

	Requirement	Progress Notes	Prelim	Formal
<b>Form and Std (Teaching) Apps</b>			<b>Test</b>	<b>Test</b>
1.1	Section 1.1 right side			
1.2	Hand forms			
1.3	Patterns Peng, Lu, Ji, An			
<b>Firming Root and Center</b>				
1.1	Concept--root and center			
1.2	Describe correct postures			
1.21	Golden Rooster			
1.22	Wuji			
1.23	Bow			
1.3	Golden Rooster 15 secs each leg			
<b>Coiling and Silk Reeling Jins</b>				
1.1	Yin-Yang coiling concept			
1.2	Butt pivots on couch l+r			
<b>Pushing Hands and Fighting Set</b>				
1.1	Single sensing hands #1			
1.2	Centering Drills			
1.21	One Shoulder			
1.22	High Chest			
1.23	High Back			
<b>Breathing, Qi Cultivation and Circulation</b>				
1.1	Explain the concepts			
1.11	Back to Childhood Breathing			
1.12	Qi			
1.2	Locate and explain points			
<b>Taiji Ball Circling, Rotating and Spiraling Jins</b>				
1	Horizontal Circling			
1.1	Clockwise			
1.2	Counter Clockwise			
1.3	Spiraling Horizontally			
1.4	Horizontal Circle Changing			