Basic Taijiquan Self-Defense and Fighting Skills

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

Level 1. Beginning Program  (required for Green Sash)

1.1. Defend high: When opponent attacks above the solar plexus with a slow speed straight-in punch, attempted grab or shove, be able to increase the distance, change the angle, intercept, redirect, stick, adhere, seal and counter.

1.2. Defend low: When opponent attacks below the solar plexus with slow speed punch, attempted grab, tackle or shove, be able to increase the distance, change the angle, intercept, redirect, stick, adhere, seal and counter at moderate speed.

1.3. Reaction training: Catch bean bags thrown at moderate speed at your upper body from a distance no greater than eight feet.

1.4. Sticking and adhering: In high stance, use whole body movement with coiling, yin, peng, and redirection to prevent your partner from touching your torso with slow simulated punches, elbows, stabs or pushes. Defense only.

1.5. Centering: In high stance, use whole body movement with coiling, yin, peng, and redirection to prevent your partner from disrupting your center at close distance with a single attack. Defense only.

1.6. Escape grabs: Using Yin-Yang Symbol Tracing large circle, break out of same side and opposite side moderate strength grab of your wrist or elbow.

Level 2  Required for Red Sash

2.1. Defend high: In addition to the criteria in 1.1, opponent attacks with moderate speed including hook and wailing punches.

2.2. Defend low: In addition to the criteria of 1.2, opponent attacks with moderate speed

2.3. Reaction training: Deflect bean bags thrown at punching speed from a distance no greater than 8 feet

2.4. Sticking and adhering: In addition to the criteria in 1.4, be able to successfully attack your partner.

2.5. Centering: In addition to the criteria in 1.5, able to turn defense into offense to disrupt your partner’s center. Adhere to the classics’ prescription, “no tilting, no leaning.”


2.7. Counter pushes: Intercept, redirect, and counter push attacks: A high
attack using Opening Movement; a-mid chest attack using White Crane Spreads Wings and Block Brush Knee; a hip-level attack using Push.

Level 3. **Required for Brown Sash**

3.1. **Defend high:** In addition to the criteria in 2.1, opponent attacks with full-speed.

3.2. **Defend low:** In addition to the criteria of 2.2, opponent attacks with full-speed.

3.3. **Reaction training:** Deflect bean bags thrown at punching speed from a distance no greater than 6 feet.

3.4. **Sticking and adhering:** In addition to the criteria in 2.4, stand on long bricks.

3.5. **Centering:** In addition to the criteria in 2.5, stand on long bricks.

3.6. **Defend against kicks:** While sticking to partner, disrupt his attempts to kick you at moderate speed eyes open.

3.7. **Teaching:** Effectively teach the skills of levels 1-2.

**Level 4 Required for Black Sash**

4.1. **Defend high and low:** When opponent attacks anywhere with hands at full-speed and intent, be able to meet the criteria of 3.1 and in addition subdue the opponent.

4.2. **Sticking and adhering:** In addition to the criteria of 3.4, stand on tall bricks.

4.3. **Sticking and adhering:** In addition to the criteria of 2.4, add stepping.

4.4 **Intercept Kicks:** Without a prior stick on partner, be able to avoid, intercept, close the distance and obtain a stick and seal when partner tries to kick.

4.5 **Fa-jin:** Demonstrate Fa Jin power with the movements Part Horse’s Mane, Block Brush Knee, and Step and Punch while maintaining your root and center.

4.6. **Two-sided kicking training:** With eyes closed or blindfolded and a peng to peng stick, one partner “listens” for and disrupts the other partner’s attempts to kick. Kicking partner attempts to deliver kicks “silently.”

4.7. **Fa-jin:** Break the red rebreakable board with the movements Block, Brush Knee; Turn and Chop (left hand); Single Whip (left hand) with fingers touching and not separating from the board and while maintaining root and center.

4.8. **Teaching:** Effectively teach the skills of levels 1-3.
Level 5

5.1. **Centering**: In addition to the criteria of 2.5, stand on tall bricks

5.2. **Sticking and adhering**: Moving sticking and adhering medium speed with kicks

5.3. **Fa-jin**: Perform Fa Jin twisting, uprooting, Part Horse’s Mane, Wave Hands on tall bricks.

5.4. **Reaction training**: Fulfill the criteria of 3.3 in low light.

5.5. **Sensing**: While blind-folded, sense the approach of another person. Reach out and touch them before they touch you.

5.6. **Teaching**: Effectively teach the skills of levels 1-4