



JUNIOR GRADING SYLLABUS

- T'AI CHI -

6th PU – RED SASH

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

Steps	Type - Ladder & Box Stance - Any Direction - Any
8 Energies	Pull
K'ai Men	Riding Horse
Tao Yin	Single Iron Arm Support the Clouds
Chi Expression	Two against Two
Drill	Select stance from : Dragon / Snake / Eagle / Crane etc.
Sticky Hands	Any of the six directions - Single Hand
Whirling Hands	Forward / Back
Whirling Arms	Single arm
T'ai Chi Form	62
T'ai Chi Fei Shou	30