

Curriculum Checklist

Name:

Email:

Phone:

Country

Date

Administrative:

N R I T

• Check the curriculum items you have learned • If you do not know the year, leave field blank • Self-rating 0 - do not know. 10 - know expertly.

5 Section Taijiquan Program 五段太極拳

1. Outer Layer (Form)

- Solo Bare-hand Form (Yang-style)
- Partner Bare-hand Form
- Solo Bare-hand Form (24 Form)
- Solo Bare-hand Form (Chen-style)
- Solo Sword Form
- Partner Sword Form

Abbreviation	Administrative	Have learned	Year learned	Self-rating 0
5-yang				
5-2				
5-24				
5-chen				
5-swd1				
5-swd-2				

2. Inner Layer (Connection)

- 5 Section Taijiquan Sensing-hands
- 5 Section Taijiquan Sensing-sword

5-senhan				
5-senswd				

3. Deep Layer (Core Principles)

- 5 Words of Self-composure
- Wuduanjin • Five-section Brocade

		Learned	Year	Self-rating 1
5-words				
5-brocade				

4. 5 Section Taijiquan Teachers Training

- Full Curriculum Intensive & Instructor's Certification

5-cert				
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Yang-style Taijiquan Program 楊式太極拳

Foundational Curriculum

1. Physical-Energetic Foundation Work

- Taiji Gongli • Flexibility, Conditioning, Power, Core-principles tj-gongli
- Taiji Baduanjin • Eight-section Brocade tj-8br

		Learned	Year	Self-rating 1
tj-gongli				
tj-8br				

- Taiji Seated Neigong • Breath Placement Method
- Taiji Seated Neigong • Qi Circulation Method

tj-sit-breath	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
tj-sit-qi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Bare-hand Curriculum

1. Solo

- 37 Essential Single Forms (Progressive Method)
- Taiji 108 Long-boxing Solo Form

		Learned	Year	Self-rating 1
37-prog	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
108	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. Push-hands

- Taiji Sensing-hands
- Eight Disc-framed Fixed-step Push-hands
- Four-squares Push-hands
- Four-squares Push-hands (eight reversals)
- Four-corners Push-hands

tj-senhan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1-8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4-hands	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8-change	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
dalu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Applications

- 37 Essential Single Forms (Traditional Method)
- Taiji Hitting-hands
- Taiji 88 Sparring Form

37-trad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
dashou	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
88	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Apparatus Curriculum

1. Dagger

- Thirteen-powers Taiji Dagger Solo Form
- Thirteen-powers Taiji Dagger Method

		Learned	Year	Self-rating 1
solo-dagr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13-dagr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. Sabre

- Taiji Sabre Solo Form (13)
- Taiji Solo Form (32)
- Taiji Sabre Applications Form
- Thirteen-powers Taiji Sabre Method

13f-sabr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32f-sabr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sabr-apps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13-sabr	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Straight-sword

- Taiji Straight-sword Solo Form (54)
- Taiji Sensing-sword

54f-swd	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
tj-senswd	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Thirteen-powers Taiji Straight-sword Method

13-swd

4. Spear & Halberd

- Thirteen-powers Taiji Spear Method
- Three Methods of Taiji Halberd

13-spr

Learned

Year

Self-rating 1

3-halb

Auxiliary Studies

- The Taijiquan Classics
- The Yijing
- Taijiquan 25 Energies Theory
- Massage, manual therapy
- Point-Specific Acupuncture Method

Learned

Year

Self-rating 1 to 10

Xingyiquan & Baguazhang Program 形意拳, 八卦掌

1. Xingyiquan

- Xingyiquan Five-fists
- Xingyiquan Linking-fists
- Xingyiquan Sparring Exercises
- Xingyiquan Peaceful-body Cannon

xy-5-fist

Learned

Year

Self-rating 1 to 10

xy-linkfist

xy-spar

xy-anpao

2. Baguazhang

- Baguazhang Eight Mother-palms
- Baguazhang Eight Palm-changes
- Baguazhang Sparring Exercises
- Baguazhang Eight Palm-changes Partner Form

bg-moplms

bg-plmch

bg-spar

bg-ptnr

General Comments Type here:



