

1. Taijiquan Bare-Hand Long Form and Applications--Advanced Program

Brown Sash

7.1 Form: Section 1 right handed at slow speed no faster than 5:30 minutes with even pace and correct breathing.

7.2 Applications: Illustrate and explain the standard applications of all movements through Section 3.3.

7.3 Indoor Form Applications: Demonstrate one application in each of the four categories: Da (strike), Ti (kick), Qin Na and Shuai Jiao, for each movement of Section 1.1 (not including outdoor form standard applications).

7.3 Teaching: White-purple levels.

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8.1 Form: Section 1 left-handed according to the requirements in Level 4.1.

8.2 Form: Right handed fast speed Section 1 of the long form while maintaining root, roundness, upper and lower body connection, and correct transitions.

8.3 Form: Sections 1 and 2 at slow speed no faster than 15 minutes with even pace and correct breathing.

8.4 Indoor Form Applications: Same requirements as 7.3 for sections 1.1 -1.2.

8.5 Teaching: White-red levels.

2. Firming Root and Center (Zhan Zhuang)—Advanced Program

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7.1 Golden Rooster

7.11 Two minutes each leg standing on the floor.

7.12 45 seconds each leg standing on a long brick.

7.2 Wuji and Hold the Ball: Eight minutes each consecutively.

Black Sash 1st Degree All postures must be held correctly in all aspects.

8.1 Golden Rooster

8.11 Three minutes each leg standing on the floor.

8.12 One minute each leg standing on a long brick.

8.2 Ma bu: 20 minutes.

8.3 Wuji and hold the Ball: Ten minutes each consecutively.

3. Coiling, Spiraling and Silk-Reeling Jins—Advanced Program

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7.1 Reversing wrist grabs: Same requirements as Level 6.3, except, instead of escaping, reverse the situation and turn your opponent's grab of your wrist into your pluck of his wrist.

7.2 Yin-Yang symbol tracing silk reeling: Yin pattern offense and defense. Explain and demonstrate the correct procedures for executing the attacks and neutralizing the attacks, including elbow seals, stepping to trap and escape from traps and spiraling to occupy the central door and displace partner's center.

7.21 Diagonal Flying

7.22 Deflect Downward

7.23 Cross Palms

7.3 Yin-Yang symbol tracing silk reeling: Yang side parallel stepping with tripping and turning.

7.4 Yin-Yang symbol tracing silk reeling: Yang pattern. Blind-folded in straight line stepping with attacks and defense slowly.

7.5 Teaching. White-purple levels.

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8.1 Yin-Yang symbol tracing silk reeling: Yang side Bagua circle stepping with tripping and turning.

8.2 Yin-Yang symbol tracing silk reeling: Yin pattern straight line stepping

8.41 Diagonal Flying offense and defense

8.42 Deflect Downward offense and defense

8.43 Cross Palms offense and defense

8.3 Yin-Yang symbol tracing silk reeling: Straight line mixing Yin and Yang circling offense and defense. Demonstrate ability to move fluidly between Yin and Yang techniques.

8.4 Teaching: White-red levels.

4. Pushing Hands and Fighting Set—Advanced Program

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- 7.1 Single pushing hands with intent:** All techniques mixed.
- 7.2 Single sensing hands:** Blindfolded, all techniques mixed.
- 7.3 Double pushing hands: Peng Lu Ji An:** Four corners. In addition to requirements in 5.5, demonstrate correct stepping, distance and angling; demonstrate listening Jin skill by unhesitatingly exploiting any errors by partner.
- 7.4 Fighting Set:** First and second sections. Same requirements as Level 6.1.
 - 7.41 Black side**
 - 7.42 White side**
- 7.5 Centering on long bricks.**
- 7.6 Stick and Adhere on long bricks.**
- 7.7 Teaching:** White-purple levels.

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- 8.1 Single Step Straight Line Moving pushing hands:** Single 1-4 and Yin coil slowly with intent, attacking partner can take one step forward when initiating an attack. Defending partner can take one step backward when responding to the attack. Demonstrate ability to correctly adhere, connect, step and follow while maintaining proper distance and angle. Be careful to protect groin in stepping.
- 8.2 Double pushing hands:** Techniques 1-6 and Yin Coil with intent. In addition to requirements in Levels 5.1 and 5.2, demonstrate ability to maintain root and center when partner attacks with intent as well as ability to attack and disrupt partner's center.
- 8.3 Double sensing hands:** Blindfolded, techniques 1-6 and Yin coil mixed.
- 8.4 Fighting Set:** First, second and third sections. Same requirements as Level 6.1.
 - 8.41 Black side**
 - 8.42 White side**
- 8.5 Moving Sticking and Adhering:** Same requirements as 8.1.
- 8.6 Teaching:** White-red levels.

5. Qigong Breathing, Qi Cultivation and Qi Circulation—Advanced Program

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7.1 Explain Fifth Gate Breathing

7.2 Locate and explain the importance of points:

7.21 Jizhong (GV 6)

7.22 Lingtai (GV10)

7.23 Dazhui (GV 14)

7.24 Yamen (GV 15)

7.25 Naohu (GV 17)

7.26 Yintang (Ex)

7.27 Renzhong (GV 26)

7.3 Explain the process of completing the Small, Small Circulation

7.4 Teaching: White-purple levels

Black Sash 1st degree

8.1 Explain the process of completing the Small Circulation Meditation

8.2 Locate and explain the importance of points:

8.21 Qi Hai (CV 6)

8.22 Zhongwan (CV 12)

8.23 Jiuwei (CV 15)

8.24 Shanzhong (CV 17)

8.25 Tiantu (CV 22)

8.3 Explain Five Gates Breathing

8.4 Teaching: White-red levels

6. Taiji Ball Circling, Rotating and Spiraling Jins—Advanced Program

Brown Sash

7.1 Solo work

7.11 Ninety degree turns: footwork as in Taiji form but coordinated with the ball movements

7.12 About face: footwork as in Single Whip but coordinated with ball movements.

7.13 Bagua circle walking: forward and backward

7.2 Partner work: Both partners have both hands on the ball.

7.21 Stationary vertical and horizontal circling

7.22 Rocking vertical and horizontal circling

7.3 Teaching: White-purple levels

Black Sash 1st Degree:

8.1 Solo work—all techniques mixed, showing fluid transitions between ball movement patterns and between stepping patterns.

8.2 Partner work both hands on ball: Coordinate movements with partner

8.21 Rocking vertical and horizontal circling & rotating

8.22 Stepping circling & rocking

8.3 Partner work each with one hand on the ball

8.31 Stationary vertical and horizontal circling

8.32 Rocking vertical and horizontal circling

8.33 Rocking vertical and horizontal circling & rotating

8.34 Stepping circling & rocking

8.4 Teaching: White-red levels

7. Taijiquan Self-Defense and Fighting Skills—Advanced Program

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4.1 Reaction training: fulfill the requirements of Level 3.1 in low light.

4.11 Catch the bags

4.12 Deflect the bags using Wave Hands

4.2 Step, attach, redirect and counter a high attack at moderate speed. In addition to the requirements of 3.3, demonstrate the ability to counter attack. Slow down your actions to ensure that you can maintain control and not hurt the attacking partner with your counter attack.

4.21 In high threat situation

4.22 In low threat situation

4.3 Step, attach, redirect and counter a low attack at moderate speed. In addition to the requirements of 3.3, demonstrate the ability to counter attack. Slow down your actions to ensure that you can maintain control and not wound the attacking partner with your counter attack.

4.21 In high threat situation

4.22 In low threat situation

4.4 Defense against shoves: Intercept, redirect, and counter moderate to fast speed push attacks:

4.41 a high attack using Opening Movement

4.42 a mid-chest attack using White Crane Spreads Wings and Block Brush Knee

4.5 Fa Jin against X-ray targets: Strike through and produce a popping sound with X-ray targets held by a partner. Maintain head lifted, center upright and root firm. Be sure to be warmed-up so that you can achieve a relaxed state in this exercise. To avoid injury, do not overdo Fa-Jin practice.

4.51 Part horse's mane

4.52 Block brush knee

4.53 Step and punch

4.54 Single whip crane's beak

4.6 Centering on long bricks

4.7 Stick and adhere on long bricks

4.8 Teaching: Blue and purple levels.

Black Sash 1st degree

5.1. Fa-jin: Break the red rebreakable board with your hand touching and not separating from the board and while maintaining root and center. Test will be videoed.

5.11 Block, Brush Knee

5.12 Single Whip (left hand)

5.13 Step and Punch

5.2. Fa-jin: Perform Fa Jin on long bricks while maintaining root and center

5.21 Twist

5.22 Flip, uprooting

5.23 Part horse's mane,

5.24 Wave hands

5.25 Single whip crane's beak.

5.3 Step, attach, redirect and counter at fast speed.

5.31 low attacks

5.32 high attacks

5.4 Counter wrist grabs: Demonstrate the ability to counter a firm grab of your wrist the following techniques while maintaining the correct principles of Yin and Yang silk reeling.

5.41 Same side wrist

a. Small wrap hand # 2

b. Old man promoted to general

5.42 Cross grab wrist

a. Small wrap hand #1

b. Yin coil to prop up elbow

5.43 Come along wrist grab

a. Forgive me for not coming with you

b. Smear and roll back.

5.44 Elbow grab

a. Reverse wrist press

b. Smear and roll back

5.5 Teaching: Blue-red levels.

8. Taijiquan Short Weapons Component—Advanced Program

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5.1 Cane or Saber partner drills

5.11 Yun Zhan right and left

5.12 Le Zha

5.13 Ge Duo right and left

5.14 Zuo Pan Tuo Duo vs. Yun Zhan

5.15 Jie Ci

5.16 Ci vs. Zheng Yao moving

5.17 Mo Zhan supplemental hand on 2/3 point

5.2 Teaching: Blue level.

Black Sash 1st Degree

6.1 Introduction to Taiji Sword

6.11 Anatomy of the Sword

6.12 Sword Grips

6.13 Sword Secret supplemental hand

6.14 Drills to integrate body and sword

A Zuo You Yao Bai (Sway Left and Sway Right)

B Qian Hou Shang Liao (Forward or Backward Slide Upward)

C Zuo You Rao Quan (Left or Right Making a Circle)

D Shang Hua Xia Cuo (Neutralize Up and File Low)

E Zuo You Chan Wan (Left or Right Coil the Wrist)

6.2 Teaching: Blue-Purple levels.

Study Aids:

Form and Applications 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.
The Journal of the International Yang Style Tai Chi Chuan Association, available to members of the association on-line.
yangfamilytaichi YouTube channel.
qielements1 YouTube channel.

Firming Root and Center

Yang, Yang
Qielements1 YouTube channel

Coiling, Spiraling and Silk Reeling

Taiji Yin Yang Sticking Hands:, by Dr. Yang, Jwing Ming DVD*
Qielements1 YouTube channel

Pushing Hands and Fighting Set

Taiji Pushing Hands: by Dr. Yang, Jwing Ming DVD*
Tai Chi Fighting Set: 2-Person Matching Set DVD by Dr. Yang, Jwing Ming*

Qigong Breathing, Qi Cultivation and Qi Circulation:

The Essence of Taiji Qigong book and DVD by Dr. Yang, Jwing Ming.*
Qigong for Health and Martial Arts by Dr. Yang, Jwing Ming.*
Qielements1 YouTube channel

Taiji Ball Coiling, Rotating and Spiraling Jins

Tai Chi Ball Qigong book and DVD's by Dr. Yang, Jwing Ming*
Qielements1 YouTube channel

Short Weapons.

Saber Fundamental Training by Dr. Yang, Jwing Ming DVD, Available from Qi Elements
Yang Family Tai Chi Chuan Dao DVD available from the Yang Family website.
Zhang Yun, The Art of Chinese Swordsmanship: A Manual of Taiji Jian.

*Available from Qi Elements