

THE CLARITY PROTOCOL

# Clarity Skill Tree

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Built in Cape Town. Engineered for the world.

# THE CLARITY PROTOCOL: COMPLETE SKILL TREE

7 branches. 10 levels each. 70 skills to unlock. From Civilian to Sovereign.

## THE RANK SYSTEM

RANK	TOTAL XP	TITLE	UNLOCKS
0	0	Civilian	Nothing. You are asleep.
1	100	Initiate	Day 1 Manifesto
2	300	Apprentice	Shopping List + Recipes
3	600	Practitioner	Workout Builder access
4	1,000	Operator	Community Circle access
5	1,500	Warrior	Hybrid Programs unlock
6	2,100	Architect	Deep Work Protocol
7	2,800	Commander	Coaching badge
8	3,600	Master	Her/His Advanced modules
9	4,500	Sovereign	Gold badge, mentor status
10	5,500	Antigravity	Legend. Full protocol mastery.

## BRANCH 1: THE PUSH (Horizontal + Vertical)

"Control gravity in front of you."

LV	SKILL	STANDARD	XP
1	Wall Push-up	3x20, full ROM	10
2	Knee Push-up	3x15, chest to floor	20
3	Full Push-up	3x20, perfect tempo (3s down)	30
4	Diamond Push-up	3x12, hands touching	40
5	Dips (parallel bars)	3x10, below 90°	60
6	Pike Push-up	3x8, head to floor	80
7	Ring Dips	3x8, rings turned out at top	100
8	Wall Handstand Push-up	3x5, full depth	120
9	Freestanding HSPU	3x3, no wall	150
10	<b>Planche Hold</b>	10s straddle planche, locked elbows	200

**Mastery Badge:** 🏆 *"The Pillar"*

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## BRANCH 2: THE PULL (Vertical + Horizontal)

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*"Overcome gravity behind you."*

LV	SKILL	STANDARD	XP
1	Dead Hang	60s, relaxed shoulders	10
2	Scapular Pull-ups	3x10, full retraction	20
3	Australian Rows	3x15, feet elevated	30
4	Chin-up	3x8, chin over bar	40
5	Pull-up (overhand)	3x8, strict, no kip	60
6	Chest-to-Bar	3x5, sternum touches	80
7	L-sit Pull-up	3x5, legs horizontal	100
8	Weighted Pull-up	3x5, +20% bodyweight	120
9	Muscle-up (bar)	3x1, clean transition	150
10	Front Lever Hold	10s, full body horizontal	200

Mastery Badge: ⚡ "The Anchor"

## BRANCH 3: THE SQUAT (Single + Double Leg)

"Master the foundation."

LV	SKILL	STANDARD	XP
1	Assisted Squat	3x20, holding support	10
2	Air Squat	3x25, below parallel	20
3	Jump Squat	3x15, max height	30
4	Bulgarian Split Squat	3x10 each leg, deep	40
5	Cossack Squat	3x8 each, full depth	60
6	Shrimp Squat (assisted)	3x5 each, hand on wall	80
7	Pistol Squat (to box)	3x5 each, controlled	100
8	Full Pistol Squat	3x5 each, no assistance	120
9	Nordic Curl (full)	3x5, controlled eccentric	150
10	<b>Sissy Squat + Pistol combo</b>	5 sissy → 5 pistol each leg, no rest	200

**Mastery Badge:** 🏛️ *"The Foundation"*

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## BRANCH 4: THE BALANCE (Static + Dynamic)

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*"Defy gravity's orientation."*

LV	SKILL	STANDARD	XP
1	Single-Leg Stand	60s each, eyes closed	10
2	Crow Pose	30s hold, wrists stacked	20
3	Headstand (wall)	60s hold, straight line	30
4	Wall Handstand (chest to wall)	60s, hollow body	40
5	Wall Handstand (back to wall)	60s, toe tap only	60
6	Freestanding Handstand	15s, clean line	80
7	Handstand Walk	10m continuous	100
8	Freestanding Handstand	30s, zero shifts	120
9	Press to Handstand	3x1, from standing pike	150
10	One-Arm Handstand	10s each arm	200

Mastery Badge:  "The Axis"

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## BRANCH 5: THE THERMAL (Fire & Ice)

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"Forge the vascular system."

LV	SKILL	STANDARD	XP
1	Cold shower finish	30s cold at end of shower	10
2	Full cold shower	2 min, nasal breathing	20
3	Cold plunge (entry)	1 min plunge at 15°C / 59°F	30
4	Cold plunge (standard)	3 min at 10-15°C / 50-59°F	40
5	Sauna (entry)	15 min at 80°C / 176°F	60
6	Contrast round	15 min heat → 3 min cold, 1 round	80
7	Contrast protocol	2 full rounds (heat → cold → heat → cold)	100
8	Weekly standard	11 min cold + 57 min heat per week (4 weeks)	120
9	Ice bath mastery	5 min at 5°C / 41°F, controlled breathing	150
10	<b>The Forge</b>	12-week unbroken streak, weekly standards met	200

**Mastery Badge:** 🔥 *"The Forge"*

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## BRANCH 6: THE FUEL (Elimination + Optimization)

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*"Clean the engine."*

LV	SKILL	STANDARD	XP
1	Kitchen Purge	Remove all seed oils from home	10
2	Morning Protocol	7-day streak: salt water + lemon before coffee	20
3	The No-List	14 days: zero seed oils, zero refined sugar	30
4	Clean Cooking	Cook 5 meals from Clarity recipes in 1 week	40
5	Digital Label Reader	Identify seed oils in 10 products at a store	60
6	16:8 Fast	14-day streak of 16-hour intermittent fasting	80
7	30-Day Clean	30 consecutive days: no seed oils, no sugar, no processed	100
8	Meal Prep Master	Batch cook full week (5 days) from protocol recipes	120
9	24-Hour Fast	Complete one clean 24-hour fast (dinner to dinner)	150
10	<b>The Alchemist</b>	90 days unbroken clean eating + blood panel improvement	200

Mastery Badge:  "The Alchemist"

## BRANCH 7: THE MIND (Stoic Mastery)

"The software that runs everything."



LV	SKILL	STANDARD	XP
1	Morning Journaling	7-day streak: write 3 controllables	10
2	Digital Sunset	7-day streak: blue blockers by sunset	20
3	Stoic Read	Read 1 full Stoic text (Meditations or Letters)	30
4	The Pause	Catch yourself reacting 3 times in 1 week → pause instead	40
5	Deep Work Block	7 days: 3+ hours focused work, phone in another room	60
6	Pre-Mortem	Run a Clarity Pre-Mortem on a real decision	80
7	30-Day Journal	Complete the full Stoic Journaling Syllabus	100
8	Teach Someone	Explain the Clarity Protocol to another person	120
9	The Anti-Vision	Write the full Anti-Vision + Clarity Identity docs	150
10	<b>The Sage</b>	90-day unbroken morning ritual + journal streak	200

**Mastery Badge:** 🦉 *"The Sage"*

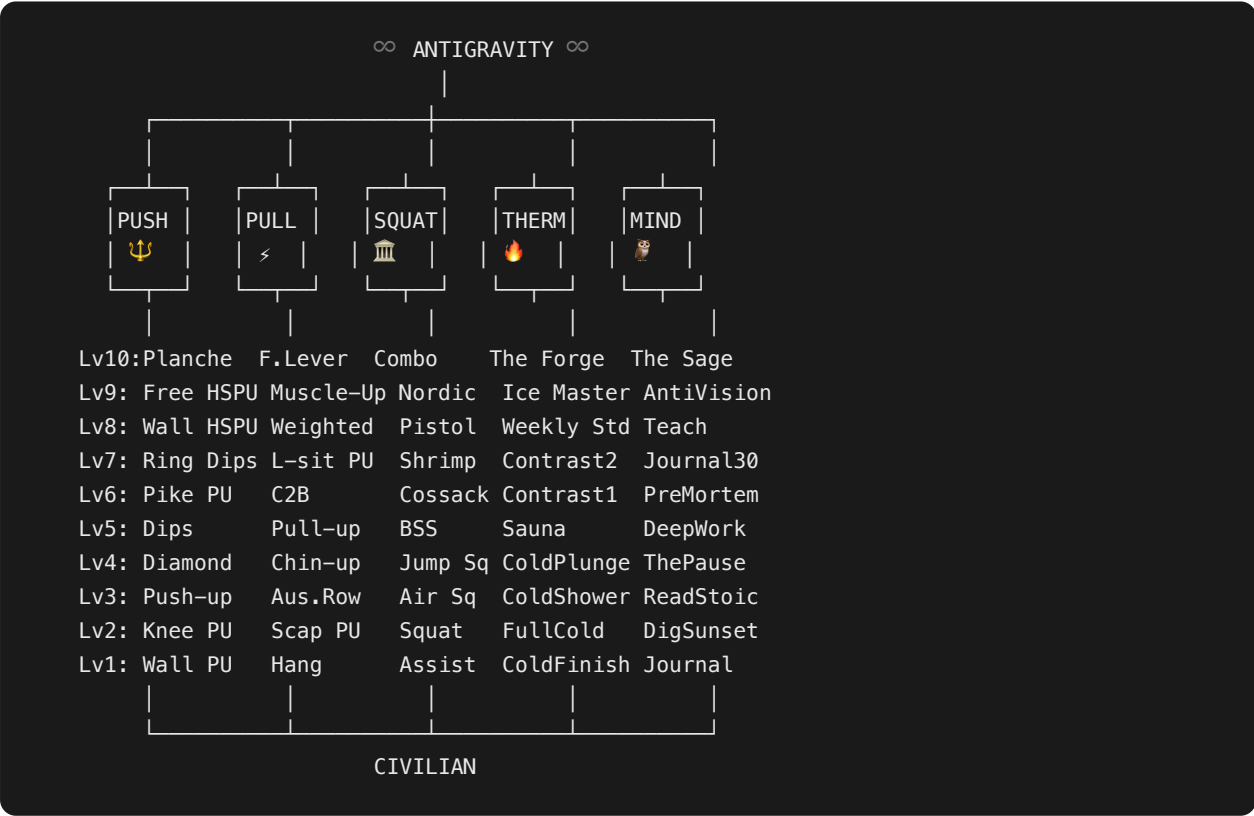
## COMBINED RANK CALCULATION

Total XP = Push XP + Pull XP + Squat XP + Balance XP + Thermal XP + Fuel XP + Mind XP  
 Max Possible XP = 7 branches × 880 = 6,160 XP

Achievement Titles

Achievement	Requirement	Badge
The Hybrid	Lv5+ in Push, Pull, AND Squat	🏆
The Monk	Lv5+ in Thermal, Fuel, AND Mind	🧘
The Complete	Lv5+ in ALL 7 branches	👑
The Warrior	Complete The Warrior program (6 weeks)	⚔️
The Nomad	Complete The Nomad program while traveling	🌐
The Power Couple	Complete 8-week Power Couple with partner	💎
The Forged	12-week unbroken thermal + 30-day clean eating	🔥
The Sovereign	Lv8+ in ALL 7 branches	🏛️
Antigravity	Lv10 in ALL 7 branches	∞

SKILL TREE VISUAL MAP



# HER EDITION MODIFIER

Women earn **Season Sync Bonus XP** when training matches their cycle phase:

SEASON	BONUS	QUALIFYING TRAINING
Winter	+5 XP	Rest day honored (no intensity)
Spring	+10 XP	HIIT or cardio session completed
Summer	+15 XP	PR set or max effort recorded
Autumn	+10 XP	Pilates/stability/tempo session

**Her Edition Achievement:** Complete all 4 seasons consciously for 3 consecutive cycles = **"The Moon"**  
🌙 badge