

		Progress Notes	Prelim	Formal
<b>Form and Std Apps</b>			Test	Test
5.1	Section 1.1- 3.1 rh			
5.2	Stnd apps 1.1-2.2			
5.3	Teach white-green levels			
<b>Firming Root and Center</b>				
5.1	GR 75 secs on floor			
5.2	Wuji + Hold Ball 6 minutes each			
5.3	Sitting Cross 15 secs			
5.4	Tame Tiger 15 secs			
<b>Coiling and Silk Reeling Jins</b>				
5.1	Yin coiling out of wrist grab			
5.2	Yang Smb1 step w/off and def			
5.21	Part Horse's Mane			
5.22	Diagonal Flying			
5.23	Deflect Downward			
5.3	Teach white-green levels			
<b>Pushing Hands and Fighting Set</b>				
5.1	DSH Yin Coil			
5.2	DSH Parallel techniques			
5.21	Split and push center			
5.22	Split and spiral to elbow seal			
5.23	Split, pluch and push			
5.24	Transition to crossed SH			
5.3	Mix 1-6, Yin coil and parallel tec			
5.4	Single PH with intent			
5.41	No excess no deficiency			
5.42	Turn Yin to Yang			
5.5	Peng Lu Ji An straight line step			
5.6	Da Lu			
5.61	Da Lu #1 Large Roll Back #1			
5.62	Da Lu #2 L Roll Back #1 and Press			
5.64	Da Lu #3 L Roll Back #2			
5.7	Stick and Adhere w attacks			

5.8	Teach white-green levels			
<b>Breathing, Qi Cultivation and Circulation</b>				
5.1	Explain Grand Circulation			
5.2	Fundamentals of sitting meditation			
5.3	Teach white-green levels			
<b>Taiji Ball Circling, Rotating and Spiraling Jins</b>				
5	<b>Stepping, Rotating and Wrapping</b>			
5.1	Forward stepping			
5.11	Overhand circling			
5.12	Underhand circling			
5.13	Horiz, within shoulders			
5.14	Horiz, diagonal thru circle			
5.2	Backward stepping			
5.21	Overhand circling			
5.22	Underhand circling			
5.23	Horiz, within shoulders			
5.24	Horiz, diagonal thru circle			
5.3	Teach white-green levels			
<b>Taijiquan Self-Defense and Fighting Skills</b>				
2.1	Attach and redirect high attack			
2.11	Wave Hands			
2.12	Lift Hands			
2.2	Attach and redirect a low attack			
2.21	Lift Hands			
2.22	Yin Yang Symbol			
2.23	Deflect Downward			
2.3	Defense against pawing			
2.31	Wrist press			
2.32	Reverse wrist press			
2.33	Finger Qi Na			
2.34	Sword secret to Tiantu			
2.4	Teach white-green levels			
<b>Taiji Short Weapons</b>				
2.1	Blocks			

2.11	Ge			
2.12	Shang Tuo			
2.13	Mo			
2.14	Lan			
2.15	Gua			
2.16	Jiao			
2.17	Chan			
2.2	Strikes			
2.21	Liao			
2.22	Dian			
2.23	Ji			
2.24	Beng			
2.25	Da			
2.26	Sao			
2.3	Supplemental hand skills			
2.31	Pushing outward palm			
2.32	Pulling inward palm			
2.33	Zheng Yao			
2.34	Qie Zhang			
2.35	Tui Zhang			
2.36	Diaoluo Zhang			
2.37	Ya Zhang			
2.38	Quan Zhang			
2.39	Cheng Zhang			
3.4	Combinations			
3.41	Mo Zhan			
3.42	Yun Sao			
3.43	Jie Liao			
3.44	Zuo Pan Tuo Fen Duo			
3.45	You Pan Tuo Kan			
3.46	Ge Duo			
3.47	Gua Zha			
3.48	Gua Ci			
3.49	Jie Fen Sao			

Requirements in dark gray shading are recommended for independent practice.		
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