

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