

Tai Chi Chuan Requirements

White Sash

Three Taoist Swings
Four Chi Extension Exercises
Tai Chi Cat Walk
Four Directions Ward-off
Preparation (WuJi)
Begin tai chi
Grasp sparrow's tail
Ward off Left
Ward off Right
Roll back
Squeeze
Press
Single whip
Rising hands
Shoulder stroke
White crane spreads its wings
Brush knee and twist step (left)
Strum the lute
Brush knee, twist & push step (left)
Step up, deflect downward, parry & punch
Apparent Closure
Cross hands



Green Sash

Fair lady works at shuttles (to four corners)
Grasp Sparrow's tail
Single whip
Snake creeps down
Step up to seven stairs
Step back to ride the tiger
Turn body to sweep the lotus
Bend bow to shoot the tiger
Step up, deflect downward, parry, and punch
Apparent closure
Crossing hands
Closing

Chi Gung:

Spiraling from the horse riding stance
Opening the gravity gates
Yang Family Tai Chi Chi Gung

Blue Sash

Tai Chi Cane-Section I

Gold Sash

Embrace tiger return to mountain
Grasp sparrow's tail
Diagonal Single Whip
Fist under elbow
Repulse Monkey (three times)
Diagonal flying
Wave hands like clouds (three times)
Single whip
Snake creeps down
Golden rooster stands on one leg (left and right)
Separate foot (right and left)
Turn and kick with left heel
Brush knee and twist step (left and right)
Step up and punch to groin
Grasp sparrow's tail
Single whip

Red Sash

Tai Chi Cane-Section II

Brown Sash Partner Exercises

Two Arms Vertical Circling
Two Arms Vertical Shifting
Two Arms Horizontal
Two Arm Figure 8's
Two Arm Elbow Strikes
Chest Press
Melting Ink
4 Hands Exercise
Dao Liu

Abdominal Self-Massage

Tai Chi Chuan Sword Form