplet. This one is called a left triplet.

To make this 13, you add a gore before strike 1 and strike 2. It would read as follows:

- 1.) Over right gore
- 2.) Over right butt
- 3.) Over left gore
- 4.) Over left butt
- 5.) Continue as written...

To make it 15, do the above for 13 and then add a gore at the start of each triplet as follows:

- 1-4.) See above for first 4 of 13
- 5.) Horizontal right gore
- 6-8.) Right triplet (hor-right butt, verti-left butt, radi-right butt)
- 9.) Horizontal left gore
- 10-12.) Left triplet (hor-left butt, verti-right butt, radi-left butt)
- 13.) Continue as written...

To make it 17, follow the instructions for the 15 and then add a gore before the under right/left butt:

- 1-12) See above for first 12 of 15
- 13.) Under right gore
- 14.) Under right butt
- 15.) Under left gore
- 16.) Under left butt
- 17.) Slam

Chi Tu Do – Karbaroan Kata

Alpha 26

Begin from ready stance with left leg back and stick in your right hand; your right arm relaxed and at your right side.

- 1.) **Thrust**
- 2.) **Under Left Chop**
- 3.) **Over Left Slash**
- 4.) *(Step Forward Left)* **Under Right Chop**
- 5.) **Over Right Slash**
- 6.) *(Step Back Left)* **Vertical Left Slash**
- 7.) **Radical Right Chop**
- 8.) **Horizontal Left Slash**
- 9.) **Horizontal Right Slash** *(draw back to palm push)*
- 10.) **Horizontal Left Gore**
- 11.) *(Step Forward Left)* **Horizontal Right Gore**
- 12.) **Under Right Gore**
- 13.) **Over Right Gore**
- 14.) *(Step Forward Right)* **Over Right Butt**
- 15.) **Under Left Gore**
- 16.) **Over Left Gore**
- 17.) *(Step Forward Left)* **Over Left Butt**
- 18.) **Horizontal Right Butt** \
- 19.) **Vertical Left Butt** This series of 3 strikes is called a triplet. This is a Right Triplet.
- 20.) **Radical Right Butt** /
- 21.) *(Step Forward Right)* **Horizontal Left Butt** \
- 22.) **Vertical Right Butt** Another triplet. This is a Left Triplet.
- 23.) **Radical Left Butt** /
- 24.) *(Step Forward Left)* **Under Right Butt**
- 25.) *(Step Forward Right)* **Under Left Butt**
- 26.) *(Step Forward Left)* **Slam**

Sign & Return

Shepherd-Warrior Martial Arts
Chi-Tu Do Student Pledge

I intend to develop myself in a positive manner, and to avoid anything that would harm my mental growth or my physical health.

Ephesians 6:10-11 "Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil."

I intend to develop self-discipline and self-control, in order to bring out the best in myself and in others.

Romans 12:2 "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may be able to prove what is that good and acceptable and perfect will of God."

I intend to use what I learn in class constructively and defensively, to help myself and my fellow man, and never to be abusive or offensive.

Colossians 3:17 "And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the father through Him."

I will relentlessly endeavor to be my best!

Philippians 3:14 "I press toward the goal for the prize of the upward call of God in Christ Jesus."

Student Signature

Parent Signature (if applicable)

Instructor Signature

Shepherd-Warrior Martial Arts Student Etiquette Confirmation Form

By writing your initials on the lines below, you are agreeing to the following:

_____ I have read and understand the Code of Conduct and Student Etiquette (pg. 8-11) of this manual. I agree to abide by these rules and expectations throughout my training. I understand that I am expected to know this material if asked and may be tested on it at any time.

_____ During my first year of training, I will make every effort to attend at least 80% of all my classes and will make a commitment to practicing at home for at least 5-10 minutes per day.

_____ I also understand that I can help keep the school healthy by referring new members, posting reviews and telling my friends, both on and off line, about the school.

Student Signature

Date

Parents Signature (if applicable)