

		Progress Notes	Prelim	Formal
<b>Form and Std Apps</b>			Test	Test
4.1	Section 1.1-2.2 right side			
4.2	Std Apps 1.1-2.1			
4.21	Carry Tiger to the Mountain			
4.22	"Choo Choo"			
4.23	Fist Under Elbow			
4.24	Repell the Monkey			
4.25	Diagonal Flying			
4.26	Look for Needle at Sea Bottom			
4.27	Fan Through the Back			
4.28	Turn and Chop			
4.29	"Show Ward Off Left"			
4.29b	Wave Hands Like Clouds			
4.3	Teach white and yellow levels			
<b>Firming Root and Center</b>				
4.1	Golden Rooster 1 minute floor			
4.2	Wuji + Hold Ball 5 mins each			
4.3	Embrace the Moon 3 mins each			
4.4	Describe or exec Sitting Cross			
4.5	Describe or exec Tame Tiger			
<b>Coiling and Silk Reeling Jins</b>				
4.1	Symbol Tracing Yin Solo R&L			
4.2	Symb Traci Yang Partner Stat R&L			
4.3	Partner Wrist Coiling Exer R&L			
4.4	Teach white and yellow levels			
<b>Pushing Hands and Fighting Set</b>				
4.1	Principles of elbow control			
4.2	Neutralization to open side			
4.3	Technique # 5 (smear)			
4.31	Execute Smear			
4.32	Neutralize Smear			

4.4	Technique # 6 (Large Roll Back 2)		
4.41	Execute Large Roll Back		
4.42	Neutralize Large Roll Back		
4.5	Stationary Peng Lu Ji An R&L		
4.51	Peng-Lu		
4.52	Lu-Ji		
4.53	Ji-An		
4.6	Stick + Adhere def only		
4.7	Centering Offense & Defense		
4.8	Teach white and yellow levels		
<b>Breathing, Qi Cultivation and Circulation</b>			
4.1	Lead the All-Season Qgong		
4.2	Fundamentals of Qi circulation		
4.21	Open the front path		
4.22	Open the back path		
4.23	Expand and contract the abdomen		
4.24	Small Circle Breathing		
4.25	Large Circle Breathing		
4.26	Ending Massage		
4.3	Teach white and yellow levels		
<b>Taiji Ball Circling, Rotating and Spiraling Jins</b>			
<b>4</b>	<b>Circling with Weight Shifting</b>		
4.1	Foot-knee position, leg movement		
4.2	Overhand		
4.21	Plumb Vertical		
4.22	Shoulder and Hip		
4.23	Left and Right Sides		
4.24	Passing to the L+R Sides		
4.3	Underhand		
4.31	Plumb Vertical		
4.32	Shoulder and Hip		
4.33	Left and Right Sides		

4.34	Passing to the L+R Sides			
4.4	Vertical Direction Changing			
4.5	Horizontal Circling			
4.51	Clockwise			
4.52	Counter Clockwise			
4.53	Spiraling Horizontally			
4.54	Horizontal direction changing			
4.6	Vertical-Horizontal Changing			
4.7	Teach white and yellow levels			
<b>Taijiquan Self-Defense and Fighting Skills</b>				
1.1	awareness and space.			
1.2	distance, angle and Xu Bu:			
1.21	right hand or 2-handed attack			
1.22	left hand attack			
1.3	<b>Reaction training:</b>			
1.31	Catch the bags			
1.32	Deflect the bags			
1.4	Hand Forms			
1.41	Leopard Fist			
1.42	Phoenix Eye Fist			
<b>Taiji Short Weapons</b>				
1.1	Parts of the cane			
1.2	Supplemental hand skills			
1.21	Brace			
1.22	Tui			
1.23	Fen			
1.24	Cheng			
1.3	Blocks			
1.31	Jie			
1.32	Tuo			
1.33	Tui			
1.34	Yun			
1.35	Le			
1.4	Strikes			
1.41	Zha			

1.42	Shuai			
1.43	Kan			
1.44	Duo			
1.45	Zhan			
1.46	Ci			
1.5	Combinations			
1.51	Le Zha			
1.52	Yun Zhan			
1.53	Jie Tuo kick			
1.54	Jie Tui			
1.6	Tools			
1.61	Windlass			
1.62	Flail			
Requirements in dark gray shading are recommended for independent practice.				