

| | | Progress Notes | Prelim | Formal |
|--|------------------------------------|----------------|--------|--------|
| Form and Std Apps | | | Test | Test |
| 6.1 | Section 1.1-3.3 rh | | | |
| 6.2 | Std apps 1.1-3.1 | | | |
| 6.3 | Teach White-Blue levels | | | |
| Firming Root and Center | | | | |
| 6.1 | Golden Rooster | | | |
| 6.11 | 90 secs on floor | | | |
| 6.12 | 30 secs on long bricks | | | |
| 6.2 | Wuji+Hold Ball 7 mins each | | | |
| Coiling and Silk Reeling Jins | | | | |
| 6.1 | Wrist Na | | | |
| 6.2 | Yang Spiraling Wrist to Elbow | | | |
| 6.3 | Yin/Yang coiling out of wrist grab | | | |
| 6.4 | Yang SmbL Parallel Stepping | | | |
| 6.5 | Yin SmbL stationary w/partner | | | |
| 6.6 | Teaching White-Blue levels | | | |
| Pushing Hands and Fighting Set | | | | |
| 6.1 | Taiji Fighting Set | | | |
| 6.11 | Section 1 Black Side | | | |
| 6.12 | Section 1 White Side | | | |
| 6.2 | Da Lu | | | |
| 6.21 | Stage 3 Rollbacks 1+2 | | | |
| 6.22 | Stage 4 add Small Roll Back | | | |
| 6.3 | Single Pushing Hands with Intent | | | |
| 6.31 | Turn Yin to Yang | | | |
| 6.32 | Follow and redirect pluck | | | |
| 6.4 | Teach White-Blue levels | | | |
| Breathing, Qi Cultivation and Circulation | | | | |
| 6.1 | Martial Grand Circulation | | | |
| 6.2 | Taiji Ball Breathing | | | |
| 6.3 | Explain Lighting the Fire | | | |
| 6.4 | Teach White-Blue levels | | | |

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| Taiji Ball Circling, Rotating and Spiraling Jins | | | |
| 6 | Stepping, Rotating and Wrapping | | |
| 6.1 | Mixed stepping and circling | | |
| 6.2 | Rotating | | |
| 6.21 | in 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 | Teach white-blue levels | | |
| Taijiquan Self-Defense and Fighting Skills | | | |
| 3.1 | Reaction training at 6 ft or less | | |
| 3.11 | Catch the bags | | |
| 3.12 | Deflect the bags | | |
| 3.2 | Adhere and connect stationary | | |
| 3.3 | Attach and redirect high attack | | |
| 3.31 | using Wave Hands | | |
| 3.32 | using Lift Hands (indoor form) | | |
| 3.4 | Attach and redirect a low attack | | |
| 3.41 | using Lift Hands (indoor form) | | |
| 3.42 | using Yin Yang symbol bottom | | |
| 3.43 | using Deflect Downward | | |
| 3.5 | Adhere and connect moving | | |
| 3.6 | Teaching--blue level | | |
| Taiji Short Weapons | | | |
| 4.1 | Short weapons warm-up set | | |
| 4.2 | Cane retention techniques | | |
| 4.3 | Advanced cane form | | |
| 4.4 | Taiji Saber | | |
| Requirements in dark gray shading are recommended for independent practice. | | | |