

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

White Sash

1.1 Form: Perform Section 1.1 (to end of Single Whip) right-handed. Student must perform the sequence and call the commands without major hesitations. Footwork must be consistently correct according to either martial or Yang Family standard. Final postures of each movement must be accurate.

1.2 Hand forms: Demonstrate and explain the hand forms: Gently Curved Hand, Sunken Wrist Hand, and Crane's Beak Hand.

1.3 Taiji Patterns: Demonstrate and explain the patterns Peng, Lu, Ji and An.

Yellow Sash

2.1 Form: Through Section 1.2 (to end of Cross Hands). In addition to the requirements in 1.1, student must maintain proper hand forms and execute accurate weight shifts.

2.2 Applications: Demonstrate and explain the standard applications of each movement of Section 1.1.

2.3 Taiji Patterns: Demonstrate and explain the patterns Tsai, Lieh, Zhou and Kao.

2.4 Hand Forms: Demonstrate and explain the hand form Vertical Fist.

Green Sash

3.1 Form: Through Section 2.1 right-handed (to end of Wave Hands). In addition to the requirements in 2.1, student must maintain head lifted, correct posture, correct eye direction and rooting.

3.2 Applications: Demonstrate and explain the standard applications of all movements through Section 1.2.

3.3 Hand Forms: Demonstrate and explain the hand form Second Knuckle Fist.

2. Firming Root and Center (Zhan Zhuang)--Beginning Program

White Sash

1.1 Describe the concept of root and center

1.2 Describe basic stances: Be able to describe and either demonstrate yourself or guide another student into the correct postures for the following stances:

1.21 Golden Rooster Stands on One Leg

1.22 Wuji

1.23 Bow Stance (aka Mountain Climbing Stance, Deng Shan Bu)

1.3 Golden Rooster Stance: Hold for 15 seconds each leg without raised foot touching ground

Yellow Sash

2.1 Golden Rooster: Hold for 30 seconds each leg without raised foot touching the ground.

2.2 Describe basic stances: Be able to describe and either demonstrate yourself or guide another student into the correct postures for the following stances:

2.21 Embrace the Moon on the Chest

2.22 Ma Bu (Horse Stance)

2.23 Back Stance (Four-Six Stance, Si Liu Bu)

2.3 Wuji: Three minutes

2.4 Ma Bu: Three minutes

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3.1 Golden Rooster: 45 seconds on each leg. In addition to the requirements of 2.1, maintain head lifted and buttocks tucked under.

3.2 Wuji: Four minutes. Maintain head lifted and buttocks tucked under.

3. Coiling, Spiraling and Silk-Reeling Jins--Beginning Program

White Sash

1.1 Yin-Yang coiling concept: Describe and demonstrate the movements of Yin coiling and Yang coiling. Distinction should be consistently clear and accurate.

1.2 “Butt pivots on couch:” Demonstrate wrist pivoting in partner’s palm in Yin and Yang coiling using whole body connection without tilting or leaning.

1.21 Right-handed

1.22 Left-handed

Yellow Sash

2.1 Yin-Yang symbol tracing silk reeling: Mirroring Yang pattern stationary facing an advanced student. Consistently demonstrate correct hand positions, weight shifting and waist turning. Keep your root and center.

2.11 Right side

2.12 Left side

2.2 Solo coiling exercise: Consistently demonstrate proper whole body connection and snake-like arm movements.

2.21 Yang coiling

2.22 Yin coiling

2.3 Snake coils over the branch: Consistently demonstrate the proper movements for Yang and Yin coiling over partner’s wrist. Keep your root and center.

2.31 Yang coiling right and left sides.

2.32 Yin coiling right and left sides.

Green Sash

3.1 Yin-Yang symbol tracing silk reeling: Mirroring Yin pattern stationary facing an advanced student. Same requirements as for Yang pattern in 2.1.

3.11 Right side

3.12 Left side

3.2 Yang coiling wrist escapes: Use large Yang coiling technique to escape from loose plucks and firm grabs of your wrist. Keep your root and center.

3.21 Same side pluck and grab right and left hands.

3.22 Crossed sides pluck and grab right and left hands

3.3 Yin-Yang symbol tracing silk reeling: Yang pattern stationary solo. In addition to requirements in 2.1, consistently demonstrate ability to execute the symbol pattern correctly and fluidly.

3.31 Right side

3.32 Left side.

4. Pushing Hands and Fighting Set--Beginning Program

White Sash

1.1 Single sensing hands: Technique #1. Consistently demonstrate proper hand, wrist and elbow position, correct weight shifting, waist turning and ability to follow partner in starting and stopping.

1.2 Centering Drills Level 1

1.21 Shoulder

1.22 High Chest

1.23 High Back

Yellow Sash

2.1 Single sensing hands:

2.11 Technique #2: In addition to requirements in 1.1, consistently avoid leaning or tilting.

2.111 right side

2.112 left side

2.12 Technique #3: In addition to requirements in 1.1 and 2.11, consistently demonstrate insubstantial elbow when neutralizing partner's upward pushing.

2.121 right side

2.122 left side

2.2 Centering Drills:

2.21 Both Shoulders

2.22 Mid Chest

2.23 Mid Back

2.24 Push on Sealed Elbow

2.25 Spiral to Seal Elbow

2.3 Centering offense only: Use whole body movement with coiling, Yin, Peng, and redirection attempt to uproot a higher ranking partner. Slow movement.

2.31 right side

2.32 left side

Green Sash

3.1 Single sensing hands:

3.11 Technique #4. In addition to requirements in 1.1-2.2, consistently demonstrate the correct following neutralization and an insubstantial elbow. Maintain proper space when neutralizing to the side.

3.111 right side

3.112 left side

3.12 Single sensing hands: Technique Yin coil. In addition to requirements in 1.1-2.2, consistently demonstrate correct redirecting neutralization and accurate coiling movements.

3.121 right side

3.122 left side

3.13 Single sensing hands: All techniques mixed. In addition to requirements in 1.1-3.2, consistently demonstrate ability to maintain head lifted, execute the arcs of Peng in spine and chest when pushed, follow the direction of partner's push without major hesitations and to move easily among the techniques.

3.131 right side

3.132 left side

3.2 Centering Drills Level 3

3.21 Shoulders on/off

3.22 Push on abdomen

3.23 Push on lower back

3.24 Elbow Na

3.25 Spiraling to Small Roll Back

3.3 Centering: In high stance, prevent your partner from disrupting your center. In addition to the requirements in 2.2, adhere to the classics' prescription, "no tilting, no leaning." Slow movement.

3.31 right side

3.32 left side

5. Qigong Breathing, Qi Cultivation and Qi Circulation Beginning Program

White Sash:

- 1.1 Explain the concepts:**
 - 1.11 Back to Childhood Breathing**
 - 1.12 Qi**
- 1.2 Locate and explain the functions of:**
 - 1.21 Bai Hui (GV 20)**
 - 1.22 Hui Yin (CV 1)**
 - 1.23 Lao Gong (PC 8)**
 - 1.24 Yong Quan (K 1)**

Yellow Sash: Explain:

- 2.1 Reverse Abdominal Breathing**
- 2.2 Yongquan Breathing**
- 2.3 Real Lower Dan Tian**
- 2.4 Locate and explain the functions of:**
 - 2.41 Yin Jiao (CV 6)**
 - 2.42 Ming Men (GV 4)**

Green Sash: Explain:

- 3.1 Four Gates Breathing**
- 3.2 The principles of Qi circulation**

6. Taiji Ball Circling, Rotating and Spiraling Jins Beginning Program

White Sash: Horizontal Circling in Even Stance: Student must demonstrate ability to perform all the patterns, coordinate breathing with the ball movements, maintain a firm root and correctly execute transitions between patterns. Be sure that knees point straight ahead and turning is done in the waist and Kua.

1.1 Clockwise

1.2 Counter-clockwise

1.3 Spiraling between shoulder and hip levels

1.4 Changing between clockwise and counter-clockwise. Be able to explain the principles of changing direction in Taiji Ball Qigong and to demonstrate them with slow movements.

Yellow Sash: Circling in Even Stance: Same requirements as White Sash. Do not over extend in passing to sides.

2.1 Overhand

2.11 Plumb vertical

2.12 Shoulder and hip

2.13 Turning to the left and right sides

2.14 Passing to the sides

2.2 Underhand

2.21 Plumb vertical

2.22 Shoulder and hip

2.23 Turning to the sides

2.24 Passing to the sides

Green Sash: Circling in Even Stance: In addition to White Sash requirements, vary the size of the circles, show inner ball leading the outer ball, show buttocks tucking and untucking correctly.

3.1 Vertical direction changing

3.2 Vertical-horizontal direction changing

3.3 Mixing all vertical and horizontal patterns

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

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*

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

*Available from Qi Elements

Centering Training

Centering training is designed to

Drills

General points: Train with equally with the right stance and left stance and on left side and right side. Train first at super-slow speed until you become proficient, then train at normal centering speed. Train in role A and an equal time in role B

Level 1;

1.1 Shoulder techniques: **A**—with your palm on the side, front or back of B's shoulder, connect with his center, follow his movements and uproot him. If you feel B resisting, suddenly disappear. **B**—use small circles to hide your center from A's pushing on your shoulder. Train with one shoulder at a time.

1.2 Center techniques, high chest: **A**—with your palm placed high on B's front centerline, connect to his center, follow his movements and uproot him. If you feel partner **B** resisting, suddenly disappear. **B**—hide your center from A's pushing.

1.3 Center techniques, high back: **A**—Standing behind B, place your palm high on **B's** back center line (near collar bone), connect to his center, follow his movements and uproot him. If you feel B resisting, suddenly disappear, but kindly prevent him from falling down. **B**—hide your center from **A's** pushing.

Level 2:

2.1 Shoulder techniques: **A**—with your palm on the side, front or back of both of B's shoulders, connect with his center, follow his movements and uproot him. If you feel B resisting, suddenly disappear. **B**—hide your center from A's pushing on your shoulders.

2.2 Center techniques, mid-chest: **A**—with your palm placed at mid level (Juwei) on B's front centerline, connect to his center, follow his movements and uproot him. If you feel partner **B** resisting, suddenly disappear. **B**—hide your center from A's pushing.

2.3 Center techniques, mid- back: **A**—Standing behind B, place your palm at mid level (Lingtai) on **B's** back center line, connect to his center, follow his movements and uproot him. If you feel B resisting, suddenly disappear, but kindly prevent him from falling down. **B**—hide your center from **A's** pushing.

2.4 Elbow techniques Push on Sealed Elbow: **A**—with your palm on the outside of **B**'s elbow, seal his elbow in to connect with his center, follow his movements and uproot him. If you feel **B** resisting, suddenly disappear. **B**—hide your center from **A**'s pushing on your elbow. Train with one elbow at a time.

2.5 Spiraling Techniques—Spiral to Seal Opponent's Elbow: From parallel pushing hands position where **A**'s hands are inside or under **B**'s hands, **A** Yang spirals up to **B**'s elbow and seals it in trying to attach to his center and uproot him:

Level 3

3.1 Shoulder techniques: **A**—with your palm on the side, front or back of both of **B**'s shoulders, connect with his center, follow his movements and uproot him. If you feel **B** resisting, use the technique of left/right on/off. **B**—hide your center from **A**'s pushing on your shoulders.

3.2 Center techniques, abdomen: **A**—with your palm placed at Yin Jiao on **B**'s front centerline, connect to his center, follow his movements and uproot him. If you feel partner **B** resisting, suddenly disappear. **B**—hide your center from **A**'s pushing.

3.3 Center techniques, lower back: **A**—Standing behind **B**, place your palm at Mingmen on **B**'s back center line, connect to his center, follow his movements and uproot him. If you feel **B** resisting, suddenly disappear, but kindly prevent him from falling down. **B**—hide your center from **A**'s pushing.

3.4 Elbow techniques, Elbow Na: **A**--while your palms adhere to both **B**'s elbows connect to his center and follow his movements to uproot him. If you feel **B** resisting, apply on/off, left/right technique. **B**--As **A** adheres to both your elbows, prevent him from uprooting you.

3.5 Spiraling techniques—Open Opponent's Elbow (Small Rollback): From crossed pushing hands position, **A** Yang spirals from outside of **B**'s wrist to place the tiger mouth of his hand on the inside of **B**'s elbow and open **B**'s arm outward to disrupt his center.