

Zhan Zhuang (Standing Meditation)

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

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

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| 1.1 Golden Rooster | 15 seconds (White), 30 (Yellow), 60 (Green) |
| 1.2 Ma Bu | 3 minutes, 1 minute on long bricks (Green) |
| 1.3 Wuji | 5 minutes (White); 12 (Yellow); 15 on floor, 5 on long bricks (Green) |
| 1.4 Embrace the Moon | 3 minutes (Yellow); 5 on floor, 3 on long bricks (Green) |

Level 2. Required for *Red Sash* At this level the head must remain upright in all postures, body must not tilt or lean, shoulders must be relaxed. ***The criteria for this level must be maintained at all higher levels.***

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| 2.1 Golden Rooster | 90 seconds, 30 seconds on long bricks. Thigh must be parallel to floor, foot pointed down, finger tips maintained at nose level, body must show the two arcs of Peng. |
| 2.2 Ma Bu | 5 minutes, 2 minutes on long bricks. Angle on knee must not be less than 45 degrees, buttocks must be tucked under. |
| 2.3 Wuji | 15 minutes, 10 minutes on long bricks |
| 2.4 Embrace the Moon | 10 minutes, 5 minutes on long bricks. Arms must be held parallel to floor |

Level 3. Required for *Brown Sash*

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| 3.1 Golden Rooster | 2 minutes, 45 seconds on long bricks |
| 3.2 Ma Bu | 10 minutes, 5 minutes on long bricks |
| 3.3 Wuji | 25 minutes, 12 minutes on long bricks |
| 3.4 Embrace the Moon | 12 minutes, 6 minutes on long bricks |

Level 4. Required for *Black Sash*

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| 4.1 Golden Rooster | 150 seconds, 60 seconds on long bricks |
| 4.2 Ma Bu | 15 minutes, 7 minutes on long bricks |
| 4.3 Wuji | 30 minutes, 15 minutes on long bricks |
| 4.4 Embrace the Moon | 15 minutes, 7 minutes on long bricks |
| 4.5 Sitting Cross Stance* | 30 seconds |
| 4.6 Tame the Tiger Stance* | 30 seconds |

Level 5. At level 5 and after, the student will be awarded 0.2 points for fulfillment of individual elements.

5.1 Golden Rooster	3 minutes, 2 minutes on long bricks, 30 seconds on tall bricks
5.2 Ma Bu	20 minutes, 10 minutes on long bricks, 1 minute on tall bricks
5.3 Wuji	45 minutes, 20 minutes on long bricks, 3 minutes on tall bricks
5.4 Embrace the Moon	20 minutes, 10 minutes on long bricks, 2 minutes on tall bricks
5.5 Sitting Cross Stance	1 minute
5.6 Tame the Tiger Stance	1 minute

Level 6.

6.1 Golden Rooster	5 minutes, 3 minutes on long bricks, one minute on tall bricks
6.2 Ma Bu	40 minutes, 20 minutes on long bricks, 4 minutes on tall bricks
6.3 Wuji	60 minutes, 30 minutes on long bricks, 6 minutes on tall bricks
6.4 Embrace the Moon	30 minutes, 15 minutes on long bricks, 3 minutes on tall bricks
6.5 Sitting Cross Stance	3 minutes
6.6 Tame the Tiger Stance	3 minutes, 2 minutes on long bricks

*Persons age 60 and over may optionally demonstrate the ability to teach this posture.