



JUNIOR GRADING SYLLABUS

- T'AI CHI -

3rd 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 - 90 degree & 180 degree Rotations Box Stance - Bear - Cat - Snake - Crane - Duck/Monkey Snake to Cat
8 Energies	Roll Back
K'ai Men	Cat
Tao Yin	Beware The Bear Flying Fox
Chi Expressions	Two against One
Drill	Select stance from : Dragon / Snake / Eagle / Crane etc.
Sticky Hands	Forward / Back
T'ai Chi Form	30