

Tong Bu Dao Ranking System

Tong Bu Dao is segmented into 18 levels of attainment.

These 18 levels are themselves divided by core groups.

Each group is a 'sphere' within the universe of Tong Bu Dao.

<u>Level 1:</u> Beginner	Beginner Students
<u>Level 2:</u> Beginner	
<u>Level 3:</u> Beginner	
<u>Level 4:</u> Beginner	
<u>Level 5:</u> Experienced	Experienced Students
<u>Level 6:</u> Experienced	
<u>Level 7:</u> Experienced	
<u>Level 8:</u> Experienced	
<u>Level 9:</u> Xiao Laoshi	Instructors Inner Circle of Disciples
<u>Level 10:</u> Laoshi	
<u>Level 11:</u> Lian Laoshi	
<u>Level 12:</u> Shifu	Teachers Inner Circle of Teachers
<u>Level 13:</u> Shifu	
<u>Level 14:</u> Shifu	
<u>Level 15:</u> Shifu	
<u>Level 16:</u> Da Shifu	Senior Teachers Inner Circle of the High Council
<u>Level 17:</u> Da Shifu	
<u>Level 18:</u> Da Shifu	



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Levels 1-4 – Beginner Students – White Jackets: Introduction to Tong Bu Dao and basics. Represents roughly the first 250 total hours of training, which are critical for laying solid foundations. **Focus is on agility and striking; less material and drilling the Jiben Gong to develop flexibility, mobility and strength.** Group size is limited to 18 people.

Levels 5-8 – Experienced Students – White Jackets: These are roughly the next 500 total hours of training. The goal here is to polish the basics and introduce more complex coordination, as well as bridging the Wai Gong with the Nei Gong. Students at levels 5-8 continue to attend classes for levels 1-4. **Focus is on sensitivity and grappling.** Group size is limited to 12 people.

Levels 9-11 – Instructors – Blue Jackets:

Level 9 - Xiǎo Lǎoshī 小老師 – Assistant Instructor.

Can begin studying the Teacher's course. This is a 200-hour long teacher's course, during which the instructor learns all of the essential skills for becoming a successful teacher who abides by the Tong Bu Dao teaching philosophy. Can substitute for his teacher in classes. Cannot appoint people to any rank. Cannot open an independent school. Must continue to attend classes for levels 1-8. Cannot conduct seminars.

Focus is on:

1. Imparting proper attitude, morals and etiquette, in preparation for becoming Tudi.
2. Cultivating Hun Yuan and Nei Gong.
3. Learning the Hun Yuan Quan Taolu.
4. Completing the Teacher's Course.
5. Increasing the number of daily practice hours.
6. Group size is limited to 8 people.

Level 10 - Lǎoshī 老師 – Instructor .

Can open an independent school, but only teach up to 5 people (optional – not obligatory!). Can teach and appoint anyone up to and including level 8. Must continue to study under his teacher for at least 20 hours every month. Continues to attend classes for levels 1-8. A Laoshi can undergo **Bàishī 拜師** to become **Túdi 徒弟**. Cannot conduct seminars.

A person who was previously a teacher of another traditional martial art and has at least 10 years experience in his former art, can be made Laoshi in 1.5 years and 600 hours, instead of the obligatory minimal 3 years and 1200 hours. No matter what – 3 years is still the minimum to become Tudi.

Level 11 - Liàn Lǎoshī 練老師 – Experienced Instructor.

Can open an independent school, without student limit (optional – not obligatory!). Can teach and appoint anyone up to and including level 9. Must continue to study under his teacher for at least 150 hours a year. Continues to attend classes for levels 1-8. Cannot conduct seminars. In order to graduate rank 11, the instructor must complete the Teacher's Course.



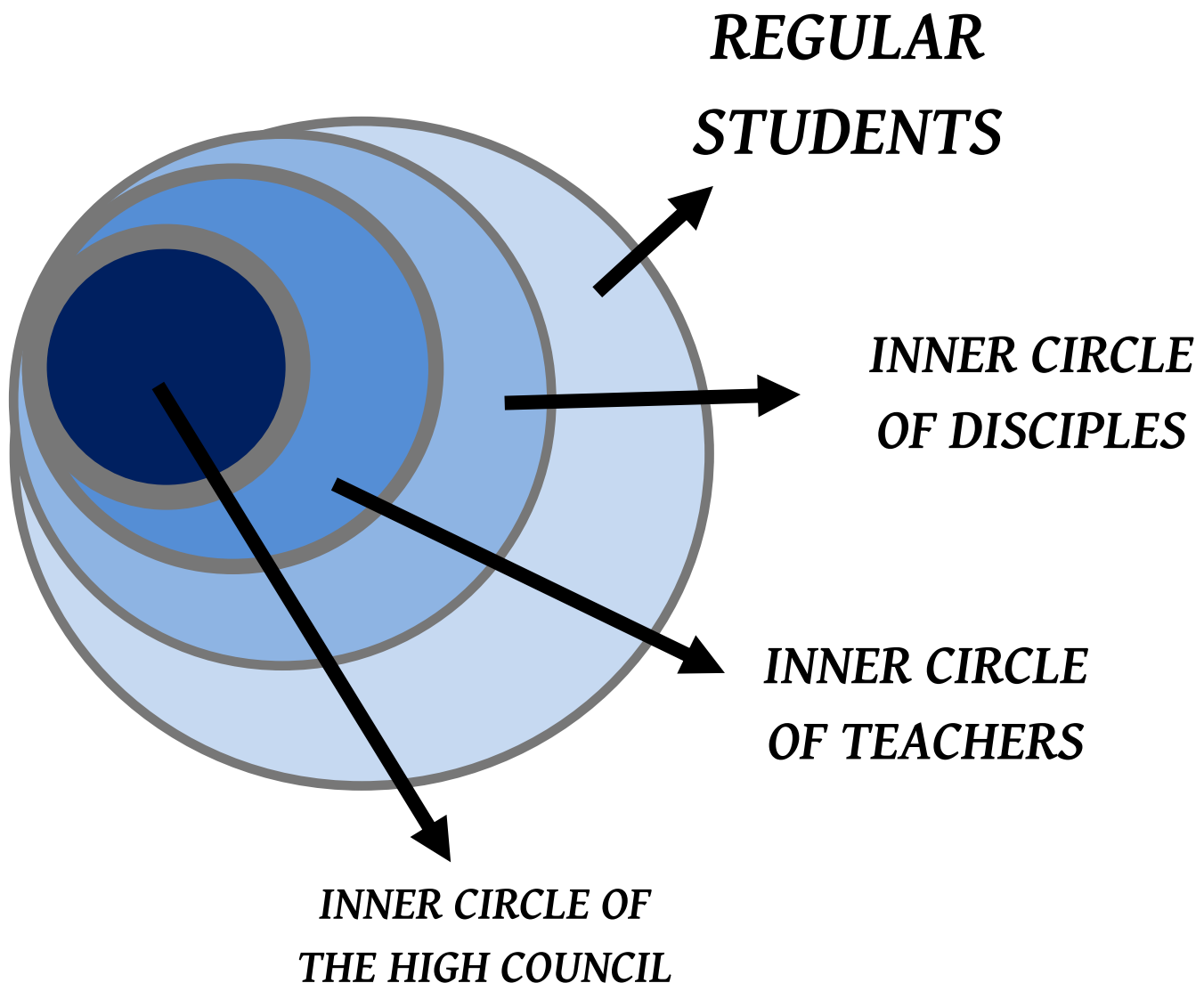
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Levels 12-15 – Teachers – Black Jackets: Shīfu 師父 – Father-Teacher.

Can open an independent school, without student limit. Can conduct seminars. Can teach and appoint anyone up to and including level 11. Can take his own Tudi (disciples). Must continue to study under his teacher for at least 80 hours a year. Does not have to regularly attend classes of lower levels. **Focus is on learning weaponry, and understanding the over-arching principles of the system.** Group size is limited to 5 people.

Levels 16-18 – Senior Teachers – Red Jackets: Dà Shīfu 大師父 – Great

Father-Teacher. Inheritors to the system. Can teach freely and appoint anyone to any rank as he pleases. **Focus is on Self-cultivation.** Teaching is only one on one at these levels.



LEVEL	Curriculum Requirements	Minimum total hours of practice (includes practice outside of class)
<p style="text-align: center;">LEVEL 1</p> <p>Beginner Student</p>	<p><u>Jīběn Gōng – Basic Root Skills</u></p> <ol style="list-style-type: none"> 1. Pū Zhǎng 扑掌 (Smacking Palm). 2. Fǎn Quán 反拳 (Reverse Fist). 3. Bēng Quán 崩拳 (Crushing Fist). 4. Mǎ Quán 馬拳 (Horse Fist). 5. Gōu Quán 勾拳 (Hook Fist). 6. Zuān Quán 鑽拳 (Drilling Fist). 7. Zāi Quán 栽拳 (Planting Fist). 8. Mǎ Bù 馬步 (Horse Step). Parallel to ground, 1 minute. 9. Qián Cù 前蹴 (Front Kick). 10. Wài-Nèi Yuè Cù 外內月蹴 - Outward-Inward Crescent Kick. 11. Wài-Nèi Héng Cù 橫蹴 – Outward-Inward Sideways Kick. 12. Yuán Xíng 猿行 – Ape Walking. <p><u>Stretching:</u></p> <ol style="list-style-type: none"> 1. Shù Chā 竖叉 – Vertical Spread. 2. Fúhǔ Bù 伏虎步 – Tiger Taming Step. 3. Héng Chā 橫叉 - Horizontal Spread. 4. Qián Fǔ 前俯 – Forward Bend. 5. Hòu Fǔ 后俯 – Backward Bend (Quadriceps stretch). 6. Xià Dūn 下蹲 – Squatting down. 	<p style="text-align: center;">50</p> <p style="text-align: center;">HOURS</p> <p style="text-align: center;">At least 1 month in the system.</p>
<p style="text-align: center;">LEVEL 2</p> <p>Beginner Student</p>	<p><u>Jīběn Gōng – Basic Root Skills:</u> Same as before. Kicking should reach head-height. Now Ma Bu must be held for 4 minutes.</p> <p><u>Zìrán Bùfǎ – Natural Stepping Method:</u> Sìjiǎo Bù (Four-Corner Step), Gōng Bù (Bow Step), Mǎ Bù (Horse Step), Sān Tǐ Shì (Three Bodies Momentum), Bàn bù (half-step), Fúhǔ Bù (Tiger-Taming Step), Māo Bù (Cat Step), Xiè Bù (Crab Step), Hóu Bù (Monkey Step), Qīxīng Bù (7-Star Step).</p> <p><u>Wǔ Xíng Róushǒu (Five-Phase Rubbing Hands):</u> In San Ti Shi and Si Jiao Bu.</p> <p><u>Stretching:</u> Same as before.</p>	<p style="text-align: center;">100</p> <p style="text-align: center;">HOURS</p> <p style="text-align: center;">At least 2 months in the system.</p>



<p style="text-align: center;">LEVEL 3</p> <p>Beginner Student</p>	<p><u>Jīběn Gōng – Basic Root Skills:</u> Same as before. Now Ma Bu must be held for 8 minutes.</p> <p><u>Zìrán Bùfǎ – Natural Stepping Method:</u> Same as before.</p> <p><u>Wǔ Xíng Róushǒu (Five-Phase Rubbing Hands):</u> Same as before, plus five yong fa.</p> <p><u>Jīběn Róushǒu:</u></p> <ol style="list-style-type: none"> 1. Tuī Shǒu 推手 (Pushing Hands). 2. Pī Shǒu 劈手 (Splitting Hands). 3. Chán Shǒu 纏手 (Wrapping Hands). 4. Hùn Shǒu 混手 (Mixing Hands). 5. Liú Shǒu 流手 (Flowing Hands). <p>And five yong fa for each.</p> <p><u>Pad and Bag hitting.</u></p> <p><u>Stretching:</u> As usual.</p>	<p style="text-align: center;">150</p> <p style="text-align: center;">HOURS</p> <p style="text-align: center;">At least 4 months in the system.</p>
<p style="text-align: center;">LEVEL 4</p> <p>Beginner Student</p>	<p><u>Jīběn Gōng – Basic Root Skills:</u> Same as before. Now Ma Bu must be held for 12 minutes.</p> <p><u>Zìrán Bùfǎ – Natural Stepping Method:</u> Same as before.</p> <p><u>Zìrán Quánfǎ – Natural Fist Method:</u> Freestyle flow with the jibengong.</p> <p><u>Wǔ Xíng Róushǒu (Five-Phase Rubbing Hands):</u> Same as before, plus ten yong fa.</p> <p><u>Jīběn Róushǒu:</u> Same as before, plus ten yong fa.</p> <p><u>Pai Da Gong (Iron Body):</u> Solo practice.</p> <p><u>Pad and Bag hitting.</u></p> <p><u>Stretching:</u> As usual.</p>	<p style="text-align: center;">250</p> <p style="text-align: center;">HOURS</p> <p style="text-align: center;">At least 6 months in the system.</p>



<p>LEVEL 5</p> <p>Experienced Student</p>	<p><u>Zhàn Zhuāng:</u> Hun Yuan Zhuang – 40 minutes.</p> <p><u>Tang Ni Bu (Plow Step):</u> Basic, without spinal wave.</p> <p><u>Zìyóu Róushǒu (Freestyle Rubbing Hands):</u> Remaining rooted – not moving.</p> <p><u>Mo Jin (Shi Li):</u></p> <ol style="list-style-type: none"> 1. Vertical Circle (Tiger Pounce). 2. Kai He. 3. Uprooting. 4. Polishing the Bowl. <p>And 5 yong fa for each of them.</p> <p><u>Ziran Bufa:</u> Same as before. <u>Stretching:</u> As usual.</p>	<p>350 HOURS</p> <p>At least 8 months in the system.</p>
<p>LEVEL 6</p> <p>Experienced Student</p>	<p><u>Zhàn Zhuāng:</u> Hun Yuan Zhuang – 40 minutes. San Ti Shi – 15 minutes on each side.</p> <p><u>Tang Ni Bu (Plow Step):</u> With spinal wave.</p> <p><u>Zìyóu Róushǒu (Freestyle Rubbing Hands):</u> Remaining rooted – not moving - 10 yong fa.</p> <p><u>Fixed-Stance Rou Shou with hands on Dan Tian.</u></p> <p><u>Mo Jin (Shi Li):</u></p> <ol style="list-style-type: none"> 1. Vertical Circle (Tiger Pounce). 2. Kai He. 3. Uprooting. 4. Polishing the Bowl. 5. Peaking Above the Table. 6. Mixing the Water. 7. Drawing the Infinity Sign. 8. Jiao Di Long (Earth-Stirring Dragon). <p>And 5 yong fa for each of them.</p> <p><u>Qin Na Taolu (Joint-Locking Form):</u> Basic level.</p> <p><u>Ziran Bufa:</u> Same as before.</p> <p><u>Stretching:</u> As usual.</p>	<p>450 HOURS</p> <p>At least 10 months in the system.</p>



<p style="text-align: center;">LEVEL 7</p> <p style="text-align: center;">Experienced Student</p>	<p>Zhàn Zhuāng: Hun Yuan Zhuang – 40 minutes. San Ti Shi – 15 minutes on each side. Si Bu Pan Gen – 40 minutes.</p> <p>Tang Ni Bu (Plow Step): As before. Ji Tui Bu (Chicken Step): Fast, moving forward.</p> <p>Zìyóu Róushǒu (Freestyle Rubbing Hands): Remaining rooted – not moving - 20 yong fa. Fixed-Stance Rou Shou with hands on Dan Tian. Ma Xing Rou Shou.</p> <p>Mo Jin (Shi Li):</p> <ol style="list-style-type: none"> 1. Vertical Circle (Tiger Pounce). 2. Kai He. 3. Uprooting. 4. Polishing the Bowl. 5. Peaking Above the Table. 6. Mixing the Water. 7. Drawing the Infinity Sign. 8. Jiao Di Long (Earth-Stirring Dragon). 9. Serving the Tea Cups. 10. Chasing Vertical Circles in San Ti Shi. 11. Horizontal Silk Reeling (Tuo Xing). 12. Vertical Silk Reeling (Xiong Xing). <p>And 10 yong fa for each of them.</p> <p>Qin Na Taolu (Joint-Locking Form): More advanced.</p> <p>Dìlóng Gōng 地龍功: Ground-grappling, based on the Qinna Taolu – basic.</p> <p>Ziran Bufa: Same as before. Stretching: As usual.</p>	<p style="text-align: center;">600</p> <p style="text-align: center;">HOURS</p> <p style="text-align: center;">At least 12 months in the system.</p>
<p style="text-align: center;">LEVEL 8</p> <p style="text-align: center;">Experienced Student</p>	<p>Zhàn Zhuāng: Same as before, with added nei gong.</p> <p>Tang Ni Bu: As before. Ji Tui Bu (Chicken Step): Fast, moving to all sides.</p> <p>Zìyóu Róushǒu (Freestyle Rubbing Hands): Remaining rooted – not moving - 40 yong fa. Fixed-Stance Rou Shou with hands on Dan Tian.</p> <p>Mo Jin (Shi Li): 10 yong fa for each, and being able to perform them at the reverse direction (opposite circles). Also, freeform practice of all 12.</p> <p>Dìlóng Gōng 地龍功: Ground-grappling, based on the Qinna Taolu – advanced.</p> <p>Wu Xing Qi Gong: A health-oriented qigong set.</p> <p>Ziran Bufa: Same as before. Stretching: As usual.</p> <p>Will write a 2000+ word essay for his shifu to review, about the combative principles of Tong Bu Dao. No grading for the essay – only pass or fail. Can rewrite the essay several times.</p>	<p style="text-align: center;">750</p> <p style="text-align: center;">HOURS</p> <p style="text-align: center;">At least 18 months in the system.</p>



<p>LEVEL 9</p> <p>Xiǎo Lǎoshī 小老師</p>	<p>Zhàn Zhuāng (Standing Post): Same as before, with added nei gong.</p> <p>Zìyóu Róushǒu (Freestyle Rubbing Hands): With freestyle stepping and LIGHT sparring.</p> <p>Húnyuán Quán: First quarter of the form – 20 yong fa.</p> <p>Mián Míngxiǎng - Sleeping meditation.</p> <p>Has taught at least 5 classes independently. Has read the book ‘The Martial Arts Student’ by shifu Bluestein.</p>	<p>900 HOURS</p> <p>At least 2 years in the system.</p>
<p>LEVEL 10</p> <p>Lǎoshī 老師</p>	<p>Zhàn Zhuāng: Same as before, with added nei gong.</p> <p>Zìyóu Róushǒu: With freestyle stepping and LIGHT sparring.</p> <p>Húnyuán Quán: First Half of the form – 30 yong fa. With fa jin.</p> <p>Has taught at least 15 classes independently. Has read the book ‘Research of Martial Arts’ by shifu Bluestein.</p> <p>Upon completing level 10, if initiated into the gongfu family via the Bai Shi ceremony, the student shall become a member of the Inner Circle of Disciples.</p>	<p>1200 HOURS</p> <p>At least 3 years in the system.</p> <p>Can become Tudi under his Shifu if at least 21 years old.</p>
<p>LEVEL 11</p> <p>Liàn Lǎoshī 練老師</p>	<p>Zhàn Zhuāng: Same as before, with added nei gong.</p> <p>Zìyóu Róushǒu: With freestyle stepping and serious sparring.</p> <p>Húnyuán Quán: The complete taolu – 40 yong fa. Can demonstrate it in less than 10 minutes.</p> <p>Must practice 2 hours a day on average, or more.</p> <p>Has taught at least 30 classes independently & completed the Teacher’s Course. Has read the book ‘The Martial Arts Teacher’ by shifu Bluestein.</p>	<p>2000 HOURS</p> <p>At least 3.5 years in the system.</p>
<p>LEVEL 12</p> <p>Shīfu 師父</p>	<p>Zhàn Zhuāng: Same as before, with added nei gong.</p> <p>Zìyóu Róushǒu: With freestyle stepping and serious sparring.</p> <p>Húnyuán Quán: The complete taolu – 60 yong fa. Can demonstrate slow enough to last longer than one hour. Breakdown of all movements.</p> <p>Qiu Gong (Ball Skill): Solo roushou and strength training exercises with a heavy ball.</p> <p>Tian Xing Qi Gong: The complete taolu and self-massage method.</p> <p>Has taught at least 60 classes independently. Must practice 3 hours a day on average.</p> <p>Has read the book ‘The Chinese Internal Arts’ by shifu Bluestein.</p> <p>Upon completing level 12, if the disciple has opened his own school, he may become initiated into the Inner Circle of Teachers.</p>	<p>3500 HOURS</p> <p>At least 4.5 years in the system.</p>

<p>LEVEL 13</p> <p>Shīfu 師父</p>	<p><u>Fire Dragon Qi Gong.</u></p> <p><u>Duan Bang (Short Stick):</u> complete taolu, 40 yong fa.</p> <p><u>Bagua Zhang Xian Tian Zhang (Pre-Nature Palms) practice method.</u></p> <p><u>Swimming Dragon exercise.</u></p> <p><u>Eight Basic Fixed Palms of Bagua Zhang – Jibengong stationary practic:</u></p> <p>Qian - Slapping the Table Kun - Lifting the Platter</p> <p>Li - Embracing the Child Kan - Slapping the Face</p> <p>Zhen - Drilling the Window Xun - Spreading the Sheet</p> <p>Dui - Chop and Flip Up Gen - Ripping the Cloth</p> <p><u>Bagua Zhang Jiben Gong with rotating arms.</u></p> <p>Has read at least 5 books and 20 articles about the traditional martial arts which were not written by shifu Bluestein.</p>	<p>5000</p> <p>HOURS</p> <p>At least 5.5 years in the system.</p>
<p>LEVEL 14</p> <p>Shīfu 師父</p>	<p><u>Feng Mo Gun (Crazy Demon Staff):</u> complete taolu, 40 yong fa.</p> <p><u>Circle Walking – Single Palm Double Palm Changes, alone and with tree.</u></p> <p><u>Yu Qiu Gong (Jade Balls Skill).</u></p> <p><u>Bagua Zhang Rou Shou.</u></p> <p>Has read at least 10 books and 40 articles about the traditional martial arts which were not written by shifu Bluestein.</p>	<p>6500</p> <p>HOURS</p> <p>At least 6.5 years in the system.</p>
<p>LEVEL 15</p> <p>Shīfu 師父</p>	<p><u>Bagua Zhang 64 Palms and 8 Trigram Meditation.</u></p> <p>Will present a ‘Masterpiece’ – a taolu of his own creation, with at least 36 movements, either empty-handed or with a weapon. Should be able to demonstrate it in varying speeds; be able to explain well its movements, theory and rationale; and relate its practice to the material he had studied and practiced so far.</p> <p>Has read at least 20 books and 80 articles about the traditional martial arts which were not written by shifu Bluestein.</p> <p>Upon completion of Level 15, the practitioner will be initiated into the Blue Jade High Council – the most prominent inner circle of the organization, whose members decide together of changes to be made to the schools and the curriculum of the art.</p>	<p>8000</p> <p>HOURS</p> <p>At least 8 years in the system.</p>

<p>LEVEL 16</p> <p>Dà Shīfu 大師父</p>	<p><u>Bagua Zhang 8 Weapons and 8 Animals.</u></p> <p>Must practice 4 hours a day on average, or more.</p> <p>Has been teaching Tong Bu Dao for over 5 years.</p> <p>Has written at least 10 chapters or articles, each more than 2000 words long, about the martial arts.</p> <p>Can demonstrate a high level of gongfu and theoretical understanding in an art which is not martial in nature. Such as: painting, singing, playing a musical instrument, film directing, pottery, sculpting, writing, programming, dancing, gardening, woodworking, etc.</p> <p><u>Upon completion of Level 16, the practitioner will:</u></p> <p>Be appointed an official inheritor of the Tong Bu Dao system. More than one person may receive this title.</p> <p>Receives the Book of Complete Transmission – a tome containing all of the secrets and martial treasures of the Tong Bu Dao system.</p> <p>Is now permitted to organize a Teacher’s Course.</p>	<p>10,000</p> <p>HOURS</p> <p>At least 10 years in the system.</p>
<p>LEVEL 17</p> <p>Dà Shīfu 大師父</p>	<p>Has written a book about the martial arts or produced four instructional videos each over 90 minutes in length. Possesses a level of education equivalent to a ‘Bachelor’s Degree’ in some system of knowledge, study or occupation not related to the martial arts.</p> <p>Is actively teaching Tong Bu Dao.</p>	<p>13,000</p> <p>HOURS</p> <p>At least 13 years in the system.</p>
<p>LEVEL 18</p> <p>Dà Shīfu 大師父</p>	<p>This level is reserved to those who:</p> <ol style="list-style-type: none"> 1. Since having become a Shifu in the Tong Bu Dao system (level 12), this person must have studied the full curriculum of another martial art, <u>OR</u> has earned a master’s degree in Traditional Chinese Medicine, Ayurvedic Medicine, Chiropractic, Naturopathy or similar. 2. Has established at least three martial arts schools under him. 3. Has made an exceptional contribution in his work, teaching and practice to the development of Tong Bu Dao and humanity. 	<p>18,000</p> <p>HOURS</p> <p>At least 18 years in the system.</p>