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