



Tai Chi Curriculum

White Sash

Pa Kua Chang Section 1
Yang Tai Chi Chuan - Short Form

Yellow Sash

Pa Kua Chang Section 2
Tai Chi Jian - Tai Chi Straight Sword

Blue Sash

Pa Kua Chang Sections 3 & 4
First Half of Yang Tai Chi Chuan - Long Form

Green Sash

Pa Kua Chang Sections 5 & 6
Second Half of Yang Tai Chi Chuan - Long Form

Third Degree Brown Sash

Pa Kua Chang Sections 7 & 8
Chen Iron Fan
Fist of Ultimate Mercy (Buddha Fist)

Second Degree Brown Sash

First Half of Chen 83
Yin Dagger (white eyebrow system)

First Degree Brown Sash

Second Half of Chen 83
Yang Dagger

First Degree Black Sash

8 Animal Pa Kua
Yang Tai Chi Broadsword
Yang Tai Chi Broadsword Two Man Set

Second Degree Black Sash

Hsing I Chuan (5 roads, linkage, 12 animals, two man set)
Pa Kua Spear
Hua Tuo's 5 Animals (live & dead & Shien Tian Chi)

Third Degree Black Sash

Snake Pa Kua
Hsing I Entwine the Dragon Sword
Pa Kua Oo Tze Kun

Fourth Degree Black Sash

Dragon Pa Kua
Mulan Double Fan
Hsing I 6 Harmony Staff
Pa Kua Broadsword
Liu Hsing - Yin Side
Liu Hsing - Yang Side