



JUNIOR GRADING SYLLABUS

- T'AI CHI -

1st PU – YELLOW SASH

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

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