



JUNIOR GRADING SYLLABUS

- T'AI CHI -

1st TENCHI – BLACK JACKET

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 Changing Stance
8 Energies	Push Hands
K'ai Men	Double Plough
Tao Yin	Imitation Ball Heaven & Earth
Chi Expression	All
Drill	Changing
Sticky Hands	Free Step
Whirling Hands	Free Step
Whirling Arms	Free Step
T'ai Chi Form	102
T'ai Chi Fei Shou	80
T'ai Chi Chang Kwai / T'ai Chi Chien <u>OR</u> T'ai Chi Fan	30