

Xu Shen Chuan Adult Black Belt requirements for

Beginner Students (White to Orange Belts)

Principle: Max Unit Force

- Skeletal Alignment
- Six Main Muscle Groups

Principle: Max Scientific Movement

- Centerline Rotation

Intermediate Students (Orange Stripped to Purple Belts)

Principle: Max Unit Force

- Muscular melting- chi goes through to the ground

Principle: Max Scientific Movement

- Reverse bicycle and Predator movement (figure eight, wrecking ball, etc.)

Advanced Students (Purple Stripped to Challenge Belts)

Principle: Max Unit Force

- Skeletal melting to create yin and yang power, up and down power

Principle: Max Gravity

- Begin student exposure

Principle: Max Scientific Movement

- Work on combining reverse bicycle with predator movement

1st Degree Black Belt: about 3 years of training 36 months

- Exposed to Maximum Unit Force, perform to the best of student ability.
- Exposed to Maximum Gravity, perform to the best of student ability.
- Exposed to Maximum Scientific Movement, perform to the best of student ability.
- *Be able to display the use of the above principles to the best of student ability in whatever techniques that the student has been learning.*

2nd Degree Black Belt: + about 2 years

- Put the above qualities in “nobody knows me, I know you” situation plus light and heavy, soft and hard, fake and real at the same time. Student performs to best ability.
- ***Be able to display the use of the above principles to the best of student ability in whatever techniques that the student has been learning. Must have improved as deemed appropriate by the Instructor.***

3rd Degree Black Belt: + about 3 years

- Use a scientific way, a 3 dimension spiral power plus borrow enemy action (shi) force to create your comfortable, maximum and superior shi to attack his empty and weakest points. Plus your mind spiritual is tiger hunting the human, the Olympic spirit competition to get the maximum.
- ***Be able to display the use of the above principles to the best of student ability in whatever techniques that the student has been learning. Must have improved as deemed appropriate by the Instructor.***

There are five reasons for the success in fighting: first your strongest points to attack his main weaknesses; second, use your gravity against his effort; third, use your scientific against his non scientific; fourth, use your intelligence, fake and real at the same time, against his true reaction or absence of reaction; fifth, use your maximum mind energy against his physical.

4th Degree Black Belt: + about 4 years

- After you have achieved maximum liquid yin yang unit power, gravity (weight) on your enemy, and Shi (Space Power), you must add on body art which are Open/Close/Empty/Full/Up/Down/Spiral/Turn. Your arms and legs become one with your body. When people touch your arms they are touching your whole body. You must not use your legs to support your body and let your body carry your legs. Then you will feel "leg no leg" and "root no root". Like you are walking on thin ice. "Fist no Fist", "Leg no Leg", physical light like feather, spiritual and internal energy, heavy like a mountain, your body full like a big balloon without edge, empty like steam no shape or effort. Natural like clean crystal, energy has to be pure, alive and changeable. The body must have brain and intelligence, not only he needs to know how to protect himself he needs to know how to attack enemy's center. Only when the body knows how to fight, and control the legs and arms, then any leg and arm activities are created by body art and not with legs, arms self effort.
- Body must not focus on the techniques. If focus on techniques then it will limit by techniques. Body must not focus on force (Jin). If focus on Jin then it will expose your structure and power directions. Body must not focus on Qi. If focus on Qi then it will stuck on Qi and lost Shi and freedom of the mind. You must have whole body harmony from physical energy to mind, from inside to outside, from movements to stillness. All of these are base on nobody knows me but I know you.

- ***Be able to display the use of the above principles to the best of student ability in whatever techniques that the student has been learning. Must have improved as deemed appropriate by the Instructor.***

5th Degree Black Belt: + about 5 years (highest student belt)

- The Undefeatable theory is based on 24 principles.
- 1. Wu Wei (no effort) defeat You Wei (have effort). No Fist defeat have Fist. No Root defeat have Root. No technique defeat technique.
- 2. Nobody knows me, I know enemy defeat Everybody know me, I don't know my enemy.
- 3. Predator defeat Prey.
- 4. Unit force defeat partial force. Harmony defeat No Harmony.
- 5. Ying Yang balance defeat too much Ying or Yang.
- 6. Hard and Soft Harmony defeat too Hard and Soft Harmony.
- 7. No Root but every where is root defeat 3 feet root and floating root.
- 8. Shi has Nei Shi and Wai Shi. Have Shi defeat no Shi. Alive Shi defeat dead Shi. Big Shi defeat Small Shi. Understand Shi defeat don't understand Shi. Borrow Shi defeat being borrowed Shi.
- 9. Body middle section move first, Internal and external Shi arrive before hand defeat body hand together, body move, hand not harmony or hand arrive first.
- 10. Whole body is fist. Whole body harmony to one. Touch my body any point is touching my whole body defeat whole body is not one.
- 11. Open/Close, Up/Down, Sparrow/Turn, Empty/Full, Four become one defeat only one or two factors.
- 12. Intelligence and scientific body art defeat ox power and unscientific body movements.
- 13. 3-D movement plus fast slow and empty full change (5 factor) defeat 1-D and 2-D movement.
- 14. Internal Shi no concave convex defeat have concave convex. Internal Shi defeat solid Nei Jing.
- 15. Chi defeat Jing. Empty agile defeat solid and firm.
- 16. Body volume attack defeat point attack. Physical inside energy field defeat physical outside energy field.
- 17. Yi before the fist, internal and external Shi before the fist defeat Yi after the fist, fist Jing before internal and external Shi.
- 18. Heaven defeat earth. Body mass in the sky defeat body weight on earth.
- 19. Maximum body art and spirit defeat no maximum body art and spirit.
- 20. Forget me defeat focus me.
- 21. Gravity at enemy's body defeat gravity on myself.
- 22. Big group muscle do the work defeat small group muscle do the work.
- 23. Internal defeat external.
- 24. Lower body martial art defeat upper body martial art.
- ***Be able to display the use of the above principles to the best of student ability in whatever techniques that the student has been learning. Must have improved as deemed appropriate by the Instructor.***

6th -10th Degree Black Belt (must be an instructor to reach these levels)

- 1. There are three shi: physical shi, internal shi or “qi” shi, space shi or “spiritual” shi. Harmony of the three shi (three become one) defeat one or two shi.
- 2. Every part of the whole body is a fist that defeats who uses only fist or leg
- 3. In any part of your body that has been touched, this part can defend and attack returning the opposite, how much comes, how much goes. Every part is intelligent and smart and defeats where there are no reaction and no brain.
- 4. Internal shi or “qi shi” is intelligent and alive like a wild ring rolling. There is no begin and no end like a rotating engine. It defeats broken Nei Shi not acting smoothly.
- 5. A fighting attitude characterized by suddenly fast suddenly slow, quiet like a river, with an action like an escaping rabbit, defeats the normal attitude that doesn’t change or changes mechanically.
- 6. No technique defeats who has technique. To see the emptiness creates the technique, like the tiger that chases the rabbit doesn’t have a chasing technique but all the techniques are melt inside the tiger. When the tiger attacks it “sees” the technique in that moment. This defeats the mind limited on technique, on jin, on qi, on yi, on to be focused on something.
- 7. No fear defeats who has fear. No worry defeats to be worried. No thinking but just do it defeats to think before doing. Self-consciousness defeats consciousness.
- 8. No shape, no trace defeats having shape. When hand comes out, enemy can not see the hand because it’s very fast. This defeats the hand that comes out. The “nobody can touch me, no feather can land, no fly can sting” attitude defeats who is very easy to touch or control.
- 9. The “copper skin”, the “iron bone”, the “iron T-shirt”, the “golden bronze bell or strong tire” absorbing strong impact, defeat the tofu body, the weak body that can not take a strong punch.
- 10. Fu-Gae: Fu means to spiritually cover, yang-yang; gae is yang-yin, the gravity shi or weight shi. Zhong Ding Shi can cover the enemy Zhong Ding, can follow the enemy Zhong Ding changes and, always and everywhere, cover enemy Zhong Ding but enemy can not cover me. This defeats who doesn’t understand fu-gae or can not do it.
- 11. Spiritual fist means that Spirit, Energy and Body harmonize to One. In the Spiritual fight, energy and body follow. Speed is spiritual speed, Power is spiritual power, Technique is mind technique; these defeat physical fist, jing fist or qi fist.
- 12. Clear theory and principles, complete techniques, reasonable usage, defeat unclear theory, too simple techniques and not reasonable usage.
- 13. The Eight Gates (up-down, left-right, front-back, internal-external) defeat one gate. Multidirectional power (like a high pressure cooker) defeats one direction power (like a spear).
- 14. a. If someone attacks me, he can not break my structure. It’s like a solid ball that can not be smashed.
- b. To arrive first defeats who arrives later even if he moved first.
- c. When I attack I crash the enemy’s defenses. This defeats the opponent that can be smashed or is too slow.
- 15. At spiritual level, more spiritual harmony to 1, everywhere have spiritual defeat 1 simple spiritual.

- 16. 8 Gates 5 Elements with 3-d spiral, 1 movement 3 techniques, defense attack harmony to 1. Attack, grab, wrestling, and kill defeat 1 way technique. 1 move kill enemy defeats 2 or 3 movements to win your enemy.