

		Progress Notes	Prelim	Formal
<b>Form and Std Apps</b>			Test	Test
3.1	Section 1.1-2.1			
3.2	Std Apps 1.1-1.2			
3.21	Lift Hands			
3.22	White Crane			
3.23	White Crane to Block Brush			
3.24	Play Guitar			
3.25	Block Brush to Block Brush			
3.26	Dflct Dwnd Pry Step and Punch			
3.27	Apparent Close-up			
3.3	Second knuckle fist.			
<b>Firming Root and Center</b>				
3.1	Golden Rooster 45 seconds			
3.2	Wuji + Hold Ball 4 min each			
<b>Coiling and Silk Reeling Jins</b>				
3.1	Symbol Tracing Yin Side Mirror			
3.11	right side			
3.12	left side			
3.2	Yang Coiling out of Wrist Grab			
3.21	Same side l+r			
3.22	Crossed sides l+r			
3.3	Symbol Tracing Yang Solo l+r			
3.31	right side			
3.32	left side			
<b>Pushing Hands and Fighting Set</b>				
3.1	Single Sensing Hands			
3.11	Technique # 4			
3.11	right side			
3.11	left side			
3.12	Technique Yin Coil			
3.12	right side			
3.12	left side			

3.13	All techniques mixed			
3.13	right side			
3.13	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 defense only			
3.31	right side			
3.32	left side			
<b>Breathing, Qi Cultivation and Circulation</b>				
3.1	Four Gates Breathing			
3.2	Principles of Qi Circulation			
<b>Taiji Ball Circling, Rotating and Spiraling Jins</b>				
<b>3</b>	<b>Circling in Even Stance</b>			
3.1	Vertical Direction Changing			
3.2	Vertical-Horizontal Changing			
3.3	Mix all patterns			