

Introduction

Tai Chi

Tai Chi sometimes described as “moving meditation.” The art contains movements that are so varied that they put into play every part of the body with harmonious design and graceful patterns. Even Tai Chi is a style of martial art, but was aimed at preserving and prolonging life. This is not to imply that by practicing Tai Chi “the grand ultimate fist” exercise system one can physically live forever, but it was designed to supplement the pursuit of longevity. The true self-defensive power of Tai Chi is “rooted in the feet”. It develops into the legs, is directed by the wrist, and functions through the fingers.

We are committed to providing professional martial arts instruction that will help our students to become and remain strong, healthy members of our community.

Testing instruction

Testing date will be posted on the bulletin board and on the website.

Pre-register and pre-test in advance. Do not register on the testing date.

Please wear proper uniform for testing (Tai Chi T-shirt or full uniform).

Testing fee: \$35 pay when register.

Test result, sash and certificate will be presented within one week.

Please contact Sifu (instructor) Chan if you have any question.

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Tai Chi Curriculum

Yellow	Tai Chi preparation exercise - warm up - stretching -breathing - eight stances - tai chi single technique - Yang's Tai Chi form part I
Orange	Single hand push hand Yang's form part II
Purple	Tai Chi Palm part I Two hand push hand
Green	Tai Chi palm part II Push hand applications
Blue	Yang's Sword form Advanced push hand and applications
Brown	Tai Chi fan form
Black	Advanced Sword form – Lin Wen Gim

Yellow Sash

Warm up and stretching exercise

Hand technique

Single hand sweep, Double hand sweep

Slant flying, Horse stance scoop

Wave hand, Twist step and push, Slip back

Grasp bird's tail, Peacock stand with one leg

Tai Chi eight stances

- Horse stance - Front stance - Cat stance

- Cross stance - Hanging stance - Tai Chi stance

- Drop stance - Twist step

Kicks

- Front kick - Front push kick

Breathing exercise

- Lifting and sinking

- Open and close

- Lift and open

- Side lift and sink

Yang's form (part I) – Beginning to the second Cross hand (after the kicks). In this first section, we will only focus on just learning the first part of this form and how to relax during practice, also emphasizes the development of strength, lightness of movement and balance. we will put the self-defense part on the side and leave it for the future training.

This level takes average of four months to complete.

Yang's Tai Chi part II – Orange sash

The second part of the Yang's form test starting from the second cross hand to the very end of the form. The second part of the form focus on analyzing your movement, understand what you are doing, and be aware of what every part of your body is doing for the entire form.

Single hand push hand

- Push
- Ward off
- Body rotation
- Stances transitions
- Energy flow
- Switch hand

Typically, participants begin facing one another, each in a Front Stance with one hand extend maintain a light contact at the whole time. One person initials a forward push while the other person reacts with a circular motion to ward off the push. Feel the flow of energy between yourself and your opponent.

Kick

1. Push kick
2. Lift kick
3. Brush kick

This level takes average of four months to complete.

Tai Chi Palm part I – Purple Sash

Tai Chi Palm form from the opening to the Cross hand

Palm form part I

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|--------------------------|------------------------------|
| 1. Opening | 2. Lifting Tai Chi |
| 3. Turn & drop palm | 4. press forward |
| 5. Carry palms back | 6. Extend arms |
| 7. Pull back | 8. Sweep hand across |
| 9. Raise hand | 10. Strike to face |
| 11. Turn around strike | 12. Sweep & push |
| 13. Grasp bird's tail | 14. Single whip |
| 15. Diagonal flying | 16. Spin around |
| 17. Chop to neck | 18. Diagonal flying(2 times) |
| 19. Strike to groin (x2) | 20. Open the bow |
| 21. Open the bow | 22. Strike with palm |
| 23. Monkey step back | 24. Palm strike |
| 25. Horse's mane right | 26. Horse's mane left |
| 27. Horse stance scoop | 28. Lift and chop |
| 29. Open the bow | 30. Horse stance thrust |
| 31. Brush knee | 32. Stand with one leg |
| 33. Double push | 34. Chop to neck |
| 35. Step forward thrust | 36. Diagonal flying |
| 37. Twist & thrust | 38. Single whip |
| 39. Brush knee | 40. Horse mane right |
| 41. Stand up & strike | 42. Sea bottom needle |
| 43. Horse mane right | 44. Golden needle |
| 45. Pull & grab | 46. Corner palm strike |
| 47. Brush knee | 48. Horse mane right |
| 49. Diagonal flying | 50. Step & double push |
| 51. Lift up | 52. Down position |
| | 53. Cross hand |

Single hand push hand with applications:

1. Pull down
2. Pull sideways
3. Back fist
4. Drop down stance with pull

This level takes average of four months to complete.

Tai Chi Palm part II – Green sash

Starting from Cross hand to the very end of the Palm form.

Two Hands Push Hand

Two hands Pushing hands teaches control by upsetting the balance of one's opponent. Each has his or her outside hand on the elbow of their opponent and the inside hand on the wrist. The opponents use their hands to push against one another, seeking to control one another's energy. Sudden or forceful shoving is not allowed. The victor should be the pusher of the greatest skill, not the greatest strength. A skilled Tai Chi practitioner will exploit excessive use of strength or energy. Circular motion is used to divert attacks from the critical center of the body. The body must be relaxed. If the body is tense or stiff, the center can be influenced from any point, while if the body is relaxed, energy can easily be dissipated or diverted. Awareness and reaction often triumph over force and aggression.

This level takes average of four months to complete.

Yang's Tai Chi Straight Sword – Blue sash

Testing requirement – Entire Tai Chi Sword form.

The Tai Chi sword form we will be learning is just a little faster pace than a normal Tai Chi hand form. Learning the spiritual aspect of the sword is the first step to establish connection between your soul and your sword, once you start to master this form, you will start to understand how the sword and your mind connect. Cleaning and polish your sword is necessary every time you finish your training, just like taking good care of your own body. You will find how important the little details can add up.

Straight sword is a completely different category of martial arts training. Many students called the straight sword as Tai Chi Sword, it is not always true, because straight swords were taught by many masters from many different styles of martial arts. Straight sword also known as double edges sword, in Chinese we called it “Jin”. All movements should be performed in as relaxed a manner as possible. There should be no breaks between the movements, which should be even and soft. This does not mean that the speed of the various movements is absolutely constant. It is quite usual and desirable to slow the movement down as you move into a posture. Ensure that your breathing is smooth, slow, even, and calm.

Two hand push hand

1. Advanced technique
2. Push hand within a circle

This level takes average of six months to complete.

Tai Chi Fan – Brown Sash

Testing requirement – Entire Tai Chi Fan Form

There are 52 movements in the entire routine based on the characteristic Tai Chi posture with the fan's artistic and martial applications. By putting a series of more complicated but graceful Tai Chi movements together with numerous powerful and dynamic movements from other Tai Chi styles, it provides an excellent opportunity for enthusiasts to achieve better physical fitness, greater flexibility and improve concentration.

Fan Form 52 moves

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|---------------------------|---------------------------|
| 1. Pre-opening | 2. Slant flying |
| 3. Open fan | 4. Forward thrust |
| 5. Turn & thrust | 6. Lift up open fan |
| 7. Spin around strike | 8. Turn & press |
| 9. Horse stance open fan | 10. Slant & upward strike |
| 11. Stand up open fan | 12. Step & thrust |
| 13. Stomping push | 14. Upward fan |
| 15. Cross step press | 16. Turn around fan |
| 17. Horse stance open fan | 18. Horse stance push |
| 19. Turn and stab | 20. Cross step open fan |
| 21. Cat stance lift fan | 22. Cross step hold fan |
| 23. Stand up and hook | 24. Cloud hand strike |
| 25. Step back open fan | 26. Stand up hold fan |
| 27. Slant flying | 28. Stand up open fan |
| 29. Forward thrust | 30. Stomping push |
| 31. Upward fan | 32. Cross step press |
| 33. Turn around fan | 34. Horse stance open |
| 35. Double elbow | 36. Double side fist |
| 37. Side strike | 38. Stomp & snap fan |
| 39. Kick & push fan | 40. Hanging stance |
| 41. Twist fan | 42. Step back open fan |
| 43. Circular step | 44. Two hands hold fan |
| 45. Hold up fan | 46. Pull & press |
| 47. Hide fan behind | 48. Sweep & strike |
| 49. Down position | 50. Side punch |
| 51. Close fan | 52. Return position End |

This level takes average of five months to complete.

Lin Wen Gim (fast sword form) – Black sash

Testing requirement – Entire Fast sword form

- Every movement is initiated by the foot, controlled by the waist, transmitted to the wrist, and manifested in the blade or tip of the sword. Therefore, there should be good upper body and lower body coordination; even the slightest transference of weight from one foot to another should be reflected throughout the body.
- Further to the above, many students perform Tai Chi (both Hand and Sword Forms) as though their arms have an independent intelligence. It is essential that the core of the body moves the sword. If the body is still, the sword will not move. This gives immense power to the sword, and in fact, it is then moved by internal power (chi) The sword should feel as though it is an extension of your body.
- Ensure that your body is stable at every point of a movement. When placing a foot, for example, place it so that it can be retracted if necessary, and only then do you commit your weight on to it. You should be able to stop at a moment's notice in the middle of any movement and feel that you are stable. This will allow you to become light and nimble if necessary, and will give you speed should you need it.
- Every movement should be directed by your intention. Your mind is extended to whichever part of the sword you are using. This means that it is important to understand the applications of each posture, otherwise it is hard to know what the intention is. Understanding the application of a move allows the movements to become more accurate; this does not mean that you move faster when performing a move or posture, nor is the speed of the Form jerky and uneven.

This level takes average of eight months to complete.