



## JUNIOR GRADING SYLLABUS

### - T'AI CHI -

#### 2<sup>nd</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 - Box Stance - Bear to Snake
<b>8 Energies</b>	Ward Off
<b>K'ai Men</b>	Bear
<b>Tao Yin</b>	Five Lotus Petals Happy Day
<b>Chi Expressions</b>	Two against One
<b>Drill</b>	Select stance from : Dragon / Snake / Eagle / Crane etc.
<b>Sticky Hands</b>	Left / Right
<b>T'ai Chi Form</b>	20