

SPORTS / RECREATION / COMBAT SPORTS

Spirit Dragon Institute Online School

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I often receive messages from readers or Facebook friends asking how to select a teacher or how they can study martial arts without qualified teachers in town. One solution is to purchase good teaching DVDs and learn by oneself. There can be a few challenges though. First of all, without knowing much about martial arts, you may have a hard time to decide which style and then which form to study. Secondly, whom can you approach if you have a question about a movement's details? Thirdly, you can't get feedback or advice whether you are executing the form correctly or not. Now, the Spirit Dragon Institute Online School is offering a solution that can solve these issues.



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Spirit Dragon Institute



Spirit Dragon Institute

Sifu Franklin Fick has over 20 years experience in martial arts and over 15 years of teaching experience. He studies and teaches [Shaolin](#) Kung Fu, Nei Jia Quan (internal martial arts), [Tai Chi](#), Xing Yi, [Qigong](#) and other fitness. He also holds a Master's Degree in Acupuncture and Traditional Chinese Medicine, which gives him a solid understanding of the human body's functions. His classes on Ba Duan Jin are very thorough with a focus on the meridian system. He founded the [Spirit Dragon Institute Online School](#) early this year, which can be helpful for anyone who understands English.

Currently, the Spirit Dragon Institute Online School has 470 detailed instructional video lessons in Shaolin Kung Fu, Nei Jia Quan, Tai Chi, Xing Yi, Qigong and others. More classes are added each week. Each video lesson ranges from 2 minutes to more than 10 minutes. Sometimes a form will consist of a few dozens of mini lessons. This approach allows students study each small segment at time and gradually build up the knowledge and skill at their own pace. If they are not clear about a segment, they can replay it multiple times until they fully understand it and learn it. The video lessons also provide multiple angles, i.e. front view and back view, so students can get a full understand about each movement in details. The only drawback in comparison to a regular DVD is that you can't play the online lessons at a slow motion.

Right now, the Spirit Dragon Institute Online School is offering one-month trial risk free. Once you sign up, you can browse through its website to see all categories and styles within them. The first month has a money back guarantee if the student is not completely satisfied. There are descriptions for each category. You can decide which one suits you best. If you have questions and want to understand which one is more appropriate for you, you can email Sifu Fick and get his advice for free, or you can post questions online. You can also ask questions during your learning process or post comments to

share with your fellow online classmates. After you practice a form for a while, you can video tape yourself, upload to YouTube, and send the link to Sifu Fick. He will review your form at YouTube and provide feedback. In another words, you are not studying in an isolated environment. You have a virtual teacher as well as virtual classmates. The Spirit Dragon also offers certificates for ranking and martial arts instructors. There is a well-planned curriculum for Black Sash certification. You can earn a Black Sash in either Southern Shaolin or Nei Jia Quan. Once you got a Black Sash certificate, you can further study and become a certified instructor in the subject area.

Online school allows you to study whenever and wherever you want to. You can take lessons when you are traveling. Of course, like all the other self-study programs, it requires you to be a self-starter with strong self-discipline. It is advisable that you develop a curriculum based on your needs and schedule. It would be great if Spirit Dragon Institute Online School can actually take “attendance” and send you a reminder if you have not studied according to your own schedule. Until then, you still have to track your own progress.

Now you can follow me on Twitter <http://twitter.com/#!/TaichiExaminer> .

SUGGESTED LINKS

- **Taichi Ba Fa by Master Chen Huixian**
- **Learn longevity from Grandmaster Kao Tao**



Violet Li

Tai Chi Examiner