



JUNIOR GRADING SYLLABUS

- T'AI CHI -

7th PU – BLUE SASH

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

Steps	Type - 90° & 180° Rotations Changing Stance
8 Energies	Split
K'ai Men	Crane
Tao Yin	Play Shuttlecock Pont of the Arrow
Chi Expression	Back to Front
Drill	Select stance from : Riding Horse / Bear / Eagle / Crane
Sticky Hands	Any of the six directions - Single Hand
Whirling Hands	Up / Down
Whirling Arms	Changing arms
T'ai Chi Form	72
T'ai Chi Fei Shou	40