

## Trounce Free Flow Chi Syllabus

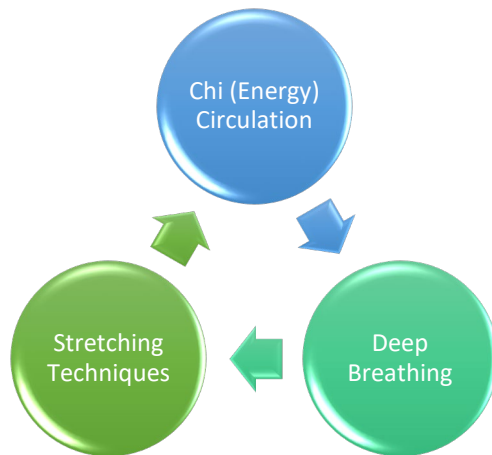
### Course Textbooks:

1. Simplified Tai Chi Chuan with Applications, Liang, show-Yu and Wu, Wen-Ching ISBN-13:978-1-59439-278-8
2. Tai Chi Illustrated by Pixiang Qiu and Dr. Weimo Zhu



### Course Description:

Free Flow Chi is a participative exercise course that incorporates common Tai Chi postures from the Yang Style. Tai Chi is a healing martial art that combines martial arts movements with energy (qi or chi) circulation, deep breathing, and stretching techniques.



### Specific Objectives:

- Improve student's balance, flexibility, and cardiovascular health
- Assist students in relieving stress and reducing pain and muscle stiffness
- Know the history of Tai Chi
- Identify the health benefits of Tai Chi

### Recommended Classroom Practices:

- Attend class/online at least 2 times a week

### Evaluation Scheme:

- Know names of the forms
- Arrange a 30 min. Private Session (\$20.00) in preparation for exam with Instructor
- Physical fitness exams and technique exams

- Completion of at least **80%** of techniques for passing score

**Testing:**

- \$60 Testing Fee covers T-shirt, technique exam and physical fitness exam
- Testing date will be arranged by student

**Ranking:**

Rank	Number of Forms to Know	Book
Yellow Shirt	1-8	Tai Chi Illustrated
Green Shirt	1-14	Tai Chi Illustrated
Purple Shirt	1-24	Simplified Tai Chi
Brown Shirt	1-36	Simplified Tai Chi
Black Shirt	1-48	Simplified Tai Chi

Yellow Shirt	
1. Sinking the Chi	8. Grasp Sparrow's Tail
2. Opening the Door	
3. Waiving Hands Like Clouds	
4. Single Whip	
5. Playing the Pipa/Lute	
6. Brushing the Knees & Twist	
7. Parting Mustang's Mane	

Green Shirt	
1. Sinking the Chi	8. Grasp Sparrow's Tail
2. Opening the Door	9. Deflect Parry and Punch
3. Waiving Hands Like Clouds	10. Kicks with Feet
4. Single Whip	11. Standing on One Leg/Rooster
5. Playing the Pipa/Lute	12. Vega Working at Shuttles
6. Brushing the Knees & Twist	13. Grasp Sparrow's Tail
7. Parting Mustang's Mane	14. Closing with Cross Hands

Purple Shirt	
1. Sinking the Chi	13. Grasp Sparrow's Tail
2. Opening the Door	14. Closing with Cross Hands
3. Waiving Hands Like Clouds	15. White Crane Spreads Its Wings
4. Single Whip	16. Reverse Reeling Forearm/Flipping the Monkey
5. Playing the Pipa/Lute	17. Roll Back and Press/Pushing the Mountain
6. Brushing the Knees & Twist	18. Strike to Ears with Both Fists
7. Parting Mustang's Mane	19. Lower Body to One Leg/The Snake
8. Grasp Sparrow's Tail	20. Needle at Sea Bottom
9. Deflect Parry and Punch	21. Fan Through Back
10. Kicks with Feet	22. Holding Up the Heavens
11. Standing on One Leg/Rooster	23. The Eagle
12. Vega Working at Shuttles	24. Punches

Brown Shirt	
1. Sinking the Chi	19. Lower Body to One Leg/The Snake
2. Opening the Door	20. Needle at Sea Bottom
3. Waiving Hands Like Clouds	21. Fan Through Back
4. Single Whip	22. Holding Up the Heavens
5. Playing the Pipa/Lute	23. The Eagle
6. Brushing the Knees & Twist	24. Punches
7. Parting Mustang's Mane	25. Turn Body and Thrust Palm
8. Grasp Sparrow's Tail	26. Toss the Ball Across the Body
9. Deflect Parry and Punch	27. Pick the Roses
10. Kicks with Feet	28. Reaching Up
11. Standing on One Leg/Rooster	29. Back Fist
12. Vega Working at Shuttles	30. Over the Mountain
13. Grasp Sparrow's Tail	31. Parting the Waters
14. Closing with Cross Hands	32. Lean in Horse Stance/Wax on Wax Off
15. White Crane Spreads Its Wings	33. One Leg and Ride the Tiger
16. Reverse Reeling Forearm/Flipping the Monkey	34. Pull the Bow and Shoot the Tiger
17. Roll Back and Press/Pushing the Mountain	35. Holding Up the Heavens
18. Strike to Ears with Both Fists	36. Sweep Lotus

Black Shirt	
1. Sinking the Chi	25. Turn Body and Thrust Palm
2. Opening the Door	26. Toss the Ball Across the Body
3. Waiving Hands Like Clouds	27. Pick the Roses
4. Single Whip	28. Reaching Up
5. Playing the Pipa/Lute	29. Back Fist
6. Brushing the Knees & Twist	30. Over the Mountain
7. Parting Mustang's Mane	31. Parting the Waters
8. Grasp Sparrow's Tail	32. Lean in Horse Stance/Wax on Wax Off
9. Deflect Parry and Punch	33. One Leg and Ride the Tiger
10. Kicks with Feet	34. Pull the Bow and Shoot the Tiger
11. Standing on One Leg/Rooster	35. Holding Up the Heavens
12. Vega Working at Shuttles	36. Sweep Lotus
13. Grasp Sparrow's Tail	37. Chen Loops
14. Closing with Cross Hands	38. Tai Chi Walk
15. White Crane Spreads Its Wings	39. Bringing Back the Thunder
16. Reverse Reeling Forearm/Flipping the Monkey	40. Large Roll Back
17. Roll Back and Press/Pushing the Mountain	41. Standing on One Leg and Lift Palm
18. Strike to Ears with Both Fists	42. Step Back and Spear Palm
19. Lower Body to One Leg/The Snake	43. Step Forward Grab and Punch
20. Needle at Sea Bottom	44. Toe Kick
21. Fan Through Back	45. Cover Hand and Strike with Fist
22. Holding Up the Heavens	46. Heel Kicks
23. The Eagle	47. High Pat on Horse
24. Punches	48. One Leg and Prop Up Palm

