



Shaolin-Do
Kung Fu & Tai Chi

Tai Chi Curriculum

New Requirements, September 2005

White Sash

Pa Kua Chang Section 1
Tai Chi Chuan Short Form- Yang 24

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 Tai Chi Chuan Long Form- Yang 64

Green Sash

Pa Kua Chang Sections 5 & 6
Second Half of Tai Chi Chuan Long Form- Yang 64

Third Degree Brown Sash

Pa Kua Chang Sections 7 & 8
Tai Chi San- Chen Iron Fan
Tei Cha Chuan- 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
Tai Chi Broadsword Two-Man set



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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
next 2 internal forms taught by Grandmaster Sin Kwang Thé