



JUNIOR GRADING SYLLABUS

- T'AI CHI -

8th 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 - 270° & 360° Rotations Zig zag Changing Stance
8 Energies	Elbow
K'ai Men	Duck
Tao Yin	All Around Come Here Yin Harmony
Chi Expression	Back to Front
Drill	Select stance from : Riding Horse / Bear / Eagle / Crane
Sticky Hands	Any of the six directions - Double Hand
Whirling Hands	Any of the six directions
Whirling Arms	Any of the six directions - Double Arm
T'ai Chi Form	80
T'ai Chi Fei Shou	50
T'ai Chi Chang Kwai / T'ai Chi Chien <u>OR</u> T'ai Chi Fan	10