



JUNIOR GRADING SYLLABUS

- T'AI CHI -

4th PU – RED SASH

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

Stances	Stance - Frog Chicken Drunkard Stork	Hawk Tiger Lion Crocodile
Steps	Type - Box Drill - Changing Stance	
8 Energies	Press	
K'ai Men	Leopard	
Tao Yin	Leopard Turns Around Stop the Five Seasons	
Chi Expression	Two against Two	
Drill	Select stance from : Dragon / Snake / Eagle / Crane etc.	
Sticky Hands	Down	
T'ai Chi Form	40	
T'ai Chi Fei Shou	10	