

Shaolin Kung Fu Duan Pin system Introduction:

Shaolin Kung Fu, as one of the first batch of national intangible cultural heritage in China, is an excellent traditional Chinese culture that is loved by the people at home and abroad. According to statistics, there are tens of millions of Shaolin Kung Fu practitioners worldwide. In order to inherit and promote Shaolin Kung Fu and improve its technical and theoretical level, the Shaolin Temple Monk Group in Songshan, China, as the inheritor of the national intangible cultural heritage of Shaolin Kung Fu, has presided over the approval and promulgation of the Shaolin Kung Fu Duan Pin System, and authorized the establishment of the "Shaolin Kung Fu Duan Pin Committee" as the unified management body for Shaolin Kung Fu Duan Pin System, which is open to the world for organization and implementation. In 2019, Shaolin Temple, in collaboration with Henan University, launched the "Shaolin Kung Fu Duan Pin System Series Tutorial". "Shaolin Kung Fu Duan Pin System" serves as the standard for evaluating practitioners' Shaolin Kung Fu level, aiming to establish a standardized and standardized Shaolin Kung Fu Duan Pin System technology system, promote the domestic and international dissemination of Shaolin Kung Fu practitioners, and achieve the goal of promoting traditional Chinese culture and serving the health of people around the world. For thousands of years, Shaolin Kung Fu has finally established evaluation standards and received support from Shaolin Temple, the holy land of Zen Buddhism and martial arts. The Shaolin APP which is supported by Shaolin Temple is currently planned to be launched, and the information of Shaolin Kung Fu Duan Pin students has been recognized by Shaolin Temple and can be searched online. Shaolin Kung Fu practitioners will also have a martial arts level "ID card". This measure has aroused the attention of Shaolin Kung Fu practitioners around the world.

The Shaolin Kung Fu Duan Pin system is divided into Duans(grades), Pins(grades), and honor Duans and Pins (grades). Both the Duans and Pins are divided into nine levels, and both the promotion of Duans level and Pin level have strict theoretical and technical evaluation standards. The Duans from low to high are first, second, third, fourth, fifth, sixth, seventh, eighth, and ninth; The order of Pins from low to high is first grade, second grade, third grade, fourth grade, fifth grade, sixth grade, seventh grade, eighth grade, and ninth grade; Among them, the first to third grades are the first grade, the fourth to sixth grades are the middle grade, and the seventh to ninth grades are the high grade. The first grade is called a Quan shi(technique person), the middle grade is called a Quan Shi(Teachers of Quan form), and the seventh, eighth, and ninth grades are respectively called famous masters, Grand masters, and great masters. Each Pins is further divided into first, second, and third levels, including nine levels and twenty-seven levels. The order of honor Pins from low to high is Honor Seven, Honor Eight, and Honor Nine.

The applicable objects of Shaolin Kung Fu Duan Pin System are those who engage in and participate in Shaolin Kung Fu learning and training activities, and voluntarily apply for promotion to the promotion of Duans or Pins; The honorary Pins is only awarded to those who have made certain or significant contributions to the promotion and popularization of Shaolin Kung Fu.

The "Shaolin Kung Fu Duan Pin System Series Tutorial", approved by the Shaolin Temple in Songshan, China and compiled by the Shaolin Kung Fu Duan Pin System Committee, is the theoretical and technical evaluation standard for Promote Duans and Pins. (

1) Duans evaluation criteria

2) 1. Duans 1 to 3: Those aged 7 or over can apply for promotion to rank 1 to 3.

Evaluation criteria:

① Familiar with Shaolin Kung Fu etiquette and able to achieve the beginning and end of etiquette;

② Master the basic theories, skills, techniques, and boxing of Shaolin Kung Fu from the first to third Duans of the "Shaolin Kung Fu Duan Pin System Series Tutorial" The evaluation scores of Shaolin boxing and Shaolin martial arts are both over 6.0, and the theoretical evaluation scores are over 60.

2. Duan 4 to Duan 6: Those aged 10 or over can apply for promotion to Duan 4 to Duan 6.

Evaluation criteria:

① Familiar with Shaolin Kung Fu etiquette and able to achieve the beginning and end of etiquette;

② Master the basic theories, skills, techniques, and boxing of Shaolin Kung Fu from the four Duan to six Duan of the "Shaolin Kung Fu Duan Pin System Series Tutorial" The evaluation scores of Shaolin boxing and Shaolin martial arts are both over 6.0, and the theoretical evaluation scores are over 60.

3. Duan 7 to Duan 9: Those aged 13 or over can apply for promotion to Duan 7 to Duan 9.

Evaluation criteria:

① Familiar with Shaolin Kung Fu etiquette and able to achieve the beginning and end of etiquette;

② Master the basic theories, basic skills, Shaolin techniques, Shaolin boxing, and stick techniques of Shaolin Kung Fu from the seventh to ninth Duans of the "Shaolin Kung Fu Duan Pin System Series Tutorial";

③ The evaluation scores of Shaolin boxing, cudgel techniques, and Shaolin martial arts are all over 6.0 points, and the theoretical evaluation scores are over 60 points.

(2) Pin evaluation standard

1. First Pin: Anyone who has passed the 9th Duan qualification for more than 1 year and is over 16 years old can apply for the test.

Evaluation criteria: ① Advocating martial arts ethics and adhering to Shaolin Kung Fu etiquette;

② Proficient in mastering the Shaolin Kung Fu theory, Shaolin techniques, Shaolin boxing, and equipment routines of the first Pin of Shaolin Kung Fu in the "Shaolin Kung Fu Duan Pin System Series Tutorial", and possess corresponding Shaolin fighting abilities;

③ The assessment scores for boxing, equipment, routines, martial arts, and combat are all over 6.5 points, while the theoretical assessment scores are over 70 points.

2. Second Pin: Anyone who has obtained the first Pin for more than 1 year can apply

for it.

Evaluation criteria:

- ① Advocating martial arts ethics and adhering to Shaolin Kung Fu etiquette;
- ② Proficient in mastering the Shaolin Kung Fu theory, Shaolin techniques, Shaolin boxing, and equipment routines of the second Pin of Shaolin Kung Fu in the "Shaolin Kung Fu Duan Pin System Series Tutorial", and possessing corresponding Shaolin fighting abilities;
- ③ The assessment scores for boxing, equipment routines, martial arts, and combat are all over 7.0 points, while the theoretical assessment scores are over 70 points.

3. Third Pin: Anyone who has obtained the second Pin for more than 1 year can apply for it.

Evaluation criteria:

- ① Advocating martial arts ethics and adhering to Shaolin Kung Fu etiquette;
- ② Proficient in mastering the Shaolin Kung Fu theory, Shaolin techniques, Shaolin boxing, and equipment routines of the third Pin of Shaolin Kung Fu in the "Shaolin Kung Fu Duan Pin System Series Tutorial", and possessing corresponding Shaolin fighting abilities;
- ③ The assessment scores for boxing, equipment routines, martial arts, and combat are all over 7.5 points, while the theoretical assessment scores are over 70 points.

4. Fourth Pin: Anyone who has obtained the third Pin for more than 2 years can apply for it.

Evaluation criteria:

- ① Advocating martial arts ethics and adhering to Shaolin Kung Fu etiquette;
- ② Proficient in mastering the Shaolin Kung Fu theory, Shaolin techniques, Shaolin boxing, and equipment routines of the fourth level of Shaolin Kung Fu in the "Shaolin Kung Fu Level System Series Tutorial", and possessing corresponding Shaolin fighting abilities;
- ③ A score of 8.0 or over in the assessment of boxing, equipment routines, martial arts, and combat, and a score of 75 or over in the theoretical assessment; ④ Meditate in silence for more than 30 minutes.

5. Fifth Pin: Anyone who has obtained the fourth Pin for more than 2 years can apply it.

Evaluation criteria:

- ① Advocating martial arts ethics and adhering to Shaolin Kung Fu etiquette;
- ② Proficient in mastering the Shaolin Kung Fu theory, Shaolin techniques, Shaolin boxing, and equipment routines of the fifth Pin of Shaolin Kung Fu in the "Shaolin Kung Fu Duan Pin System Series Tutorial", and possessing corresponding Shaolin fighting abilities;
- ③ The scores of boxing, equipment routines, martial arts, and combat assessments are all over 8.5 points, and the theoretical assessment scores are over 80 points;
- ③ Meditate for more than 40 minutes.

6. Sixth Pin: Anyone who has obtained the fifth Pin for more than 2 years can apply for it.

Evaluation criteria:

- ① Advocating martial arts ethics and adhering to Shaolin Kung Fu etiquette;
- ② Proficient in mastering the Shaolin Kung Fu theory, Shaolin techniques, Shaolin boxing, and equipment routines of the sixth level of Shaolin Kung Fu in the "Shaolin Kung Fu Duan Pin System Series Tutorial", and possessing corresponding Shaolin fighting abilities;
- ③ Achieve a score of 9.0 or over in the assessment of boxing, equipment routines, martial arts, and combat, and a score of 85 or above in the theoretical assessment and thesis assessment;
- ④ Meditate for more than 50 minutes.

7. Seventh Pin: Anyone who has obtained the sixth Pin for more than 6 years and is over 48 years old can apply for it.

Evaluation criteria:

- ① Systematically master the technical system, theoretical system, and Shaolin meditation of Shaolin Kung Fu, and achieve certain achievements;
- ② Advocating martial arts and morality, with outstanding contribution in promoting Shaolin Kung Fu and researching Shaolin Kung Fu achievements (publicly published works);
- ③ Achieve a score of 160 or over in both theoretical evaluation and debate;
- ④ Meditate for more than 60 minutes.

8. Eighth Pin: Anyone who has obtained the seventh Pin for more than 6 years and is over 54 years old can apply for it.

Evaluation criteria:

- ① Systematically master the technical system, theoretical system, and Shaolin meditation of Shaolin Kung Fu, and achieve certain achievements;
- ② Advocating martial arts and morality, able to bring new ideas in the promotion of Shaolin Kung Fu and the research achievements of Shaolin Kung Fu (publicly published works);
- ③ Achieve a score of over 170 in both theoretical evaluation and debate
- ; ④ Meditate for over 70 minutes.

9. ninth Pin: Anyone who has obtained Pin 8 for more than 6 years and is over 60 years old can apply for it.

Evaluation criteria:

- ① Proficient in the technical system, theoretical system, and Shaolin meditation of Shaolin Kung Fu, and have achieved significant achievements;
- ② Advocating martial arts and morality, able to stand out in the promotion of Shaolin Kung Fu and the research achievements of Shaolin Kung Fu (publicly published works);
- ③ Achieve a score of 180 or over in both theoretical evaluation and debate;
- ③ Meditate for over 80 minutes.

Anyone over the age of 35 who practices Shaolin Kung Fu can pass the Duan Pin examination and directly advance to the level. The examination content includes Shaolin Kung Fu theory, Shaolin Kung Fu, Shaolin meditation, and debate at the corresponding level. The specific evaluation criteria are the same as above. After the Shaolin Kung Fu Duan Pin Evaluation Committee approves the technical Duan Pin evaluation results submitted by various evaluation agencies, the corresponding

Shaolin Kung Fu grade will be awarded and certificates, badges, and belts will be issued. At the same time, the unique Shaolin identity number in the world will be obtained, and online identity authentication and grading certificate query can be conducted through the upcoming Shaolin APP.