

Internal Wushu – Taiji Class Test Qualification Contents

Level 1

1) Stances

Bow Stance
Horse Stance
High Empty Stance
Drop Stance
T Stance
Cross Leg Resting Stance
Walking Step

2) Basic Movements

Part the Wild Horse's Mane
Brush Knee and Step Forward
Wave Hands Like Clouds
Left and Right Lower Body

3) Kicks

Forward Front Kick With Heel
Side Front Kick With Heel
Slap Toe Kick
Left and Right Splitting Heel Kick (hip level high)

4) Push Hands Techniques

Peng, Lu, Ji, An
Two People Stationary Push Hands Set
Two People Push Hands Set, Advance One Step and Retreat One Step,
Advance Three Steps and Retreat Two Steps

5) Forms

24 Form Taiji

32 Postures Taiji Sword

Level 2

1) Stances

Bow Stance
High Empty Stance
Drop Stance
T Stance
Cross Leg Resting Stance
Half Horse Stance
Side Block Stance
Following Step
Walking Step
Cross legs Jumping Step

2) Basic Movements

Deflect, Parry, and Punch
Turn Body, Deflect, Parry, and Punch
Left and Right Wave Hands Like Clouds
Repeating Left and Right Shuttle Back and Forth
Repeating Roll Back and Press

3) Kicks

Outside Crescent Kick(Slap with both hands)
Jump Flying Kick
Left and Right Splitting Toe Kick(waist level)
Left and Right Splitting Heel Kick(waist level)

4) Push Hands Techniques

Cai, Lie, Zhou, Kao
Peng, Lu, Ji, An, Cai, Lie, Zhou, Kao Combined

5) Forms

48 Form Taiji

Taiji Fan

13 Postures Taiji and Application

Level 3

1) Stances

Low Bow Stance

Low Horse Stance

Low Half Horse Stance

Low Empty Stance

2) Basic Movements

Chen Style Taiji Part the Wild Horse's Mane

Chen Style Taiji Wave Hands Like Clouds

Chen Style Taiji Reverse Reeling Forearm

Straight Punch and Throwing Punch

3) Kicks

Outside Crescent Kick(slap with one hand)

Inside Crescent Kick

Side Heel Kick With Power Emission(Fa Jing)

Jump Flying Kick

4) Push Hands Techniques

Single Hand Techniques

Push in Horizontal Circle

Push in Vertical Circle

Wrist Spiralling and Rolling Hand Method

Lower Arm Sticking and Connecting in Vertical Rotation Practice

Upper Arm Sticking and Connecting in Vertical Rotation Practice

Outer Elbow Pressing and Rolling Hand Method
Inner Elbow Pressing and Rolling Hand Method
Grasping, Holding-up, Pulling and Rolling Hand Method
Shoulders Striking
Back Striking
Chest Striking
Hip Striking
Knee Striking
Four Doors Moving Step Grasping

Two Hands Techniques

Push In Vertical Circle
Four Basic Hand Method – Warding Off
Four Basic Hand Method – Rolling Back
Four Basic Hand Method – Pressing
Four Basic Hand Method – Pushing
Fixed Step Four Basic Hand Method
Moving Step Four Basic Hand Method
Four Basic Hand Method (Four Corners)

5) Forms

Chen Style Taiji First Form (Old Frame, simpler one)
Other Taiji(Yang Style, Sun Style, Wu Style, etc.)
42 Postures Sword

Level 4

1) Stances

Low Walking Stance into Bow Stance and Horse Stance
Cross Over Step
Cross Behind Step
T Stance, Side Step into Horse Stance

2) Basic Movements

Peng Jing Training (Instructors will test for internal Jing)

Lu Jing Training

Ji Jing Training

An Jing Training

Cai Jing Training

Lie Jing Training

Zhou Jing Training

Kao Jing Training

Straight Punch(Instructors will test for coordination and power emission)

Throwing Punch

2) Kicks

Gou, Ti Tui Application

Kao Tui Application

Ban, Ji Tui Application

Jump Flying Outside Crescent Kick

Tornado Kick

3) Push Hands Techniques

Free Style Push Hands – Knowledge of neutralizing and borrowing opponent's Jing

Knowledge of 10 Free Style Push Hands Techniques

4) Forms

Chen Style Taiji Second Form(Cannon Fist)

Chen Style Taiji First Form(Old Frame, long form)

Taiji 13 Postures Sword and Application