

Progress Notes		Prelim	Formal
Form and Applications		Test	Test
7.1	Sect 1 slow speed		
7.2	Stnd apps entire form		
7.3	Teach white-purple levels		
<b>Firming Root and Center</b>			
7.1	Golden Rooster		
7.11	2 minutes on floor		
7.12	45 seconds on long brick		
7.2	Wuji 8 + Hold Ball 8 minutes		
<b>Coiling, Spiraling and Silk Reeling Jins</b>			
7.1	Reversing wrist grap Yin&Yang		
7.2	Yin SmbI offense and defense		
7.21	Diagonal Flying		
7.22	Deflect Downward		
7.23	Outside Shoulder		
7.3	Yang Symbol parall trip & turn		
7.4	Yang strgt line blind		
7.5	Teach white-purple levels		
<b>Pushing Hands and Fighting Set</b>			
7.1	Sng PH w/intent all mixed		
7.2	Sng PH w/intent all mixed blind		
7.3	DPH PLJA four corners		
7.4	Taijiquan fighting set		
7.41	Section 1&2 black side		
7.42	Section 1&2 white side		
7.5	Centering on long bricks		
7.6	Stick & adhere on long bricks		
7.7	Teach white-purple levels		
<b>Breathing, Qi Cultivation and Circulation</b>			
7.1	Fifth Gate Breathing		
7.2	Points of the Small Circulation		

7.3	Expl Small, Small, Circulation			
7.4	Teach white-purple levels			
<b>Taiji Ball Circling, Rotating and Spiraling Jins</b>				
7.1	Solo Work			
7.11	90 degree turns			
7.12	180 turn			
7.13	Bagua Circle Walking			
7.2	Partner Work			
7.21	Stat V & H circling			
7.22	Rocking V&H Circling			
7.3	Teach white-purple levels			
<b>Taijiquan Self-Defense and Fighting Skills</b>				
4.1	Reaction training low light			
4.11	Catch the bags			
4.12	Deflect the bags			
4.2	Counter high attacks			
4.21	high threat			
4.22	low threat			
4.3	Counter low attack			
4.31	high threat			
4.32	low threat			
4.4	Defense against shoves			
4.41	high shove			
4.42	mid chest shove			
4.5	Fa Jin against X-ray targets			
4.51	Part horses 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 & adhere on long bricks			
4.8	Teach white-purple levels			
<b>Short Weapons</b>				
5.1	Cane or Saber partner drills			

5.11	Yun Zhan			
5.12	Le Zha			
5.13	Ge Duo			
5.14	Jie Ci			
5.15	Ci v. Zheng Yao			
Requirements in dark gray shading are recommended for independent practice.				