

Course Booklet: Plant Yourself

Overview

Welcome to "Plant Yourself – Building Unshakable Foundations," an 8-week transformative journey inspired by Nangfang Quantou ." This course combines self-paced learning with live Q&A sessions to help you build physical and mental endurance, develop flexibility, and create personalized stability systems.

Course Structure

- **Duration:** 8 Weeks
- **Style:** Hybrid (Self-Paced + Live Q&A)
- **Tools:** Daily "Root Rituals," Weekly Video Lessons, Fillable "Root Journal" PDF, Private Community Forum

Weekly Breakdown

Week 1: The Seed (Humility)

- **Theme:** All growth begins underground
- **Activities:** Philosophy reading, Horse Stance drills, Seed Planting ritual

Week 2: First Roots (Discomfort)

- **Theme:** Endurance is grown in storms
- **Activities:** Wall Sits, Cold Exposure, Discomfort Diary

Week 3: Bamboo Stance (Patience)

- **Theme:** Invisible progress is still progress
- **Activities:** Zhan Zhuang, Slow-Mo Punches, "Hidden Growth" Log

Week 4: The Storm (Resilience)

- **Theme:** Flexibility is strength
- **Activities:** Roll-and-Recover, Yielding Blocks, "Wind Test"

Week 5: The Grove (Community)

- **Theme:** Intertwined roots stand tallest
- **Activities:** Partner Stances, Mirror Drills, "Root Network"

Week 6: The Well (Depth)

- **Theme:** Resources hide in stillness
- **Activities:** Belly Breathing, Silent Sparring, "Depth Hours"

Week 7: First Shoot (Breakthrough)

- **Theme:** Preparation meets opportunity
- **Activities:** Precision Strikes, Burst Training, "Brick List"

Week 8: The Warrior's Grove (Integration)

- **Final Project:** Demonstrate "Rooted Form," Present "My Foundation Manifesto," Lead Grove Circle discussion

Graduation

- **Certificate:** "Planted Warrior"
- **Badge:** Bamboo tattoo sticker
- **Rite:** Pour water on your planted bamboo and vow

Teaching Tools

- **Progress Trackers:** Stance time graphs, Discomfort tolerance scale
- **Community Features:** "Grove Support" pairs, Monthly "Monsoon Training" drills
- **Bonus Materials:** Bamboo Care Guide, Temple Recovery Recipes PDF

Assessment Rubric

Embark on this journey to nurture your inner and outer foundations, and emerge as a "Planted Warrior" ready to face any challenge with resilience and grace.