

An Introduction to Taijiquan Training at Qi Elements

As a beginner in Qi Elements Taijiquan training program, you will embark a structured program of training that will provide you with a thorough grounding in all aspects of the ancient art. Our program covers the traditional Taiji bare-hand form and applications of the form movements, taiji-qigong training for the cultivation and circulation of internal energy (Qi), partner practice including pushing hands and fighting set, and Taiji short weapons including cane, saber, and sword. In addition, you will gain teaching experience once you progress to the intermediate level.

If you choose to enter our testing and ranking program, you will progress through eight levels of achievement that follow a traditional Chinese martial arts colored sash ranking system inherited by the founder of the school, Nancy Bloomfield and her Shifu, C. C. Liu. These levels are white, yellow, green, blue, purple, red, brown, and black. You will find the specific requirements for each of the levels spelled out in the progress charts for each level.

When you complete the Black Sash level, you will be a highly knowledgeable practitioner of Taijiquan, capable of helping others by teaching Taijiquan martial art and/or Taiji for health. You will also be able to enter a flexible program of post-Black Sash training to augment your knowledge and skills, which includes additional applications from Yang, Cheng Fu's indoor form as taught by Master Yang, Jwing Ming.

Components of the Taijiquan Program

1. Taiji Bare-Hand Long Form and Applications
2. Firming Root and Center (Zhan Zhuang)
3. Coiling, Spiraling and Silk-Reeling Jins
4. Pushing Hands and Fighting Set
5. Qigong Breathing, Qi Cultivation and Qi Circulation
6. Taiji Ball Circling, Rotating and Spiraling Jins
7. Taijiquan Self Defense and Fighting Skills*
8. Taijiquan Short Weapons*

* These components are introduced at the intermediate level (Blue Sash and above).

Levels of achievement:

Beginners—White, Yellow and Green Sashes

Intermediate—Blue, Purple and Red Sashes

Advanced—Brown and Black Sashes

Post Black Sash and Master of Taijiquan