

Taiji Qigong

This is a core component of Qi Elements' Taijiquan Training Program.

Level 1 Beginning Program (*White, Yellow and Green Sashes*)

- 1.1 **Internal Qigong** Explain Back to Childhood Breathing (*White Sash*), Reverse Abdominal Breathing (*Yellow Sash*), Yongquan Breathing and principles of Qi Circulation (*Green Sash*)
- 1.2 **Taiji Ball Qigong** stationary vertical and horizontal circling. Vertical circling patterns are plumb vertical, shoulder and hip, turning to the sides, and passing to the sides. Student must demonstrate ability to perform all the patterns and to correctly execute transitions between patterns

Level 2 Required for Red Sash

- 2.1 **Internal Qigong** Explain Four Gates Breathing.
- 2.2 **Taiji Ball Qigong** vertical circling and rocking with the patterns listed in 1.2. Correctly coordinate with ball movements with weight shifting and breathing. Maintain root while rocking.
- 2.3 **Taiji Ball Qigong** horizontal circling and rocking. In addition to the criteria listed in 2.2, coordinate waist turning with ball movements.
- 2.4 **Taiji Ball Qigong** mixed vertical and horizontal circling according to criteria in 2.2 and 2.3. Also demonstrate fluid transitions between patterns.
- 2.5 **Taiji Qigong** Perform the All-Season Qigong for Spine and Chest while correctly naming and executing the movements.

Level 3 Required for Brown Sash

- 3.1 **Internal Qigong** Explain Grand Circulation Qigong Breathing.
- 3.2 **Internal Qigong** Explain Taiji Ball Qigong Breathing.
- 3.3 **Taiji Ball Qigong** forward and backward stepping, 90 and 180 degree turning with vertical circling. In addition to criteria in 2.2, stepping must be correctly coordinated with ball movements.
- 3.4 **Taiji Ball Qigong** forward and backward stepping 90 and 180 degree turning with horizontal circling according to the criteria in 2.3 and 3.3.
- 3.5 **Taiji Ball Qigong** stepping forward and backward vertical and horizontal circling and turning according to criteria in 2.3 and 3.3.
- 3.6 **Taiji Ball Qigong** rotating and circling horizontal and vertical, stationary solo according to criteria listed in 2.3 and 3.3.
- 3.7 **Teaching** Effectively teach the skills of levels 1 and 2.

Level 4. Required for Black Sash

- 4.1 Internal Qigong** Explain the Small Circulation Meditation.
- 4.2 Taiji Ball Qigong** rocking with partner stationary, vertical and horizontal circling, direction changing with two hands and with one hand. In addition to the above criteria listed in 2.3 and 3.3, spine movement must be accurate in all Taiji Ball patterns. These criteria apply to all further elements of Taiji Ball Qigong.
- 4.3 Taiji Ball Qigong** solo rotating and wrap coiling.
- 4.4 Taiji Ball Qigong** solo mixed circling, rotating, wrap coiling stationary and moving.
- 4.5 Teaching** Effectively teach the skills of levels 1-3.

Level 5

- 5.1 Taiji Ball Qigong** with partner rocking circling and rotating.
- 5.2 Taiji Ball Qigong** with partner moving vertical and horizontal circling and rotating. In addition to criteria in 4.2, student must coordinate movements with partner.
- 5.3 Taiji Ball Qigong** solo Bagua circling forward and backward walking.
- 5.4 Taiji Qigong** Primary Set. Correctly name and perform the movements.
- 5.5 Teaching** Effectively teach the skills of levels 1-4

Level 6

- 6.1 Taiji Ball Qigong** Bagua Circling with partner. Criteria the same as 5.3
- 6.2 Taiji Ball Qigong** Free-style with partner
- 6.3 Taiji Qigong** Qigong Coiling Set. Correctly name and perform the movements
- 6.4 Teaching** Effectively teach the skills of levels 1-5.

Reference and Study Aids:

Tai Chi Ball Qigong book and DVD's by Dr. Yang, Jwing Ming*

The Essence of Taiji Qigong book and DVD by Dr. Yang, Jwing Ming.*

*Available from Qi Elements