



Form Practice Progression

Students cannot move to the next form until they have reached level 2 (know the form) on the previous form.

Level 1: Learn the form

- Can grossly replicate the moves to a minimum standard and move/face the correct direction
- Go through the form in its entirety without help or stopping
- Perform the form in its entirety in front of others
- Can demonstrate the key gateway move(s) of each form to a minimum competency

Level 2: Know the form

- Can start the form from any point without assistance
- Can demonstrate key techniques specific to the form

TaiJi forms only

- Do the whole form focussing on hands

Kung Fu forms only

- Can go through the form in reverse order (from last section, then from 2nd to last section, etc.)
- Do the form 3 times with a 1 min rest in between

Level 3: Understand the form

- Known applications for the key moves
- Show intent for the key moves

TaiJi forms only

- Do the form without breaking the flow
- Understand and demonstrate key principles through the form, i.e. maintaining peng/the bubble, generating movements from dan tien, being able to maintain a rooted lower body and fluid upper body

Kung Fu forms only

- Demonstrate power on the key moves (using pads)

Level 4: Explore the form, move towards mastery over a lifetime

- Learn specific techniques related to the form (e.g. conditioning)
- Learn about the history of the form
- Try variants of the form (from different masters)

TaiJi forms only

- Do the whole form with a bag on the head

Kung Fu forms only

- Do the whole form in low stances
- Do the form correctly 5 times with a 1 min rest in between

Core practice progression

General requirements:

Basic stances (know names and demonstrate good alignment)

- Ma bu
- Gong bu
- Ban ma bu/Se Liu Bu
- Xubu
- Xiebu
- Pubu
- Dulibu
- Ding bu
- Gui bu
- Cha bu
- Others (e.g Bazi Bu in Bagua; Qi San Bu in Xingyi; Qi Xing Bu)

Basic Stepping

- Controlled weight transfer between moves
 - (TaiJi, consistently [slow] speed, no fast or speed up)
 - Circle, linear, or backwards stepping
- Heel down first, then rest of foot
- Back alignment is good, minimal (no) bum sticking out
- (Advanced) legs, hips, arms finish the move together
- (Advanced) low and long stances

5 animals qi gong (static)

Dragon - hip rotation past 90 degrees and strong back leg for gong bu

Tiger - mabu knees bend 90 degrees and hips open

Leopard - shoulder touches corresponding knee when stretching, torso twisted toward sky so belly faces forward

Snake - low pubu, controlled "snake moves through the grass," strong back leg in gong bu

Crane - good balance on standing leg, (advanced) to raise lifted leg high,

(intermediate/advanced) challenge balance by shifting upper body more forward

5 animals qi gong (moving)

Turtle - rounded back and arms, good amount of twist (like dragon static),

Crane - low stance w/ "crane plays with water"

Snake - coordinated dingbu/hip/back/arm movements for snake

Tiger - low, wide stances, rounded arms

Dragon - smooth transitions between dragon turns stepping/ko bu/pu bu

TaiJiQuan forms specific

- Move and orientate body in correct directions
- Do the whole form focusing the gaze on the hands (Level 2)
- Do the whole form in low stances (student specific)
- Do the form without breaking the flow (depending on what the form requires)

-
- Understand and demonstrate key principles through the form, i.e. maintaining peng/the bubble, generating movements from dan tien, being able to maintain a rooted lower body and fluid upper body
- Learning key alignment of joints to prevent chronic pain and injuries
- Awareness of limbs in relation to body movement
- Demonstration of key stances, differentiation of these from other stances during movement
- Awareness of foot/ankle position in relation to stances
- Demonstrating and differentiating key taiji energies
- Do the whole form with a bag on the head (Level 4)

Liangyi Forms Specific (Taiyi forms, most weapon forms):

- Can demonstrate softness/slowness; strength/speed, and the ability to switch between them

Bagua Specific:

- Demonstration of bagua mud stepping in a straight line and in a circle
- Demonstration of correct postures, palms and torquing/releasing action

Xingyiquan Specific:

- Demonstration of correct xing yi stepping
- Demonstration of qisan bu posture and alignment
- Demonstration of 5 elemental energies

Specific Forms:

Taiji 28

- Progression towards lowering and lengthening stances
- Progressing in stability during balances
- Demonstration of martial spirit & awareness of some applications
- Can demonstrate parting wild horses mane, emphasising key elements (**gateway move**)
- Face correct corners in 4 corners
- Core competence in taiji kicks, including last 2 crescent kicks

Taiji 13

- High stances ok, no emphasis on low stances
- Demonstration of mental & attentional focus, internal focus, meditative quality
- Demonstration of subtle, complex movement
- Demonstration of single and double pushing hands (**gateway move**)
- Demonstration of bilaterally-matched movement and dexterity

Taiji Sword

- Awareness of how to control the sword and moving different parts of the sword with different intentions
- towards low stances and stability in xie bu and balances
- Full awareness and control of sword tip during all movements and stances
- Progression towards expression of fa li with sword
- Demonstrating a basic competency in key sword techniques: dotting, slicing, stirring, cutting, stabbing, blocking, parrying, deflecting, parrying
- Expressing sword-dragon head/body - dragon body relationship
- Evidence of progression in wrist flexibility and dexterity
- Demonstration of dragon fly skips across the water (**gateway move**)

GongFu forms specific

- Have intention and power in each strike throughout the form
- Be able to demonstrate the form with the correct rhythm, i.e. know when to pause and when to move fast through a sequence, know when to be slow/soft and when to be hard and fast.
- Demonstrate concurrent strength and power in legs/lower body, alongside fluidity and mobility in upper body to express internal gong fu principles (e.g. waist rotational power)
- Progression of leg and hip flexibility
- Progression of balance skills
- Demonstration of key stances and differentiation from other stances
- Do the form 3 times with a 1 min rest in between (Level 2)
- Do the form 5 times with a 1 min rest in between (Level 4)
- Do the form hitting pads (Level 3/4)

Specific Forms:

Wubu Quan Specific:

- Can demonstrate the 5 stances
- Can punch correctly
- Can pivot on the heel to turn the body into the stance
- Can demonstrate power into punch when dropping into xie bu (**gateway move**)
- Can step into final xu bu without dumping weight into right leg (**gateway move**)

Jibenquan Specific

- Demonstration of pendulum energy
- Waist rotational power
- Control into grounded stillness in postures following fast movement
- Shoulder mobility to apply technique in contrast with strong lower body in stances
- Running into jumping tantui and wo xing tui.
- Ability to fully perform xuan gong tui/tornado kick (**gateway move**)
- Ability to open side body during side kick to execute elbow strike.

Xuan Gong Yi Lu (1) Specific

- Competent demonstration of side kicks (tong le tui) with full chamber and kicking from hip not knee (**gateway move**)
- Demonstration of quick stepping patterns
- Can demonstrate basic competency in jumping side kick and transition into xuan gong tui (**gateway move**)
- Evidence of longer/lower stances than in jibenquan
- Evidence of sufficient shoulder mobility to execute tonbei (arm windmilling techniques)
- Demonstration of greater cardio fitness and stamina than jibenquan

Long Hua / FuHu specific

- Demonstrate grounding skills in fu hu
- Demonstrate control in entering into fu hu posture quickly, holding, and exiting with power (**gateway move**)
- Demonstrate competent Sweeping technique in fuhu (**gateway move**)
- Demonstrate ability to switch between softer and explosive aggressive moves in Fuhu
- Demonstration of thoracic coiling, mobility and torquing in Longhua
- Competency in lotus kick and 4 kick combination in Longhua (**gateway moves**)
- Tiger/Dragon Raking claw training (using bag of rice) (levels 4+)
- Do 10 push ups on tiger/dragon claws

Form learning order

Student cannot move to the next form until they have reached level 2 (know the form) on the previous form.

TaiJi:

1. TaiJi 28

Then free to choose any other internal form (but we can help steer students towards those that fit their specific learning needs - e.g.more empty hand forms before weapons if student struggles with body awareness, praxis

2. Available other forms:

- TaiJi 13
- Taiji sword
- Taiji 18
- Heaven & Earth Fan*
- bangua (XWP foundational palm form)
- Bagua Longmen Fei Long Bagua Zhang (SFP flying dragon form)*
- Taiyi xuan men jian*
- Tai yi wuxing quan
- Taihe quan
- Taihe dao

- Xuan wu quan*
 - Taiyi 18
 - Xiao yao zhang
 - Dan Jian*
 - Heaven & earth fan (taiji pace)
 - Xingyi quan
3. Taiji 108 after taiji 28, 13, a taiyi and weapons form have been attained to good competency

Qi Gong & Meditation

1. Wuxing Qi Gong Moving
2. Wuxing Qi Gong Static
3. Baduan Jin
4. Zhan Zhuang (Standing Like a Pillar Meditation)
5. Zuo Wang Sitting in Oblivion Seated Meditation
6. 13 Pillars Meditation

Gong fu:

1. Wu Bu Quan (for those with no kung fu experience)
2. Ji Ben Quan
3. Xuan Gong Quan - 1

Then choose a path/specific forms within any category:

Traditional

1. Xuan Gong Quan - 2
2. Xuan Gong Quan - 3
3. Xuan Zhen Quan
4. Baji Quan
5. Xuanwu Quan

Animals

1. Dragon form - Long Hua Quan
2. Snake - She Quan
3. Fu Hu Quan
4. Dragon Step Basic Form - Long Qing Bu
5. SFP Flying Dragon Form - Longmen Fei Long Bagua*

Weapons

1. Xuan Men Jian*
2. Long hua Jian
3. Baxian Jian
4. Dan Jian*
5. Xuan Gong Dao
6. Tai He Gun (in summer)
7. Ba Xian Gun (in summer)

8. Zi Wu Qiang (Spear)
9. Tai Yi Fuchen
10. Heaven & Earth Fan*

- Forms with asterisk can be studied in either class, but with differing emphasis (e.g. greater expression of power and speed when switching to yang moves)
- Each form has a **gateway move** that needs to be demonstrated to a minimum competency before progressing on to other forms

Final Version 1 (February 2026)