

Taijiquan training system

1. Basic

Taijiquan

1. 13 Postures (8 doors and 5 steppings)
2. Simplified Tai Chi (24 postures, 37 postures)
3. Taiji Qigong
 - 1) Stretching and Warming up
 - 2) Wai Dang standing still meditations
 - 3) Primary set
 - 4) Coiling set
 - 5) Rocking set
 - 6) Walking set
4. Stances, basic drills, rooting, sticking
5. Movings
6. Taijiquan – Classical Yang style (53/108 postures)
7. Pair work basics

Qigong

1. Eight pieces of brocade (Baduan Jin)
2. Wai Dang Qigong (Fists set, etc.)
3. Nei Dang Qigong (Abdominal breathing, MCO etc.)
4. Qigong theory

2. Intermediate

Taijiquan

1. Taiji theory, Yang style secrets
2. Jing-gong
 - 1) Sensing jins
 - 2) Offensive jins
 - 3) Defensive jins
 - 4) Neutral jins
 - 5) Leg jins
3. Taijiquan martial application (37 main postures)
4. Tui Shou (Taiji Pushing hands)
 - 1) Single and double Pushing hands
 - 2) Peng, Lu, Ji, An Double Pushing hands
 - 3) Moving single and double Pushing hands
 - 4) Large rollback moving Pushing hands (Da Lu)
5. Chan Shou (Taiji Yin yang Sticking hands)
 - 1) Yang symbol practice
 - 2) Yin symbol practice
6. Taiji Ball Qigong
 - 1) Circling
 - 2) Rotating
 - 3) Wrap-coiling
 - 4) Self-training exercises, two person matching drills

7. Taiji Chin Na (Qin Na)
 - 1) Qin Na in Peng, Lu, Ji, An
 - 2) Qin Na in Cai, Lie, Zhou, Kao
 - 3) Qin Na applications in Taijiquan postures
 - 4) Qin Na in Taiji Pushing hands

Qigong

1. Five animal Qigong
2. Qigong massage
3. White Crane Jing
4. White Crane Hard and Soft Qigong
5. Qigong meditation – Embryonic breathing

3. Advanced

Taijiquan

1. San Shou (Tai Chi Fighting set)
2. Slow and fast single form
3. Taiji Saber
4. Taiji Staff
5. Suai Jiao (Tai Chi Wrestling)
6. Taiji Sword
7. Chin Na in depth

Qigong

1. Qigong meditation – Small and Grand circulation
2. Yi Jin Jing (Muscle and tendon changing Qigong), Iron Shirt
3. Xi Sui Jing/Neigong (Marrow and brain washing Qigong)