

Rooted to Rise: Warrior's Path Course Pack

Course Overview

- **Duration:** 12 Weeks
- **Style:** Hybrid (Self-Paced + Live Tactical Labs)
- **Core Metaphor:** "Bamboo's explosive growth meets Musashi's sword – rooted in endurance, lethal in precision."

Materials Included

- 120-page Interactive Workbook (PDF + Printable)
- 36 HD Video Demonstrations
- "Master's Diary" Audiobook Clips
- Tactical Tea Blends Guide (Herbalism PDF)

Phased Curriculum

Phase 1: Foundations (Weeks 1-4)

- **Theme:** "Invisible Growth"
- **Objective:** Build endurance and humility

Week 2 – "The Hollow Stem"

- **Philosophy:** "*The Hollow Fist*" (Ch. 21), Musashi Principle: "Empty your cup to fill it anew"
- **Physical:** Rou Quan deflection drills, barefoot balance
- **Mindset:** "Ego Scan" meditation, burn a written "ego confession"
- **Integration:** Share a failure story
- **Assessment:** 1-page reflection "My Hollow Stem Moment"

Phase 2: Pressure (Weeks 5-8)

- **Theme:** "Endurance Under Fire"
- **Objective:** Forge unbreakable willpower

Week 6 – "The Kidneys"

- **Philosophy:** "*Vomiting Willpower*" (Ch. 25), Niten Principle: "The long battle is the true battle"

- **Physical:** Tanren kidney strikes, "Marathon Stance" hold
- **Mindset:** Brew Rehmannia tea, "Pain Journal"
- **Integration:** Partner drill: stance fatigue testing
- **Assessment:** Partner-evaluated stance stability

Phase 3: Mastery (Weeks 9-12)

- **Theme:** "Strategic Annihilation"
- **Objective:** Fuse growth with precision

Week 10 – "The Crown Gate"

- **Philosophy:** *"The Roof at Dawn"* (Ch. 30), Nine Gates Principle: "The void holds all possibilities"
- **Physical:** Blindfolded Tui Shou, dual-object tracking
- **Mindset:** "No-Mind Sparring", craft Hyōhō strategy scroll
- **Integration:** Night vigil under open sky
- **Assessment:** Perform the "Nine Gates Form" (Video submission)

Integrated Tools

- **Warrior's Growth Kit (Digital):**
 - Bamboo Tracker
 - Gate Maps
 - Scroll Templates

Live Components

- **Monthly "Dojo Labs":**
 - Week 4: Ego Burning Ceremony
 - Week 8: Endurance Gauntlet
- **Sifu Q&A:** Personalized feedback

Tactile Bonuses

- Seed Packet: Bamboo seeds + planting guide
- Herbal Sampler: Rehmannia tea sachets
- Certification: "Dual Path Warrior" scroll

Assessment System

- **Physical Mastery (50%):** Stance stability, form precision
- **Mindset Growth (30%):** Journal depth, meditation consistency
- **Community Impact (20%):** Peer mentorship, challenge completions

Grading Scale

- Novice (0-70): Needs root-deepening
- Warrior (71-90): Strong rise potential
- Master (91-100): Ready to teach

Tagline"Grow 90 feet tall in 12 weeks – with roots no storm can break."

Testimonial Prompt"This course made me flexible as bamboo and sharp as Musashi's sword."

Call to Action"The dual path waits. Will you rise to meet it?"