

The Changing Dragon

Tai Chi Ch'uan Curriculum and Training Levels

Novice (0-6 months)

Warm-ups

Breathing & Relaxation Ex.

Mind Focus

Basic Stretching Program

- 1) Warm-up/Kicks (10)
- 2) Power Set (5)
- 3) Stretching Set (5)

Circle Stretching Program

Shaolin Stretching Program

Chi Kung

Forms

- 1) Gathering Chi
- 2) Three Circles
- 3) Push the Mountain, Move the Sea

Student (7-12 months)

- 1) Five Elements
- 2) Tien Tao
- 3) Yi-Jin-Jing

Exercises

- 1) Chi Kung Circles
- 2) Condense Chi
- 3) Pick the Fruit
- 4) Pick up the Suitcases
- 5) Polish the Mirror
- 6) Standing Meditation
- 7) Step Over the Fence
- 8) Universal Post

- 1) Beat the Heavenly Drum
- 2) Catch the Wind
- 3) Condense Chi – Advanced
- 4) Hold the Teacup
- 5) Monkey Sees the Bird
- 6) Polish the Grain
- 7) Shoot the Bow
- 8) Wheel of Chi

Footwork/Stances

Seven Basic Stances

- 1) Back
- 2) Bow
- 3) Box
- 4) Cat
- 5) Crane
- 6) Dragon
- 7) Horse

Seven Stances Stepping Horse Stance Focus

- 1) Angel Looks in the Mirror
- 2) Li Kwai Points to the Winner
- 3) Lying Leg
- 4) Rhino Looks up at the Moon
- 5) Swallow Skims the Water
- 6) Three Planes

Tai Chi Stepping

Walking the Circle

Push Hands/Partner

- 1) Grasp the Sparrow's Tail
- 2) Polish the Vase
- 3) Vertical Circle
- 4) Yin/Yang Pushing/Yielding

Forms

Ch'ang Solo Form – Part 1

Ch'ang Solo Form – Part 2

Ch'ang Solo Form – Part 3
Tai Chi Staff

Advanced

(25-60 months)

Disciple

(60+ months)

**Assisting/Teaching
other Students**

Lao Shr

(120+ months)

Chi Kung

Forms

Intro. to Pakua 8 Animal Form

Exercises

Advance and Retreat

Wall Chi Kung

Footwork/Stances

Diagonal Stepping

- 1) **Double Pulling**
- 2) **Grasp the Sparrow's Tail**
- 3) **Two-Hand Press**

Advanced Stepping

- 1) **Bamboo**
- 2) **Santi**
- 3) **Ting zi bu**

Santi Standing

Push Hands/Partner

- 1) **Brush Knee**
- 2) **Four Corners**
- 3) **Grasp the Sparrow's Tail – Two Hands**
- 4) **Lu-An**
- 5) **White Snake – Fixed and Active Stepping**

Rooting Drills

Da Lu

**Free Da Lu
Free Sanshou
Man Da**

Forms

Tai Chi Broadsword

Sanshou

Tai Chi Jen Sword