

		Progress Notes	Prelim	Formal
Form and Applications			Test	Test
7.1	Sect 1 slow speed			
7.2	Stnd apps entire form			
7.3	Indoor Form Apps Sect 1.1			
7.4	Teach white-purple levels			
Firming Root and Center				
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			
Coiling, Spiraling and Silk Reeling Jins				
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			
Pushing Hands and Fighting Set				
7.1	Sng PH w/intent all mixed			
7.2	Sng PH w/intent all mixed blind			
7.3	DPH RLJA 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			
Breathing, Qi Cultivation and Circulation				
7.1	Fifth Gate Breathing			

7.2	Points of the Small Circulation			
7.3	Expl Small, Small, Circulation			
7.4	Teach white-purple levels			
Taiji Ball Circling, Rotating and Spiraling Jins				
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			
Taijiquan Self-Defense and Fighting Skills				
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			
Short Weapons				

5.1	Cane or Saber partner drills			
5.11	Yun Zhan			
5.12	Le Zha			
5.13	Ge Duo			
5.14	Zuo Pan Tuo v. Yun Zhan			
5.15	Jie Ci			
5.16	Ci v. Zheng Yao			
5.17	Mo Zhan 2 handed			