

Taijiquan Partner Applications

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

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

- 1.1 Single Sensing Hands:** Technique #1 (required for *white sash*). Consistently demonstrate proper hand, wrist and elbow position, correct weight shifting, as well as correct peng, lu and an patterns.
- 1.2 Single Sensing Hands:** Techniques #1 and #3 (required for *yellow sash*). In addition criteria in 1.1, consistently demonstrate correct waist turning.
- 1.3 Single Sensing Hands:** Technique #2 (required for *green sash*). In addition to criteria in 1.1 and 1.2, consistently avoid leaning or tilting.
- 1.4 Single Sensing Hands:** Technique #4 (required for *green sash*). In addition to criteria in 1.1-1.3, consistently demonstrate the correct following neutralization required in technique #4.
- 1.5 Single Sensing Hands:** Technique Yin Coil (required for *green sash*). In addition to criteria in 1.1-1.3, consistently demonstrate correct redirecting neutralization and accurate coiling hand movements.
- 1.6 Single Sensing Hands:** Techniques #1-4 and yin coil mixed (required for *green sash*). In addition to criteria in 1.1-1.5, consistently demonstrate ability to follow the direction of partner's push without major hesitations and the ability to move easily among the techniques.
- 1.7 Yin-Yang Symbol Tracing Silk Reeling:** Yang-side stationary mirroring (Required for *yellow sash*) mirroring an advanced student. Consistently demonstrate correct hand positions, weight shifting and waist turning.
- 1.8 Yin-Yang Symbol Tracing Silk Reeling:** Yang-side solo (Required for *yellow sash*). In addition to criteria in 1.7, consistently demonstrate ability to execute the symbol pattern correctly and fluidly.

Level 2. Required for *Red Sash*

- 2.1 Double Sensing Hands:** Techniques 1-6 and Yin Coil. Correctly execute the techniques with further improvement of form and feeling from single sensing hands. Correctly execute the technique of controlling partner's elbow. Demonstrate ability to move fluidly among the techniques.
- 2.2 Double Sensing Hands:** Stationary Peng Lu Ji An. Demonstrate correct patterns, neutralizations, weight shifts and waist turning.
- 2.3 Yin-Yang Symbol Tracing Silk Reeling:** Yang-side with partner stationary then moving with attacks. In addition to requirements in 1.7 and 1.8, demonstrate ability to stick and adhere to partner, body integration from root to fingers and correct chest opening and closing.
- 2.4 Yin-Yang Symbol Tracing Silk Reeling:** Yin-side solo with partner

stationary. Same requirements as 1.7 and 1.8.

2.5 Teaching: Effectively teach beginner program partner exercises.

Level 3. Required for *Brown Sash* At this level sensing hands partner exercises become pushing hands exercises involving development of listening jin and intent to disrupt partner's center when the opportunity appears.

- 3.1. Double Pushing Hands:** Techniques 1-6 and Yin Coil with intent. While adhering to sensing Hands: criteria listed above, consistently demonstrate ability to yield, redirect, neutralize and counter when partner attacks with intent.
- 3.2 Da Lu:** Techniques #1 and #2 (Large Roll Back #1 and #2) Demonstrate correct angling and stepping, correct attack and neutralization at moderate speed and ability to move fluidly between the techniques.
- 3.3 Moving Double Pushing Hands:** Straight Line Moving Peng Lu Ji An. In addition to criteria in 2.2, consistently demonstrate ability to step correctly and maintain correct distance.
- 3.4 Moving Yin-Yang Symbol Tracing Silk Reeling:** Yang-side with partner Straight line with eyes closed. Criteria the same as 2.4.
- 3.5 Moving Yin-Yang Symbol Tracing Silk Reeling:** Yang-side with partner parallel stepping with tripping and left-right cross elbow attack. In addition to criteria in 2.4, student must demonstrate correct attacking and neutralizing techniques.
- 3.6 Yin-Yang Symbol Tracing Silk Reeling:** Yin-side with partner stationary. Same requirements as 2.4.
- 3.7 Teaching:** Effectively teach the skills of levels 1 and 2.

Level 4. Required for *Black Sash*

- 4.1 Double Pushing Hands:** Techniques 1-6 and Yin Coil with Intent. In addition to criteria in 3.1, demonstrate ability to maintain root and center when partner attacks with intent as well as ability to attack and disrupt partner's center.
- 4.2 Da Lu:** Techniques #1, #2, #3, #4. (#3 press, #4 small roll back). In addition to the criteria in 3.2, demonstrate ability to move fluidly among the four techniques.
- 4.3 Moving Double Pushing Hands:** Moving Peng Lu Ji An four corners. In addition to criteria in 3.3, demonstrate correct stepping, distance and angling; demonstrate listening jin skill by unhesitatingly exploiting any errors by partner.
- 4.4 Moving Pushing Hands:** Single 1-4 and Yin coil slowly with intent. Demonstrate ability to correctly adhere, connect, step and follow while maintaining proper distance and angle. Be careful to protect groin in stepping.

- 4.5 Moving Yin-Yang Symbol Tracing Silk Reeling:** Bagua circling Yang side. In addition to criteria in 3.5, student must maintain correct angling and distance
- 4.6 Moving Yin-Yang Symbol Tracing Silk Reeling:** Yin-Yang Symbol Tracing Yin side moving with partner with attacks. In addition to criteria in 3.5, demonstrate ability to attack and neutralize.
- 4.7 Taijiquan Fighting Set:** Black side section 1. Perform the sequence without hesitation, execute the major and minor techniques accurately, maintain correct distance and angling, step correctly and maintain root at slow to moderate speed.
- 4.8 Taijiquan Fighting Set:** White side section 1. Same criteria as 4.7.
- 4.9 Teaching:** Effectively teach level 1-3.

Level 5

- 5.1 Moving Pushing Hands:** Moving double pushing hands 1-6 and Yin coil with intent. Same criteria as 4.4.
- 5.2 Moving Pushing Hands:** Moving Peng, Lu, Ji, An eyes closed. Demonstrate ability to maintain correct form, distance and angling and to listen for and exploit partner's mistakes.
- 5.3 Moving Pushing Hands:** Tsai, Leih, Zhou, Kao routine. Same requirements as 4.3.
- 5.4 Moving Yin-Yang Symbol Tracing Silk Reeling:** Bagua circling Yin side. In addition to criteria in 3.5, attack and neutralize effectively.
- 5.5 Moving Yin-Yang Symbol Tracing Silk Reeling:** Straight line mixing Yin and Yang circling. Same criteria as 3.5.
- 5.6 Taiji Fighting Set:** Black side sections 1&2. Same criteria as 4.7.
- 5.7 Taiji Fighting Set:** White side sections 1&2. Same criteria as 4.7.
- 5.8 Teaching:** Effectively teach the skills of levels 1-4.

Level 6

- 6.1 Yin-Yang Symbol Tracing Silk Reeling:** Mixed Bagua Yin-Yang symbol tracing. In addition to criteria in 5.4, demonstrate the ability to switch fluidly between Yin and Yang coiling.
- 6.2 Competitive Moving Pushing Hands:** Single pushing Hands: in the circle. Loss of one point for each loss of root and center, for stepping out of circle and for every exploited exposure of groin.
- 6.3 Competitive Moving Pushing Hands:** Mixed moving double pushing Hands: 1-6, Yin coil, Peng Lu Ji An, Da Lu, Yin-Yang Symbol, Cai Lieh Zhou Kao. Same scoring the same as 6.2.
- 6.4 Taiji Fighting Set:** Black Side sections 1, 2 & 3. Same criteria as 4.7.
- 6.5 Taiji Fighting Set:** White Side sections 1, 2 & 3. Same criteria as 4.7.
- 6.6 Teaching:** Effectively teach the skills of levels 1-5.

Level 7

- 7.1 Yin-Yang Symbol Tracing Silk Reeling:** Mixed Yin Yang symbol tracing Bagua circling with scripted attacks.
- 7.2 Taiji Fighting Set:** Black, entire set. Same criteria as 4.7.
- 7.3 Taiji Fighting Set:** White, entire set. Same criteria as 4.7.
- 7.4 Teaching:** Effectively teach the skills of levels 1-6.

Level 8

- 8.1 Yin-Yang Symbol Tracing Silk Reeling:** Mixed Yin-Yang symbol tracing Bagua circling with free varying Shuai Jiao, Qin Na, punching and kicking attacks.
- 8.2 Taiji Fighting Set:** Entire Set:. In addition to criteria in 4.7, perform the set at fast speed with intent.
- 8.3 Teaching:** Effectively teach the skills of levels 1-7

References and Study Aids for this component

- Taiji Pushing Hands: by Dr. Yang, Jwing Ming DVD*
- Tai Chi Fighting Set: by Dr. Yang, Jwing Ming DVD*
- Tai Chi Chuan Martial Applications* book by Dr. Yang, Jwing Ming*
- Tai Chi Theory and Martial Power* book by Dr. Yang, Jwing Ming*
- Taiji 37 Postures and Martial Applications by Dr. Yang, Jwing Ming DVD*
- Taiji Yin Yang Sticking Hands:, by Dr. Yang, Jwing Ming DVD*

*Available from Qi Elements