



CHEN STYLE TAI CHI

LEVEL 3 SYLLABUS

Level Three Objectives

By completion of this level of the course the students should be able to demonstrate:

- An greater understanding of all of the level one and two material.
- An element of energy release during the 18 form.
- An understanding of all the techniques outlined in the syllabus.

Fundamental

General warm up exercises

Stretching exercises

More advanced Qigong

Energy release exercises

Silk reeling

Tai Chi Stance

Development of the internal feeling of Tai Chi

Push Hands

Horizontal circle movement

Vertical circle movement

Figure of eight movement

Inside Circles both arms

Outside Circles both arms

Alternate both arms

The Eighteen Form Movements

1. Preparing
2. Buddha's Warrior Attendant Pounds Mortar
3. Lazy About Tying Coat
4. Six Sealing And Four Closing
5. Single Whip
6. The White Crane Spreads It's Wings
7. Walk Forward Diagonally
8. Brush Knee
9. Stepping to Both Sides
10. Cover Hands and Strike with Fist
11. High Pat On the Horse
12. Kick With Left Heel
13. The Jade Girl Works At Shuttles
14. Wave Hand
15. Turn Body with Double Lotus Kick
16. The Cannon Fist Over Head
17. Buddha's Warrior Attendant Pounds Mortar
18. Finishing Form

The Fifteen Form Movements

1. Preparing
2. Buddha's Warrior Attendant Pounds Mortar
3. Lazy About Tying Coat
4. Six Sealing And Four Closing
5. Single Whip
6. Buddha's Warrior Attendant Pounds Mortar
7. The White Crane Spreads It's Wings
8. Walk Obliquely And Twist Step on Both Sides
9. The First Closing
10. Wade Forward and Twist Step On Both Sides
11. Walk Obliquely And Twist Step On Both Sides
12. The Second Closing
13. Wade Forward And Twist Step On Both Sides
14. Cover Hands and Strike with Fist
15. Third Buddha's Warrior Attendant Pounds Mortar

The complete Chen Style Tai Chi course has five levels, the "Foundation Course" is level one and then levels 2,3,4 and 5. The course is based on traditional techniques and teaching methods and aims to give a comprehensive grounding in Chen Style Tai Chi.

The course is suitable for all but does get fairly energetic in the later stages and will contain some elements of partner and contact work. This course syllabus is only a guide and the actual content of the course will include more techniques and routines than are listed. You should always consult your doctor with regard to your suitability before starting any martial arts training course.

This course is presented only as a means of preserving martial arts heritage and the Daolin Centre makes no claim, warranty or guarantee that the techniques described, demonstrated or performed during this course will be safe or effective when used in any self defence situation or otherwise. The specific self defence responses described and demonstrated may not be justified in any particular situation and The Daolin Centre makes no warranty to their legality or appropriateness.