



## JUNIOR GRADING SYLLABUS

- T'AI CHI -

### 5<sup>th</sup> PU – RED 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 - Frog Chicken Drunkard Stork	Hawk Tiger Lion Crocodile
<b>Steps</b>	Type - All Ladder Drill - Changing Stance	
<b>8 Energies</b>	Push	
<b>K'ai Men</b>	Eagle	
<b>Tao Yin</b>	Press Down & Lift Up The Archer	
<b>Chi Expression</b>	Two against Two	
<b>Drill</b>	Select stance from : Dragon / Snake / Eagle / Crane etc.	
<b>Sticky Hands</b>	Up	
<b>Whirling Hands</b>	Left / Right	
<b>T'ai Chi Form</b>	52	
<b>T'ai Chi Fei Shou</b>	20	