

	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			
1.13	Bai Hui, Hui Yin, Lao Gong, Yongquan			
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			