

## **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