



Taoist Cultural Arts Association - T'ai Chi Grading Syllabus

| Grades | Stances & Steps | Chi/Li demos | K'ai Men | I Fu Shou | Lun Pei | Lun Shou | T'ai Chi Ch'uan | T'ai Chi Dance | T'ai Chi Silk | T'ai Chi Fan | T'ai Chi Stick | T'ai Chi Sword | Tao Yin | Clubs |
|----------------------|-----------------|--------------|----------|-----------|-----------|-----------|-----------------|----------------|---------------|--------------|----------------|----------------|---------|-------|
| 9 th Pan | Eagle | 1 | 3 | Left | Left | Left | 11 | 10 | | | | | 2 | |
| 8 th Pan | Bear | 1 | 6 | Left | Left | Left | 20 | 20 | | | | | 3 | |
| 7 th Pan | Dragon | 1 | 9 | Right | Right | Right | 30 | 30 | | | | | 4 | |
| 6 th Pan | Snake | 2 | 11 | Right | Right | Right | 40 | 40 | | | | | 5 | |
| 5 th Pan | Riding Horse | 2 | 13 | Front | Front | Front | 50 | 50 | | | | | 6 | |
| 4 th Pan | Cat | 2 | 15 | Front | Front | Front | 58 | 60 | | | | | 7 | |
| 3 rd Pan | Leopard | 3 | 18 | Rear | Rear | Rear | 69 | 70 | | | | | 8 | |
| 2 nd Pan | Monkey/Duck | 3 | 20 | Rear | Rear | Rear | 80 | 80 | 10 | | | | 9 | |
| 1 st Pan | Crane | 3 | 22 | Down | Down | Down | 89 | 90 | 20 | 10 | | | 10 | |
| 1 st Teng | Cross leg | 4 | 30 | Down | Down | Down | 101 | 100 | 40 | 30 | 30 | 10 | 15 | 1 |
| 2 nd Teng | Chicken/Scissor | 5 | 40 | Upward | Upward | Upward | 114 | 120 | 60 | 40 | 60 | 30 | 20 | 2 |
| 3 rd Teng | Lion | 7 | 57 | Upward | Upward | Upward | 126 | 150 | 80 | 60 | 90 | 70 | 35 | 3 |
| 4 th Teng | Dog | 10 | 68 | All areas | All areas | All areas | 136 | 169 | 110 | 90 | 120 | 100 | 55 | 4 |
| 5 th Teng | Frog | 15 | 100 | Two Hands | Two Hands | Two Hands | 140 | 185 | 120 | 120 | 140 | 140 | 80 | 5 |
| 6 th Teng | Drunkard | 21 | 160 | Two Hands | Two Hands | Two Hands | 140 | 185 | 140 | 140 | 200 | 180 | 110 | 6 |