



## JUNIOR GRADING SYLLABUS

### - T'AI CHI -

#### 1<sup>st</sup> PU – YELLOW SASH

IMPORTANT NOTE : If you do not understand what you have to do for your grading you MUST ask your Instructor beforehand

<b>Stances</b>	Stance - Dragon Snake Crane Bear Eagle Dog Cat Riding Horse Duck/Monkey Leopard Horse Cross Leg/Scissor
<b>Steps</b>	Type - Ladder Direction - Forward & Backward Stance - Snake / Scissor Snake / Cross Leg
<b>K'ai Men</b>	Dragon
<b>Tao Yin</b>	Four Directional
<b>Chi Expressions</b>	Two against One
<b>Drill</b>	Select stance from : Dragon / Snake / Eagle / Crane etc.
<b>T'ai Chi Form</b>	11