

		Progress Notes	Prelim	Formal
<b>Form and Std Apps</b>			Test	Test
2.1	Sections 1.1 & 1.2			
2.2	Std Apps 1.1			
2.21	Opening			
2.22	Ward Off Left			
2.23	Ward Off Right			
2.24	Roll Back			
2.25	Press			
2.26	Push			
2.27	Single Whip			
2.3	Patterns Tsai, Lieh, Zhou, Kao			
2.4	Explain hand form vertical fist			
<b>Firming Root and Center</b>				
2.1	Golden Rooster 30 secs			
2.2	Describe stances			
2.21	Empty Stance and Embrace Moon			
2.22	Ma Bu			
2.23	Back Stance			
2.3	Wuji 3 Minutes			
2.4	Ma Bu Minutes			
<b>Coiling and Silk Reeling Jins</b>				
2.1	Symbol tracing Yang side mirror			
2.11	right side			
2.12	left side			
2.2	Solo coiling exercise			
2.21	Yang coiling			
2.22	Yin coiling			
2.3	Snake coils over the branch			
2.31	Yang coiling l+r sides			
2.32	Yin coiling l+r sides			
<b>Pushing Hands and Fighting Set</b>				

2.1	Single Sensing Hands			
2.11	Technique #2			
2.12	Technique #3			
2.2	Centering drills			
2.21	Both shoulders			
2.22	Mid-chest			
2.23	Mid-back			
2.24	Push on sealed elbow			
2.25	Spiral to seal elbow			
2.3	Centering offense only			
<b>Breathing, Qi Cultivation and Circulation</b>				
2.1	Reverse Abdominal Breathing			
2.2	Yongquan Breathing			
2.3	Real Lower Dan Tian			
2.4	Points			
2.41	Yin Jiao (CV 6)			
2.42	Ming Men (GV 4)			
<b>Taiji Ball Circling, Rotating and Spiraling Jins</b>				
<b>2</b>	<b>Vertical Circling in Even Stance</b>			
2.1	Overhand			
2.11	Plumb vertical			
2.12	Shoulder and Hip			
2.13	Turning to Left and Right Sides			
2.14	Passing to the L+R Sides			
2.2	Underhand			
2.21	Plumb Vertical			
2.22	Shoulder and Hip			
2.23	Turning to Left and Right Sides			
2.24	Passing to the L+R Sides			