

1. Taijiquan Bare-Hand Long Form and Applications--Intermediate Program

Blue Sash

4.1 Form: Through Section 2.2 right-handed (to end of Cross Hands). In addition to the requirements in Level 3.1, student must move fluidly from one movement to the next and, in Section 1, correctly coordinate breathing and movements.

4.2 Applications: Illustrate and explain the standard applications all movements through Section 2.1

4.3 Teaching: White-yellow levels

Purple Sash

5.1 Form: Through Section 3.1 right-handed (to end of Wave Hands). In addition to the requirements in Level 4.1, student must demonstrate correct waist turning and connection of upper and lower body.

5.2 Applications: Illustrate and explain the standard applications of all movements through Section 2.2.

5.3 Teaching: White-green levels.

Red Sash

6.1 Form: Through Section 3.3 (end of form) right-handed. In addition to the requirements in level 5.1, student must demonstrate correct opening and closing of chest, shoulders down and relaxed and raised but calm spirit.

6.2 Applications: Illustrate and explain the standard applications of all movements through Section 3.1.

6.3 Teaching: White-blue levels

2. Firming Root and Center (Zhan Zhuang)—Intermediate Program

Blue Sash

4.1 Golden Rooster: One minute each leg. In addition to the requirements of Level 3.1, maintain shoulders down and chest sunken.

4.2 Wuji and Hold the Ball: Five minutes each consecutively.

4.3 Embrace the Moon: Three minutes each side consecutively. Maintain head lifted and shoulders down and relaxed. Combine the posture with internal energy cleansing.

4.4 Sitting Cross Stance: Describe or illustrate how to correctly execute.

4.5 Tame the Tiger Stance: Describe or illustrate how to correctly execute.

Purple Sash

5.1 Golden Rooster: 75 seconds each leg. In addition to the requirements of Level 4.1, maintain hip-thigh angle of no greater than 135 degrees.

5.2 Wuji and Hold the Ball: Six minutes each consecutively.

5.3 Sitting Cross Stance: 15 seconds

5.4 Tame the Tiger Stance: 15 seconds

Red Sash At this level the head must remain upright in all postures, body must not tilt or lean, shoulders must be relaxed.

6.1 Golden Rooster

6.11 1.5 minutes on floor each leg.

6.12 30 seconds on long brick.

6.2 Wuji and Hold the Ball: Seven minutes each consecutively.

3. Coiling, Spiraling and Silk-Reeling Jins—Intermediate Program

Blue Sash

- 4.1 Yin-Yang symbol tracing silk reeling:** Yin pattern solo, right and left sides. Same requirements as for Yang pattern in Level 3.3.
- 4.2 Yin-Yang symbol tracing silk reeling:** Yang pattern with partner stationary, right and left sides. In addition to requirements in Level 3.3, consistently demonstrate ability to stick and adhere to partner, body integration from root to fingers and correct chest opening and closing.
- 4.3 Partner wrist coiling exercise:** Right and left sides. Consistently meet the requirements of Level 2.2 at moderate speed.
- 4.4 Teaching:** White and yellow levels.

Purple Sash

- 5.1 Yin coiling wrist escapes:** Right and left sides. Use whole body connection and Yin coiling technique to escape from loose plucks and firm grabs of your wrist. Keep your root and center.
- 5.2 Yin-Yang symbol tracing silk reeling:** Yang pattern with partner in-line stepping with offense and defense. Explain and demonstrate the correct procedures for executing the attacks and neutralizing the attacks, including elbow seals, stepping to trap and escape from traps and spiraling to occupy the central door and displace partner's center.
 - 5.21 Part Horse's Mane**
 - 5.22 Diagonal Flying**
 - 5.23 Deflect Downward:** with proper back-fist striking technique instead of spiraling to occupy the central door.
- 5.3 Teaching:** White-green levels.

Red Sash

- 6.1 Wrist Na:** Use whole body connection, Yin and Yang coiling techniques and light sticking techniques to maintain control over your partner's wrists.
- 6.2 Yang spiraling wrist to elbow:** spiral from a position with your hands inside your partner's hands to outside your partner's elbow and seal his elbow.
- 6.3 Yin-Yang coiling wrist escapes:** Right and left sides. Use whole body connection, compact Yin and Yang coiling and "on-off" principle to escape from loose plucks and firm grabs of your wrist. Keep your root and center.
- 6.4 Yin-Yang symbol tracing silk reeling:** Yang pattern parallel stepping. Consistently demonstrate the ability to stick and follow partner in parallel stepping while maintaining correct angle and distance.
- 6.5 Yin-Yang symbol tracing silk reeling:** Yin pattern with partner stationary. In addition to requirements in Levels 2.1, 3.1 and 3.3, consistently demonstrate ability to stick and adhere to partner, body integration from root to fingers and correct chest opening and closing.
- 6.6 Teaching.** White-blue levels

4. Pushing Hands and Fighting Set—Intermediate Program

Blue Sash (all sensing hands techniques will be tested on right and left sides.)

4.1 Double sensing hands: Principles of elbow control. Correctly and consistently execute the technique of controlling partner's elbow in techniques 1-4 of single sensing hands when adapted to double sensing hands.

4.2 Double sensing hands: neutralizing to your open side. Consistently demonstrate the ability to maintain Peng and avoid deficiency and excess when neutralizing partner's push to your center.

4.3 Double sensing hands: Technique number 5 (Smear). In addition to the requirements of Level 4.2:

4.31 Execute the technique: Working with a passive partner, who pushes but does not attempt to neutralize the Smear, consistently demonstrate the ability to execute the Smear technique.

4.32 Neutralize the technique: Consistently demonstrate the ability to avoid being locked and to return to a squared-up pushing hands position when your partner attempts to execute the Smear technique.

4.4 Double sensing hands: Technique number 6 (lock and large roll back #2). In addition to the requirements of Level 4.2:

4.41 Execute the technique: Working with a passive partner-- who pushes, attempts to escape the lock, but does not attempt to follow and neutralize the Roll Back--consistently demonstrate the ability to execute the #6 technique.

4.42 Neutralize the technique: Consistently demonstrate the ability to follow with the correct neutralization and avoid being rolled back or having your Peng crushed when your partner attempts to execute the #6 technique.

4.5 Double sensing hands: Stationary Peng Lu Ji An and listening Jin.

4.51 Peng-Lu: When partner pushes against your press, be able to consistently neutralize the push with DSH technique #3, maintain an insubstantial elbow and turn to execute Roll Back even when partner resists your turning and attempts to seal your elbow in.

4.52 Lu-Ji: Be able consistently to neutralize partner's attempt to lock your elbow in Roll Back by dropping your elbow and converting to Press.

4.53 Ji-An: When partner presses, be able consistently to absorb and neutralize his press and convert to Push. If you are pressing, do not retreat if your partner does not neutralize your press.

4.6 Stick and Adhere defense only: Use whole body movement with coiling, Yin, Peng and redirection to prevent your partner from touching you head or torso with slow simulated punches, elbow strikes, stabs or back fists.

4.7 Centering Offence and Defense. Demonstrate ability to defend your center while attacking partner's center.

4.8 Teaching: White and yellow levels.

Purple Sash

5.1 Double sensing hands: Technique Yin coil. In addition to the requirements in Level 3.12, consistently demonstrate the ability to use your elbow control hand and your coiling hand to open your partner's center and switch to parallel sensing hands.

5.2 Double sensing hands: Parallel sensing hands. Consistently execute the following techniques correctly

5.21 Split and push center

5.22 Split and spiral to partner's elbows, push and seal

5.23 Split, pluck and push

5.24 Transition to crossed sensing hands

5.3 Double sensing hands: Techniques 1-6, Yin coil and parallel-crossed switching all mixed. In addition to the requirements in Levels 4.1-4.5, demonstrate ability to move fluidly among the techniques.

5.4 Single pushing hands with intent:

5.41 No excess no deficiency: Consistently demonstrate the ability to maintain your root and center when pushing, to avoid the fault of resisting when being pushed, to avoid the fault of deficiency (inadequate neutralization, allowing your partner to find and disrupt your center) and avoid the fault of excessive neutralization, which will make difficult the next stage of turning Yin to Yang.

5.42 Turn Yin to Yang: Consistently demonstrate the ability to neutralize your partner's push and to preserve and return its energy.

5.5 Double sensing hands: Peng Lu Ji An straight line stepping. In addition to requirements in Level 4.5, consistently demonstrate ability to step correctly and maintain correct distance.

5.6 Da Lu

5.61 Stage 1 Large Roll Back #1: Stepping and smear techniques. Consistently demonstrate the ability to disrupt your partner's center before stepping, step correctly, avoid exposing your groin, attain the correct front or back open door angle for your roll back and grind your partner's tendon rather than pull his arm.

5.62 Stage 2 Large Roll Back #1 and Press: In addition to requirements in Level 5.61, consistently demonstrate the ability to step into your partner's open door to execute press and, when pressed, the ability to neutralize the press and counter with large roll back #1 or another press.

5.7 Stick and Adhere: In addition to the requirements in 4.6, be able to use offensive techniques to attack your partner.

5.8 Teaching: White-green levels.

Red Sash

6.1 Fighting Set: (Right-handed only) **First** section. Perform the sequence without hesitation, execute the major and minor techniques accurately, maintain correct distance and angling, step correctly and maintain root at slow to moderate speed.

6.11 Black side

6.12 White side

6.2 Da Lu.

6.21 Stage 3 Large Roll Back #1 and Large Roll Back #2. In addition to requirements in Level 5.6, consistently demonstrate the ability to neutralize and execute large roll back #2, both circling and stepping, and to mix the #1 and #2 roll back and press techniques.

6.22 Stage 4 Adding small roll back. Same requirements as Level 6.21.

6.3 Single pushing hands with intent:

6.31 Turn Yang to Yin: Be able to sense when your partner commits the fault of resistance to your push and turn you push to pluck to pull partner's root.

6.32 Follow and redirect pluck. Be able to react when your partner plucks your push, follow the pluck; bend, circle and redirect the pluck and then extend and redirect the energy of the pluck into a push.

6.4 Teaching: White-blue levels.

5. Qigong Breathing, Qi Cultivation and Qi Circulation—Intermediate Program

Blue Sash

4.1 Lead the All-Season Qigong as a warm-up with movement and breathing commands

4.2 Teaching: White and yellow levels

Purple Sash

5.1 Explain the Grand Circulation

5.2 Explain the fundamentals of Sitting Meditation

5.2 Teaching: White-green levels

Red Sash

6.1 Explain the Martial Grand Circulation

6.2 Explain Taiji Ball Breathing

6.3 Teaching: White-blue levels

6. Taiji Ball Circling, Rotating and Spiraling Jins—Intermediate Program

Blue Sash Circling with Weight Shifting (Rocking): In addition to the Green Sash requirements, correctly coordinate ball movements with weight shifting and breathing. Maintain root while rocking. Avoid excessive lean forward. Make sure Bai Hui and Hui Yin line up vertically at end of backward shifting.

4.1 Foot and 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 left and right Sides

4.3 Underhand

4.31 Plumb vertical

4.32 Shoulder and hip

4.33 Left and right sides

4.34 Passing to the left and right 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 Teaching: White and yellow levels

Purple Sash: Forward and Backward Walking: Stepping should adhere to the movements of forward and backward walking in the Taiji Bare-Hand form. Stepping should be timed properly with the movement of the ball.

5.1 Forward stepping

5.11 Overhand circling

5.12 Underhand circling

5.13 Horizontal within shoulders

5.14 Horizontal diagonal thru circle

5.2 Backward stepping

5.21 Overhand circling

5.22 Underhand circling

5.23 Horizontal within shoulders

5.24 Horizontal diagonal thru circle

5.3 Teaching: White-green levels

Red Sash: Stepping, Rotating and Wrapping: Requirements are the same as blue and purple levels.

6.1 Mixed stepping & circling

6.2 Rotating

6.21 Even stance

6.22 Rocking

6.3 Vertical circling and rotating

6.4 Horizontal circling and rotating

6.5 Mixed rotating and circling

6.6 Wrapping

6.61 in even stance

6.62 rocking

6.7 Teaching: White-blue levels

7. Basic Taijiquan Self-Defense and Fighting Skills—Intermediate Program

Self-defense and fighting skills will be introduced at the lower sash levels, but testing on those skills will not begin until the Blue Sash level.

Blue Sash

1.1 Situational awareness and maintenance of safe personal space.

Demonstrate awareness of surroundings and willingness to keep a safe distance from potential threats according to the principle of “my safety first, strangers’ feelings second.”

1.2 Increase distance, change angle and Xu Bu: When partner attacks with straight-in punch, shove or attempted grab with slow to moderate speed be able to increase the distance and change the angle by stepping back into Xu Bu without exposing your groin.

1.21 Against right hand or two-handed attack

1.22 Against left hand attack

1.3 Reaction training: bean bags thrown at punching speed from a distance no greater than 8 feet.

1.31 Catch the bags

1.32 Deflect the bags using Wave Hands

1.4 Hand forms: Explain and demonstrate

1.41 Leopard Fist

1.42 Phoenix Eye Fist

Purple Sash

2.1 Attach and redirect a high attack: When partner attacks above the solar plexus at slow to moderate speed with a straight in punch, shove or attempted grab, be able to execute 1.2 and attach to and redirect the attack. Avoid using excessive force when attaching and excessive movement when redirecting.

2.21 Wave Hands

2.22 Lift Hands (indoor form)

2.2 Attach and redirect a low attack: When partner attacks below the solar plexus at slow to moderate speed straight in punch, shove or attempted grab, be able to execute 1.2 and attach to and redirect the attack. Avoid using excessive force when attaching and excessive movement when redirecting.

2.31 Lift Hands (indoor form)

2.32 Yin-Yang symbol bottom of figure 8

2.33 Deflect Downward (Circle the Fist) elbow lock.

2.3 Defense against pawing or groping: When partner places a hand on your leg or torso, be able consistently to execute the following techniques:

2.31 Wrist Press

2.32 Reverse Wrist Press

2.33 Finger Qi Na

2.34 Sword Secret to Tiantu

2.4 Teaching: White-green levels.

Red Sash

3.1 Reaction training: bean bags thrown at punching speed from a distance no greater than 6 feet.

3.11 Catch the bags

3.12 Deflect the bags using Wave Hands

3.2 Adhere and Connect to your opponent's center: Stationary. Starting from a position of having intercepted and attached to partner's attack, adhere and attach to his center to prevent him from attacking you with strikes or kicks. Your partner will use conventional (not Taijiquan) techniques.

3.3 Attach and redirect a high attack: Fulfill the requirements of 2.1 when your partner attacks with moderate to fast speed.

3.31 Wave Hands

3.32 Lift Hands (indoor form)

3.4 Attach and redirect a low attack: Fulfill the requirements of 2.2 when your partner attacks with moderate to fast speed.

3.41 Lift Hands (indoor form)

3.42 Yin-Yang symbol bottom of figure 8

3.43 Deflect Downward (Circle the Fist) elbow lock.

3.5 Adhere and Connect to your opponent's center: Moving. "When my opponent advances, I retreat. When my opponent retreats, I advance."

3.6 Teaching: Blue level

8. Taijiquan Short Weapons Component—Intermediate Program

Short weapons skills may be introduced at lower levels, but testing on short weapons requirements will not begin until the Blue Sash level.

Essential equipment: A rattan cane and a head protector with face shield for use in the studio and at home training. A flail and windlass for home training.

Optional equipment: a weighted Taiji ball for home training

Blue Sash

1.1 Tools training: Demonstrate how to use the windlass and flail tools to strengthen your hands arms and shoulders. Supplemental point: Weighted taiji ball qigong is also useful for strength training.

1.11 Windlass: Wind the windlass in both directions using overhand and underhand grips, wide and narrow grips.

1.12 Flail: dip the weight front, left, and right. Hold the weight steady and circle the handle of the flail in a 180 degree arc from horizontal, handle pointing left, to horizontal, handle pointing right.

1.2 Anatomy of the cane. Identify the parts of the cane--Shaft, hook, pommel, tip, two-thirds point, root, and combat grip positions.

1.3 Supplemental Hand Skills. Demonstrate the following supplemental hand techniques:

1.31 Brace: place the palm of the empty hand at the mid or two-thirds point on the cane shaft to brace the weapon. Do not wrap the fingers around the shaft.

1.32 Tui: place the tiger's mouth of the empty hand at the two-thirds point of the weapon to strengthen its power.

1.33 Fen: use the empty hand to balance the weapon.

1.34 Cheng: (like Peng) use the front upper part of your supplemental forearm at the two-thirds point of the shaft to strengthen the weapon's power in pushing and blocking.

1.4 The basic blocks. Demonstrate the following basic block in stationary position, moving backward and moving forward. You must be able to block consistently when attacked with moderate speed.

1.41 Jie (intercept) block a high attack at the middle of an opponent's weapon or arm with your weapon shaft vertical and the handle down. Block a low attack with the handle up. You can use the supplemental hand to brace the weapon shaft.

1.42 Tuo (bear upward) block upward or diagonally with the middle of the shaft. Like holding up a tray. Your palm can face outward or inward.

1.43 Tui (push or seal) when you have made contact with the opponent's weapon or arm, stick and push your weapon forward with both hands

(supplemental hand is in Tui or Cheng) to seal the opponent or disrupt his center.

1.44 Yun (Cloud) move your weapon overhead in circles. Use against attacks at the neck level or above.

1.45 Le (leh pull back) draw your weapon backwards along the opponent's arm or weapon. Use your supplemental hand in Brace position.

1.5 The basic strikes (use the tip, shaft, or blade), or end (hook, ring or pommel) of your weapon to attack the opponent. You must be able to strike with moderate speed consistently on target.

1.51 Zha (poke) strike with the tip of the weapon toward a target a short distance away. The strike can be up, down, straight ahead or hooking and turning to rear. Supplemental hand can brace the shaft or balance the strike with Fen

1.52 Shuai (swing) strike in a downward arc across the body and to the side. The body turns to the side in Shuai, which distinguishes it from other strikes.

1.53 Kan (split or chop) strike diagonally downward. More compact than Shuai

1.54 Duo (mince) chop for short distances with a quick, powerful movement and a spring back.

1.55 Zhan (horizontal chop) strike horizontally powered by the opening or closing of the chest bow.

1.56 Ci (thrust) move the tip of the weapon straight ahead toward a distant target.

1.6 Combinations

1.61 Le Zha (pull back and poke) draw your weapon backward along the opponent's arm or weapon to intercept and redirect his attack to the side. Then use a tight, circular transition to attack his body. Use your supplemental hand to brace the weapon shaft.

1.62 Yun Zhan (cloud circle block and horizontal strike) the weapons is moved in circles to intercept and redirect the opponent's weapon. Then you continue the motion to strike horizontally. Supplemental hand can be used to support the weapon hand, brace at the two-thirds point, or extend in Fen to balance the strike.

1.63 Jie Tuo Kick when opponent attacks high, intercept his attack (Jie), lift it upward (Tuo) and kick.

1.64 Jie Tui intercept your opponent's high or low attack, slide your weapon along his arm or weapon to seal it or to attach to and disrupt his center.

1.7 Basic Cane Form

Purple Sash:

2.1 Blocks. Demonstrate that you can use the following techniques when stationary, moving forward and moving backward to block consistently when attacked at moderate speed.

2.11 Ge (upward block) raise the weapon with the handle high and the shaft at a 45 degree angle slanting downward. The palm can face in or out, meaning that the slant can be to either side.

2.12 Shang Tuo (hold or push up) block high overhead with supplemental hand in Tui.

2.13 Mo (smear) Use the middle of your weapon's shaft to intercept an opponent's attack and move it to the left or right.

2.14 Lan (parry) block with the edge of your weapon to knock an opponent's weapon away.

2.15 Gua (*hook, scrape or shave*) *move the tip of the weapon down and to the side with a hooking motion to deflect a forward thrust.*

2.16 Jiao (entwine or wrap) circle your weapon cw or ccw to intercept and neutralize an opponent's attack. Usually the supplemental hand is place on the weapon hand to aid in the movement. Contact is with the middle of the shaft.

2.17 Chan (coil) wrap the tip of your weapon around the opponent's weapon.

2.2 Strikes. Demonstrate that you can strike consistently on target with moderate speed.

2.21 Liao (upper cut) swing the weapon forward and upward on your left or right side. Cock your wrist until the tip of weapon clears the ground. The shaft should not tilt to either side in its movement.

2.22 Dian (peck or snap down) flick your wrist to strike down with the tip of your weapon to opponent's wrist, neck or temple.

2.23 Beng (flick up) the opposite of Dian.

2.24 Ji (smash) strike against an opponent at close distance using the *handle end* of your weapon.

2.25 Da (strike) slap with the shaft of your weapon to stun or disarm an opponent without injury. Like a horizontal flick.

2.26 Sao (horizontal sweep) strike to the opponent's knee or ankle while sinking into sitting cross stance or turning 180 to 360 degrees and lowering your body into sitting cross stance.

2.3 Supplemental Hand Skills: Demonstrate the following supplemental hand skills.

2.31 Pushing Outward Palm place the palm of the empty hand on top of the weapon hand and wrist to support in pushing the weapon.

2.32 Pulling Inward Palm place the palm of the empty hand on top of the weapon hand and wrist to support in pulling the weapon.

2.33 Zheng Yao (waving in front) use your empty hand to grip the cane's hook with thumb and index and middle fingers to wave or circle the shaft of the cane.

2.34 Qie Zhang (Cutting palm strike) use the edge of the supplemental hand with the wrist sunk and fingers upright to strike. The technique is similar to the left hand's second movement at the beginning of Wave Hands.

2.35 Tui Zhang (Pushing palm strike) push or strike forward with the palm with the wrist sunk and the fingers upright. This technique is similar to the right hand's forward strike in Block Brush Knee.

2.36 Diaoluo Zhang (Gripping and pulling palm strike) intercept, capture and then pull on the opponent's arm or weapon with your supplemental hand. This technique is similar to the intercepting, redirecting and plucking movement of the upper hand in Wave Hands Like Clouds.

2.37 Ya Zhang (pressing-down palm strike) your supplemental hand with palm flat presses downward. This technique is similar to the lower part of the circling hand's motion in Block Brush Knee.

2.38 Quan Zhang (circling palm strike) your supplemental hand parries an attack by circling the opponent's arm or weapon. This technique is similar to the entire movement of the circling hand in Block Brush Knee

2.39 Cheng Zhang (parrying and pushing-upward palm strike) your supplemental hand parries and pushes upward. This technique is similar to the blocking arm in Fair Lady.

2.4 Combinations Perform the following combinations stationary and stepping against punches, knife and short or long weapon attacks at moderate speed.

2.41 Mo Zhan (smear and horizontal strike)

2.42 Yun Sao Cloud block, turn sink into sitting cross stance, strike opponent's lower body.

2.43 Jie Liao (block and upward strike) first part of movement is a block to the side with the shaft vertical and the handle; it is followed by an upper cut.

2.44 Zou Pan Tuo Fen Duo Block to left around the head, separate, seize with Diaoluo Zhang, and chop vertically down).

2.45 You Pan Tuo Kan Block to right, around the head, seal down the opponent's arm or weapon with Zhua hand, and slash diagonally.

2.46 Jie Fen Zhan Block with weapon shaft vertical, seize opponent's arm or weapon with Diaoluo Zhang and attack with a horizontal slash.

2.47 Jie Tuo (Block to side, then circle and slice upward attacking the wrist).

2.48 Jie Tui (Block to side, and then push forward with hand on back of blade or shaft. Ping Tui the weapon is horizontal. Li Tui the weapon is at a 45 degree angle. Tui is commonly used against long weapons.)

2.49 Ge Duo (Block a downward attack by raising weapon palm forward or palm backward, handle up at a 45 degree angle, like a roof, while

turning to either side. The attacking weapon slides off and then you slice downward to attack opponent.

Red Sash

3.1 Advanced cane form level 2

3.2 Saber Techniques not covered in cane.

3.3 Taiji Saber Yang Family Taiji Saber Form*

3.31 Perform section 1 of the saber Form

3.32 Perform section 2 of the saber form

* Essential equipment: A Taiji saber (Dao). If you are interested in testing within the Yang Family association, you should obtain the standard association saber, which is available from the Yang Family website. You may purchase a Taiji saber through Qi Elements, but it will not be the association standard saber.

Study Aids:

Form and Applications component:

Yang Family Tai Chi Chuan with Master Yang Jun DVD, available from <http://www.yangfamilytaichi.com/home>.
Mastering Yang-Style Taijiquan by Fu, Zhongwen, available from Amazon.
The Journal of the International Yang Style Tai Chi Chuan Association, available to members of the association on-line.
yangfamilytaichi YouTube channel.
qielements1 YouTube channel.

Firming Root and Center

Yang, Yang
Qielements1 YouTube channel

Coiling, Spiraling and Silk Reeling

Taiji Yin Yang Sticking Hands, by Dr. Yang, Jwing Ming DVD*
Qielements1 YouTube channel

Pushing Hands and Fighting Set

Taiji Pushing Hands: by Dr. Yang, Jwing Ming DVD*
Tai Chi Fighting Set: 2-Person Matching Set DVD by Dr. Yang, Jwing Ming*

Qigong Breathing, Qi Cultivation and Qi Circulation:

The Essence of Taiji Qigong book and DVD by Dr. Yang, Jwing Ming.*
Qigong for Health and Martial Arts by Dr. Yang, Jwing Ming.*
Qielements1 YouTube channel

Taiji Ball Coiling, Rotating and Spiraling Jins

Tai Chi Ball Qigong book and DVD's by Dr. Yang, Jwing Ming*
Qielements1 YouTube channel

Short Weapons.

Saber Fundamental Training by Dr. Yang, Jwing Ming DVD, Available from Qi Elements
Yang Family Tai Chi Chuan Dao DVD available from the Yang Family website.

*Available from Qi Elements