

TAI CHI RANKING

WHITE

Still Postures: Beach Ball, 70-30 Stance, Single Whip, Ward-offs, Press & Push

Push Hands: Passes "listening sensitivity drill" every time

Sword: How to hold the sword, 3 parts of the sword, 4 sides of the sword

SILVER

Still Postures: Lift Hands, Shoulder Strike, Phoenix Spreads Wings, Play the Guitar, Brush Knee Left, "Hold the Watermelon", Punch, Closure/Conclusion

Push Hands: Keep ball between chest & hand

Sword: 10 Strikes

GOLD

Still Postures: Embrace Tiger/Return to Mt., Fist Under Elbow, Diagonal Flying, Golden Rooster, Separate Foot, "Low Punch", 4 Corners, 7 Stars, Step Back/Ride Tiger, Bend Bow/Shoot Tiger

Push Hands: Keep body square – Square shoulders

Sword: 15 Blocks

YELLOW

Moving Postures: Rollback-Press, R-Push, Brush Knee, Stir the Soup, Shoulder Strike, Repulse Monkey, Wave Hands in the Clouds, Snake Creeps Down, Spinning Heel Kick, Sweep Lotus

Push Hands: Weight change

Sword: No Partner Sword Drills: Drawing in/out, Spiral Block/Minor, Diagonal Slashes

ORANGE

Form: To First SINGLE WHIP, Push Hands: Full range, Sword: Partner drills

GREEN

Form: To APPARENT CLOSURE

Push Hands: Turn & Direct (one hand push hands)

Sword: Mini-Choreographed Sword Form

BLUE

Form: To GOLDEN ROOSTER

Push Hands: Able to unbalance partner (with neutralizing, grounding, rooting)

Sword: No Partner Choreographed Sword Form (long form)

PURPLE

Form: To FOUR CORNERS

Push Hands: Dalu, Sword: Choreographed Sword Form (long form) (one side)

BROWN

Form: To SEVEN STARS

Push Hands: Choreographed Push Hands

Sword: Choreographed Sword Form (long form) (both sides)

BLACK

Form: Knows Entire Form, Push Hands: Free-Style Push Hands, Sword: Free Sword Play