

		Progress Notes	Prelim	Formal
<b>Form and Standard Apps</b>			Test	Test
8.1	Section 1 left side			
8.2	Section 1 fast			
8.3	Sections 1.1 & 1.2 slow			
8.4	Indoor apps 1.1-1.2			
8.5	Teach white-red levels			
<b>Firming Root and Center</b>				
8.1	Golden Rooster			
8.11	3 minutes on floor			
8.12	1 minute on long brick			
8.2	Ma Bu 20 minutes on floor			
8.3	Wuji + hold ball each 10 minutes			
<b>Coiling and Silk Reeling Jins</b>				
8.1	<b>Yang Bagua w/trip &amp; turn</b>			
8.2	Yin straight line			
8.21	Diagonal Flying Off & Def			
8.22	Deflect Dwnd Off & Def			
8.23	Cross Palms off and def			
8.3	Straight mixing Yin and Yang			
8.4	Teach white-red levels			
<b>Pushing Hands and Fighting Set</b>				
8.1	SPH moving w/intent			
8.2	DPH stationary with intent			
8.3	DPH stationary w/ intent blind			
8.4	Taijiquan fighting set			
8.41	Sections 1,2,&3 black side			
8.42	Sections 1,2,&3 white side			
8.4	Moving sticking and adhering			
8.5	Teach white-red levels			
<b>Breathing, Qi Cultivation and Circulation</b>				
8.1	Small Circulation			

8.2	Points on Conception Vessel			
8.3	Five Gates Breathing			
8.4	Teach white-red levels			
<b>Taiji Ball Circling, Rotating and Spiraling Jins</b>				
8.1	Solo--all techniques mixed			
8.2	Both hands on the ball			
8.21	Rocking V&H circling & rotating			
8.22	Stepping circling & rocking			
8.3	One hand on the ball			
8.31	Stationary V&H circling			
8.32	Rocking V&H circling			
8.33	Rocking V&H circling & rotating			
8.34	Stepping circling & rocking			
8.4	Teach white-red levels			
<b>Self-Defense and Fighting Skills</b>				
5.1	Short Fa Jin w/ Red Board			
5.11	Block brush knee			
5.12	Single whip sunken wrist			
5.13	Step and punch			
5.2	Fa Jin on long bricks			
5.21	Twist			
5.22	Flip			
5.23	Part horses mane			
5.24	Wave hands			
5.25	Single whip crane's beak			
5.3	Step attach and counter fast			
5.31	low attacks			
5.32	high attacks			
5.4	Techniques to reverse grabs			
5.41	Same side wrist			
a	Small wrap hand #2			
b	Old man promoted to general			
5.42	Cross grab wrist			
a	Small wrap hand #1			

5.43	Come along wrist grab			
a	Forgive Me for Not Coming			
b	Smear and roll back			
5.44	Elbow			
a	Reverse wrist press			
b	Smear and roll back			
5.5	Teach white-red levels			
<b>Taiji Short Weapons</b>				
6.1	Introduction to Taiji Jian			
6.11	Anatomy of the Jian			
6.12	Jian Grips			
6.13	Sword secret hand			
6.14	Jian solo drills			
a	Zuo You Yao Bai			
b	Qian Hou Shang Liao			
c	Zuo You Rao Quan			
d	Shang Hua Xia Cuo			
e	Zuo You Chan Wan			