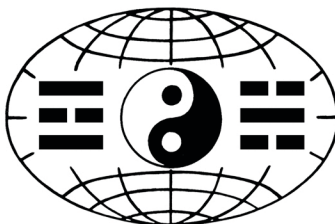




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### FIRST TERM

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|---|--|
| 101. Preparation Form<br>預備勢  | 116. Press Form<br>擠勢  |
| 102. Beginning Form<br>起始勢  | 117. Push Form<br>推勢   |
| 103. Upward and Downward Form<br>字縱勢                                  | 118. Put Ward Off, Roll Back, Press<br>Push together<br>棚捋擠按                               |
| 104. Inward and Outward Form<br>宿展勢                                   | 119. Grasp Sparrow's Tail<br>攬雀尾   |
| 105. Raise Hands and Stance Form<br>川橋勢                               | 120. Grasp Sparrow's Tail in<br>Four Directions<br>四方攬雀尾                                   |
| 106. Tai Chi Stance Form<br>太極混元橋                                     | 121. Long and Short Hand<br>子母手  |
| 107. Arrow and Bow Stance Form<br>弓箭橋                                 | 122. Single Whip (1. Upwards and<br>Downwards 2; Diagonal<br>3. Single Whip Stance )<br>單鞭 |
| 108. Arrow and Bow Twist Stance<br>弓箭運腰橋                              | 123. Raise Hands (posture)<br>提手勢  |
| 109. Ward Off and Ward Off Twist<br>棚勢及棚勢運腰                           | 124. Lean Forward<br>靠勢  |
| 110. Single Hand Attaching Form<br>搭手勢                                | 125. Stork Spreads Wings<br>白鶴亮翅   |
| 111. Single Hand Attaching Steps<br>Forward and Backward<br>搭手進退勢     | 126. Brush Knee and Twist Step<br>樓膝拗步   |
| 112. Single Hand Push<br>單推勢  | 127. Play The Pi Pa (Fiddle)<br>手揮琵琶   |
| 113. Right and Left Holding Tai Chi<br>Ball Form<br>左右抱太極             | 128. Deflect Downward, Parry<br>and Punch<br>搬搬捌挫  |
| 114. Move Forward, Right and Left,<br>Holding Tai Chi Ball<br>前進左右抱太極 | 129. Apparent Close Up<br>如封似閉   |
| 115. Roll Back Form<br>捩勢   | 130. Cross Hands<br>十字手  |

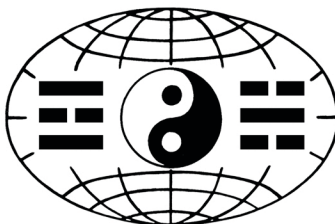


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## SECOND TERM

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|---|--|
| 201. First Section Tai Chi Forms (R)<br>第一節太極架右勢                                      | 216. Single Whip Shifting<br>單鞭運轉法   |
| 202. First Section Tai Chi Forms (L)<br>第一節太極架左勢                                      | 217. Single Whip Upward and Downward<br>單鞭上下法  |
| 203. Both Arms Push Hands (includes change stance, step forward and backward)<br>雙推手勢 | 218. Snake Creeps Down<br>蛇身下勢   |
| 204. Inward Holding Tiger<br>內抱虎勢   | 219. Golden Cock Stands On One Leg (Lift Knee)<br>金雞獨立含抬膝法                               |
| 205. Outward Holding Tiger<br>外抱虎勢  | 220. Four Directions: Snake Creeps Down and Golden Cock Stands On One Leg<br>四方蛇身下勢及金雞獨立 |
| 206. Both Arms Holding Tiger<br>雙抱虎勢  | 221. Wheel Elbow and Chops (includes two persons practise)<br>輪肘斜劈法                      |
| 207. Carry Tiger To Mountain<br>抱虎歸山  | 222. Separating Foot<br>分腳法  |
| 208. Diagonal Single Whip<br>斜單鞭  | 223. R. and L. Turn Round<br>左右轉身法   |
| 209. First Under Elbow<br>肘底看捶  | 224. Kick With Sole<br>蹬腳勢   |
| 210. Backward Steps<br>退步身法   | 225. Step Up And Punch Downward<br>進步截捶  |
| 211. R. and L. Parry Outward<br>左右輪帶腕法  | 226. 2nd Section Tai Chi Forms (R)<br>第二節太極架右勢   |
| 212. R. and L. Push Forward<br>左右推掌法  | 227. 2nd Section Tai Chi Forms (L)<br>第二節太極架左勢   |
| 213. Step Back And Repulse Monkey<br>倒捻猴  | 228. Step Forward and Ward Off (includes breathing training)<br>上步棚                      |
| 214. Slanting Flying<br>斜飛勢   | 229. Step Backward And Roll Back (includes breathing training)<br>退步搬                    |
| 215. Wave Hands Like Clouds<br>雲手   | 230. Step Forward And Press/Push (includes breathing training)<br>上步擠按                   |





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### THIRD TERM

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|--|---|
| 301. Step Up, Grasp Sparrow's Tail<br>上步攬雀尾  | 316. Back Step To Ride Tiger<br>跨虎步法              |
| 302. Rotate-Brush Elbows<br>掙肘刷門   | 317. Tiger Looks At R & L Side<br>猛虎盼顧            |
| 303. Shooting Star Palm<br>流星掌   | 318. R & L Hit Tiger With Hands<br>左右打虎           |
| 304. Fair Lady Works At Shuttles (Still Stance)<br>定步玉女穿梭                            | 319. Retreat To Ride Tiger<br>退步跨虎(含打虎)           |
| 305. Fair Lady Works At Shuttles (Step Forward)<br>前進步女穿梭                            | 320. Both Arms Brush Clouds<br>雙手揮雲               |
| 306. Fair Lady Works At Shuttles (Twist Step)<br>拗步玉女穿梭                              | 321. Sweep Leg<br>橫掃腿                             |
| 307. Fair Lady Works At Shuttles (Four Directions)<br>四方玉女穿梭                         | 322. Turn Round and Kick Horizontally<br>擺蓮腿      |
| 308. Turn And Chop Opponent With Fist (includes two persons practise)<br>撒身捶         | 323. Shoot Tiger With Bow<br>彎弓射虎                 |
| 309. Strike Opponent's Ears With Both Fists<br>雙風貫耳                                  | 324. Roll Hands<br>捲手法                            |
| 310. High Pat On Horse<br>高探馬  | 325. Diagonal Roll Hands<br>斜捲手                   |
| 311. White Snake Puts Out Tongue<br>白蛇吐信   | 326. Violent Dragon Cross River<br>猛龍過江           |
| 312. Fan Through The Back<br>扇通背   | 327. Rotate Oar<br>搖櫓手                            |
| 313. Rotate Fists and Arms<br>天地通心拳  | 328. Five Style Tai Chi Steps<br>太極五行步            |
| 314. Rotate Fists and Arms, Upward and Downward<br>輪拳                                | 329. Attaching Steps, Forward and Backward<br>追魂步 |
| 315. Four Directions Snake Creeps Down And Step Up To Form Seven Stars<br>四方蛇身下勢上步七星 | 330. TAI CHI CONCLUSION<br>合太極                    |



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# FOURTH TERM

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| 401. Four Forms Push Hands<br>(upward roll)<br>四式定步推手立卷法               | 416. Methods Of Making Chance<br>(M. C.Theory)得机理论 |
| 402. Four Forms Push Hands<br>(downward roll)<br>四式定步推手下卷法             | 417. M. C. Ward Off<br>棚之机势                        |
| 403. R & L Roll Pull<br>左右捋手法  | 418. M. C. To Roll Back<br>搬之机势                    |
| 404. R & L Split<br>左右捌手法  | 419. M. C. To Press<br>搨之机势                        |
| 405. Neutralize Shoulders<br>化肩法                                       | 420. M. C. To Push<br>按之机势                         |
| 406. Neutralize Chest<br>化胸法   | 421. M. C. To Roll Pull<br>採之机势                    |
| 407. Neutralize Waist<br>化腰法   | 422. M. C. To Split<br>捌之机势                        |
| 408. Neutralize Knees<br>化膝法   | 423. M. C. To Elbow<br>肘之机势                        |
| 409. Free Style Neutralize (includes<br>two persons practise)<br>自由掙化法 | 424. M. C. To Lean Forward<br>靠之机势                 |
| 410. Methods Of Split And Enclose<br>(Seperate and Defuse)<br>分合法      | 425. M. C. To Change Form<br>換招之机势                 |
| 411. Methods Of Upward and Downward<br>(Floating and Sinking)<br>浮沉法   | 426. Methods Of Condensing<br>Breathing<br>飲氣法     |
| 412. Methods Of Forward And Backward<br>(Swallow and Spit Out)<br>吞吐法  | 427. Methods Of "Attaching"<br>沾綿法研究               |
| 413. Methods Of Outward And Inward<br>張收法                              | 428. Methods Of "Join"<br>連動研究                     |
| 414. Methods of Folding<br>折擺法   | 429. Methods Of Follow-Up<br>隨動研究                  |
| 415. Moving Four Forms Push Hands<br>游步四式推                             | 430. FREE STYLE PUSH HANDS<br>(TUA-SO)<br>自由式推手    |





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FIFTH TERM

- |      |   |      |   |
|------|---|------|---|
| 501. | General TAI CHI Forms<br>(Basic Corrections)<br>太極架更正 | 516. | Free Style Tua-So & Soong Jing<br>推手崇鬆勁                         |
| 502. | " "   | 517. | Free Style Tua-So & Hua-Jing<br>推手崇化勁                           |
| 503. | " "   | 518. | Free Style Tua-So & Bii-Jing<br>推手崇逼勁                           |
| 504. | " "   | 519. | Hands Attaching & Change Door<br>搭手過門                           |
| 505. | " "   | 520. | Long and Short Hand Attach &<br>Change Door<br>長短手過門            |
| 506. | Meditation in Preparation<br>Form<br>預備勢內功法           | 521. | Fire Flame Hand Attach & Change<br>Door<br>火焰手勢過門               |
| 507. | Meditation in Beginning Form<br>起始勢內功法                | 522. | Join-Open-Arms with Chops<br>連環內劈                               |
| 508. | Meditation in Upward &<br>Downward Form<br>守能勢內功法     | 523. | TA-LU (1) Roll Back & Lean<br>Forward<br>大搬耐靠                   |
| 509. | Meditation in Inward & Outward<br>Form<br>宙展勢內功法      | 524. | TA-LU (2) Split & Roll Pull<br>大搬捌採                             |
| 510. | Meditation in Raise Hands<br>Stance<br>提手勢內功法         | 525. | TA-LU (3) Space & Stance<br>大搬方位                                |
| 511. | Meditation in TAI CHI Stance<br>樁功勢內功法                | 526. | TA-LU (4) Four Directions<br>四方大搬                               |
| 512. | Meditation in Slanting<br>Flying Stance<br>斜飛內功法      | 527. | Non-Arms Training (Still Step)<br>非手身法(定步)                      |
| 513. | Low Stance TAI CHI Form (1)<br>低架太極勢                  | 528. | Non-Arms Training (Forward &<br>Backward)<br>非手身法(進退法)          |
| 514. | " " (2)   | 529. | Non-Arms Training (R & L Exchange<br>Step Stance)<br>非手身法(左右交步) |
| 515. | " " (3)   | 530. | Non-Arms Training (Free Style)<br>非手身法(自由式)                     |



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### SIXTH TERM

- |   |  |
|---|--|
| 601. How to apply "FAH" * in TAI CHI<br>* (Attacking Power)<br>發勁要領 | 616. Make JING (Make Power-EN-JING)<br>引勁  |
| 602. FAH in Ward Off<br>棚之發勁  | 617. Hold JING (Control Power)<br>拿勁   |
| 603. FAH in Roll Back<br>捋之發勁                                       | 618. JEIJING (Borrow Power or Connected Power)<br>接勁   |
| 604. FAH in Press<br>擠之發勁   | 619. Free Hand (SAN-SO)<br>散手  |
| 605. FAH in Push<br>推之發勁  | 620. Free Hand & Sticky Hand<br>散手些沾黏  |
| 606. FAH in Split<br>捌之發勁   | 621. Free Hand & Accept Power<br>散手些受勁   |
| 607. FAH in Roll Pull<br>搬之發勁                                       | 622. Vital Point in Free Hand (Torso)<br>上身要害穴   |
| 608. FAH in Lean Forward<br>靠之發勁                                    | 623. Vital Point in Free Hand (Hands, Arms, Legs)<br>頭肢要害穴                                     |
| 609. FAH in Elbow<br>肘之發勁   | 624. CHI and Gold Bell<br>金鐘罩要點  |
| 610. Jing& Fah (Power & Attacking)<br>發勁                            | 625. ON Being Hit By Opponent<br>受敵要點  |
| 611. Long FAH-JING<br>長勁  | 626. Two Persons Training in Free Hand<br>(One Attacks & One resists Force with CHI)<br>雙手對練散打 |
| 612. Short FAH-JING<br>短勁   | 627. Kick Forms in Free Hand<br>散手些踢擺  |
| 613. Cold FAH-JING<br>冷勁  | 628. Still Power (DIN-JING)<br>定勁  |
| 614. Sink JING<br>沈勁  | 629. SAN-SO & JEIJIN<br>散手些接勁  |
| 615. Uproot JING (Upward Power)<br>提勁                               | 630. SAN-SO in Self-Defense<br>散手些自衛   |





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SEVENTH TERM

701.	Long & Short Hand in Low Stance 低勢子母手	716.	Thirteen Forms, Kung's Work & Hearty Explanations 十三勢行功心解
702.	Water Hands and Split 水勢手與劍法	717.	" "
703.	CHI & Voice in Action (HNG & HAH) 氣聲用法	718.	" "
704.	TAI CHI History (Ancient) 古太極史	719.	" "
705.	TAI CHI History (Contemporary) 近代太極史	720.	" "
706.	TAI CHI Philosophy 太極經論	721.	TUA-SO/ SAN-SO 推手與散手
707.	Chang San-Fen's Theory 張三丰拳論	722.	TUA-SO/ SAN-SO
708.	" "	723.	TUA-SO/ SAN-SO
709.	" "	724.	TUA-SO/ SAN-SO
710.	" "	725.	TUA-SO/ SAN-SO
711.	Ming Dynasty & Wong's Classic 明王宗岳拳論	726.	TUA-SO/ SAN-SO
712.	" "	727.	TUA-SO/ San-SO
713.	" "	728.	TUA-SO/ SAN-SO
714.	" "	729.	TUA-SO SAN-SO
715.	" "	730.	TUA-SO/ SAN-SO



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### EIGHT TERM

801. TAI CHI Instruction Practise. Minimum of 20 hours instructing junior students in TAI CHICHUAN as assistant instructor under Master's supervision.
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| 802. | " | " |
| 803. | " | " |
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| 816. | " | " |
| 817. | " | " |
| 818. | " | " |
| 819. | " | " |
| 820. | " | " |
821. System of Demonstration
822. System of Demonstration (Space Arrangement)
823.       "       "       (Time Measure)
824.       "       "       (In Group)
825.       "       "       (Speech)
826. Prepare Test of TUA-SO and SAN-SO Forms under Master's Direction
827. Oral Test by Master in preparation of Official TAI CHI Graduation
828.               "               "
829. Official Graduation (1) Demonstration Forms
830.               (2) TUA-SO, SAN-SO
- (3) Speech prepared, "TAI CHI and I"
- (4) Grand Honor of TAI CHI Degree \*

\* Taichist Degree or T. C. Degree granted by the TAICHI TAO CENTER entitles the student to be a qualified Instructor of TAI CHI. A T.C.D. Instructor can continue towards a Master's Degree (MTC Degree) with several additional years' study under the Master's personal supervision.