



## Disciplines

### Level Discipline

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- 6 Soothing the Soul
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- 9 Adjust the True Balance

**Feng Shui**

- 1 Wind-Water Eye
- 2 Broom of Heaven
- 3 Hand of Darkness
- 4 Inharmonious Alignment
- 5 Chi Ward
- 6 Beneficent Celestial Mirror
- 7 Dancing Spirits
- 8 Veil of Defilement
- 9 Transcendent Portal

**Flesh Shintai**

- 1 Long-Neck
- 2 Detach Limb
- 3 Gender Change
- Gentle Yielding
- Lotus Cloud
- 4 Fur and Fangs
- Pelesit
- Takin g What is Given
- 5 Polong
- Ten Thousand Forms
- Thousand Lice Spies
- 6 Body of the Mouse
- 7 Body of the Serpent
- 8 Bloat
- 9 Unchaining the Form

**Ghost-Flame Shintai**

- 1 Goblin Face
- 2 Goblin Spark
- 3 Goblin Shapes
- 4 Goblin Scorch
- 5 Goblin Lantern
- 6 Goblin Sword
- 7 Goblin Portal
- 8 Goblin Call
- 9 Mantle of the Flame Emperor

**Ghost-Flame Shintai/Cultivation**

- 3/3 The Fire which Illuminates

**Godbody of Earth, The**

- 1 Understanding with the Earth
- 2 Harmony with the Earth
- 3 Unity with the Earth
- 4 Moving with the Earth
- 5 Elemental Self, The

**Godbody of Fire, The**

- 1 Fire in the Eye
- 2 Fire in the Hand
- 3 Self in the Fire
- 4 Draining the Fire
- 5 Tempered Soul, The

**Godbody of Metal, The**

- 1 Bright Metal Self, The
- 2 Metal Within
- 3 Dark Metal Self
- 4 Metal Rain
- 5 Yin Metal Soul

**Godbody of Water, The**

- 1 Command of Flow in Self
- 2 Command of Flow in Others
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- 3 World Garden, The
- 4 Vital Command, The
- 5 Spark of Life, The

**Hellweaving**

- 1 Glimpse of Yomi
- 2 Razor Winds
- 3 Favor of the Yama Kings
- 4 Remembrance of Yomi
- 5 Weaving the Yomi World
- 7 Yomi Portal
- 8 Gift of P'o
- 9 Red Bridge, The

**Internalize**

- 1 No Mind
- 2 Blood Yoga
- 3 Distant Death Kata
- 4 Iron Soul
- 5 Harmony with the All
- 6 Reaping the Dragon's Road
- 7 Steel Soul
- 8 Armor of Enlightenment
- 9 Holding the Green Demon at Bay

**Iron Mountain**

- 6 Flaying the Demon
- 7 Torturous Transcendence
- 8 Striking the Fire
- 9 Exalted Resilience of the Heavenly Jade Mountain

**Jade Shintai**

- 1 Stand upon the Dragon's Back
- 2 Tread the Thrashing Dragon's Tail
- 3 Placate the Earth Dragon
- 4 Harnessing the Dragon's Breath
- 5 Jade Servant of the August Personage
- 6 Stone Fish
- 7 Blade of Stone
- 8 Taste of Jade
- 9 Augment

**Kiai**

- 1 Focusing Shout
- 2 Aspect of the Timid Sparrow
- 3 Ngilai
- 4 Song of the Tormented Soul, The
- 5 Greater Ngilai
- 6 Cry of Blood
- 7 Tiger's Roar
- 8 Cry of the Phantasm
- 9 Shout Opening the Way to Heaven

**Mibasham**

- 1 Lens of the Self, The
- 2 Pors'dan
- 3 Stepping Stones
- 4 A Stumble of the Path
- 5 Riddle of Maya
- 6 Veil of Maya
- 7 Baku's Quandary
- 8 Beyond the Door
- 9 Revisionist Reality

**Obligation**

- 1 Evaluate
- 2 Soul Bridge
- 3 Authority
- 4 Thousand Hell Stare
- 5 Soul Shackles
- 6 Taming the Fire
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- 8 Voice of the Emperor
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