

		Progress Notes	Prelim	Formal
Form and Std Apps			Test	Test
3.1	Section 1.1-2.1			
3.2	Standard 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.			
Firming Root and Center				
3.1	Golden Rooster 45 seconds			
3.2	Wuji + Hold Ball 4 min each			
Coiling and Silk Reeling Jins				
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			
Pushing Hands and Fighting Set				
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			
Breathing, Qi Cultivation and Circulation				
3.1	Four Gates Breathing			
3.2	Principles of Qi Circulation			
Taiji Ball Circling, Rotating and Spiraling Jins				
3	Circling in Even Stance			
3.1	Vertical Direction Changing			
3.2	Vertical-Horizontal Changing			
3.3	Mix all patterns			