

Taijiquan Bare-Hand Long Form and Applications

This is a core component of Qi Elements' Taijiquan Training Program. Items followed by asterisks are requirements of the Comprehensive Taiji Exercise for Health Program.

Level 1

- 1.1 **Form** Perform Section 1.1 (to end of Single Whip) right-handed. Student must perform the sequence and call the commands without major hesitations. Footwork must be consistently correct according to either martial or Yang Family standard. Final postures must be accurate (required for White Sash).*
- 1.2 **Form** Through Section 1.2 (to end of Cross Hands). In addition to above criteria, student must maintain proper hand forms and execute accurate weight shifts (required for Yellow Sash).*
- 1.3 **Applications.** Illustrate and explain the standard applications of each movement of Section 1.1 (required for *Yellow Sash*).*

Level 2

- 2.1 **Form** Through Section 2.1 right-handed (to end of Wave Hands). In addition to the criteria in 1.2, student must maintain head lifted, correct posture, correct eye focus and rooting (required for Green Sash).**
- 2.2 **Applications** Illustrate and explain the standard applications of all movements through Section 1.2 (required for *Green Sash*).*
- 2.3 **Applications** Illustrate and explain the standard applications of all movements through Section 2.1 (required for *Purple Sash*).**

Level 3. Required for *Red Sash*

- 3.1 **Form** Through Section 2.2 right-handed (to Cross Hands). In addition to the criteria in 2.1, student must move fluidly from one movement to the next, correctly coordinate breathing and movements and demonstrate correct waist turning.**
- 3.2 **Applications** Illustrate and explain the standard applications all movements through Section 2.2**
- 3.3 **Teaching** Effectively teach the skills of level 1*

Level 4. Required for *Brown Sash*

- 4.1 **Form** Through Section 3.1 right-handed (to end of Wave Hands). In addition to the criteria in 3.1, student must demonstrate correct chest closing and opening movements, connection of upper and lower body.**
- 4.2 **Applications** Illustrate and explain the standard applications of all movements through Section 3.1.**
- 4.3 **Teaching** Effectively teach the skills of levels 1-2**

Level 5. Required for *Black Sash*

- 5.1 Form** Perform entire long form right-handed. In addition to the criteria in 4.1, student must show no hesitation in movement or commands, shoulders must be down and relaxed, and student must exhibit raised but calm spirit.**
- 5.2 Applications** Illustrate and explain the standard applications of all movements through Section 3.3 .**
- 5.3 Teaching** Effectively teach the skills of levels 1-3**

Level 6

- 6.1 Form** Perform Section 1 of the long form left-handed according to the criteria for right-handed form in 4.1.***
- 6.2 Form** Perform Section 1 of the long form at fast speed (30 seconds) while maintaining root, upper and lower body connection, and correct transitions.
- 6.3 Applications** Students can pursue training in applications of the Yang Cheng Fu Indoor Form elective component.
- 6.4 Teaching** Effectively teach the skills of levels 1-5.

Level 7

- 7.1 Form** Through Section 2 of the long form left-handed according to the criteria in 4.1.***
- 7.2 Form** Perform Section 2 of the long form at fast speed (one minute) according to the criteria in 6.2.
- 7.3 Teaching** Effectively teach the skills of levels 1-6.

Level 8

- 8.1. Form** Perform entire form 3 left-handed according to criteria in 4.1.***
- 8.2 Form** Perform Section 3 of the long form at fast speed (90 seconds) according to the criteria in 6.2
- 8.3 Form** Perform entire long form at fast speed (3 minutes) according to the criteria in 6.2.
- 8.4 Teaching** Effectively teach the skills of levels 1-7

* Required for Assistant Instructor rank in Comprehensive Taiji Exercise for Health Program

** Required for Associate Instructor rank in Comprehensive Taiji Exercise for Health Program

*** Required for Master Instructor rank in Comprehensive Taiji Exercise for Health Program

References and Study Aids for this component:

Yang Family Tai Chi Chuan with Master Yang Jun DVD, available from <http://www.yangfamilytaichi.com/home>.

Mastering Yang-Style Taijiquan by Fu, Zhongwen, available from Amazon.

Yang Style Taijiquan, Morning Glory Publishers, 1996, look for it on Amazon or at www.WLE.com. .

The *Journal of the International Yang Style Tai Chi Chuan Association*, available to members of the association on-line.

“Yang Family Tai Chi Chuan Essentials,” available to association members online.

*Taijiquan Theory of Dr. Yang Jwing Ming**

*Available from Qi Elements