

TIAN YI FOUNDATION

MOVEMENT • BALANCE • WELLNESS

Taiji-Quan Development Program Curriculum

太极拳发展课程体系

A progressive curriculum in knowledge, posture, movement, balance, coordination, breathing, internal principles, forms, partner training, and practical application.

This curriculum is designed to develop well-rounded Taiji practitioners through progressive training in knowledge, posture, movement, balance, coordination, breathing, internal principles, forms, partner training, and practical application. Students progress through structured categories that build upon one another, creating a foundation for health and wellness, personal development, traditional practice, and advanced study.

The curriculum incorporates Yang Style Taiji and Chen Style Taiji while establishing a common foundational curriculum before students advance into style-specific material.

Category 1: Oral Knowledge (理论知识)

Students learn the history, terminology, etiquette, principles, values, and expectations associated with Taiji training.

- Student Creed
- Class Rules
- Respect and Etiquette
- What is Taiji?
- Meaning of Taijiquan
- History and Development of Taiji
- Introduction to Yang Style Taiji
- Introduction to Chen Style Taiji
- Traditional Chinese Martial Arts Terminology
- Training Safety
- Proper Practice Habits
- Goal Setting
- Personal Responsibility
- Health and Wellness Principles
- Martial and Non-Martial Applications of Taiji

Category 2: Taiji Principles (太极拳基本原理)

Students develop an understanding of the fundamental body principles that govern Taiji movement.

- Relaxation - Song (松)
- Rooting - Gen (根)
- Centering

- Balance - Ping Heng (平衡)
- Upright Posture
- Alignment
- Whole-Body Connection
- Continuous Movement
- Circular Movement
- Coordination of Upper and Lower Body
- Waist-Led Movement
- Weight Transfer
- Empty and Full - Xu / Shi (虚实)
- Opening and Closing - Kai / He (开合)
- Yin and Yang
- Intention - Yi (意)
- Breath Coordination
- Internal and External Harmony
- Training Objective: develop relaxed structure, stability, awareness, coordination, efficient movement, and control.

Category 3: Stances & Postural Foundation (步型与身法)

Students develop the structural foundation necessary for safe and effective Taiji movement.

- Natural Stance
- Wuji Stance (无极桩)
- Horse Stance - Ma Bu (马步)
- Bow Stance - Gong Bu (弓步)
- Empty Stance - Xu Bu (虚步)
- One-Leg Balance Stance - Du Li Bu (独立步)
- Low / Transitional Stances
- Taiji Standing Posture
- Head and Neck Alignment
- Relaxed Shoulders
- Elbows Sunk Naturally
- Chest Relaxed
- Spine Upright
- Pelvis and Kua Alignment
- Knee and Foot Alignment
- Center of Gravity Awareness

Category 4: Fundamental Movement & Footwork (基本动作与步法)

Students learn to move while maintaining Taiji structure, balance, relaxation, and continuous control.

- Forward Step
- Backward Step

- Side Step
- Follow Step
- Empty Step
- Weight Shifting
- Pivoting
- Turning
- Circular Stepping
- One-Leg Balance Transitions
- Slow Weight Transfer
- Forward and Backward Shifting
- Waist Turning
- Coordinated Hand-and-Foot Movement
- Opening and Closing
- Rising and Sinking
- Continuous Circular Movement

Category 5: Fundamental Hand Methods (基本手法)

Students learn the principal hand and arm methods appearing throughout Taiji practice.

- Peng - Ward Off (棚)
- Lu - Roll Back (捋)
- Ji - Press (挤)
- An - Push (按)
- Cai - Pluck / Pull Down (采)
- Lie - Split (捌)
- Zhou - Elbow (肘)
- Kao - Shoulder / Body Strike (靠)
- Palm Methods
- Fist Methods
- Circular Hand Movement
- Deflection
- Redirection
- Parrying
- Neutralization
- Coordinated Waist and Hand Movement

Category 6: Breathing, Qigong & Internal Development (呼吸、气功与内功)

Students develop breathing awareness, relaxation, posture, concentration, and coordinated movement.

- Natural Abdominal Breathing
- Standing Meditation
- Wuji Standing
- Taiji Qigong
- Opening and Closing Exercises

- Rising and Sinking Exercises
- Coordinated Breathing and Movement
- Relaxation Training
- Body Awareness
- Intentional Movement
- Slow Continuous Movement
- Beginning students emphasize comfortable natural breathing rather than forced breath control.

Category 7: Yang Style Taiji (杨式太极拳)

Students develop the characteristic principles of Yang Style through relaxed, continuous, expansive, and controlled movement.

- Yang Style Basic Exercises
- Yang Style Stepping
- Ward Off
- Roll Back
- Press
- Push
- Single Whip
- Cloud Hands
- Brush Knee and Push
- Repulse Monkey
- Golden Rooster Stands on One Leg
- Fair Lady Works the Shuttles
- Grasp the Sparrow's Tail
- Forms: specific Yang forms are assigned according to the Tian Yi Foundation instructional progression.

Category 8: Chen Style Taiji (陈式太极拳)

Students are introduced to the distinctive body mechanics and training principles of Chen Style Taiji.

- Chen Style Basic Stances
- Chen Style Stepping
- Waist and Kua Rotation
- Circular Movement
- Coiling and Spiraling
- Opening and Closing
- Weight Transfer
- Silk-Reeling Fundamentals - Chan Si Gong (缠丝功)
- Coordination of Hands, Waist, and Feet
- Advanced students may progressively study Fajin (发劲) after demonstrating sufficient structural control and technical foundation.
- Forms: specific Chen Style forms are assigned according to the Tian Yi Foundation instructional progression.

Category 9: Forms (套路 - Tao Lu)

Forms integrate posture, principles, stepping, breathing, coordination, memory, and continuous movement.

- Fundamental Taiji Movement Combinations
- Short Forms
- Beginner Forms
- Yang Style Forms
- Chen Style Forms
- Intermediate Forms
- Advanced Traditional Forms
- Evaluation: Posture
- Evaluation: Balance
- Evaluation: Accuracy
- Evaluation: Continuity
- Evaluation: Relaxation
- Evaluation: Weight Transfer
- Evaluation: Coordination
- Evaluation: Timing
- Evaluation: Intent
- Evaluation: Understanding of Movement

Category 10: Push Hands (推手 - Tui Shou)

Partner training is introduced progressively after students establish sufficient individual control.

- Partner Sensitivity Exercises
- Single-Hand Fixed-Step Push Hands
- Double-Hand Fixed-Step Push Hands
- Yielding and Neutralization
- Listening Energy - Ting Jin (听劲)
- Following
- Redirecting
- Maintaining Structure
- Rooting Under Pressure
- Moving-Step Push Hands
- Controlled Applications
- Training emphasizes sensitivity, structure, timing, control, and learning rather than aggressive competition.

Category 11: Martial Applications (太极拳应用)

Students learn how movements contained within the forms relate to traditional martial principles.

- Deflection
- Parrying
- Redirecting

- Pushes
- Palm Strikes
- Controlled Punching Methods
- Elbow Methods
- Shoulder Methods
- Off-Balancing
- Basic Joint-Control Principles
- Basic Takedown Principles
- Defensive Footwork
- Applications are introduced according to age, ability, maturity, safety, and program objectives.

Category 12: Balance, Mobility & Conditioning (平衡、灵活性与体能训练)

Taiji conditioning emphasizes sustainable physical development.

- Standing Balance
- Single-Leg Balance
- Controlled Squats
- Taiji Stance Holds
- Leg Strengthening
- Core Stability
- Postural Conditioning
- Flexibility
- Joint Mobility
- Coordination Exercises
- Controlled Weight Shifting
- Slow Stepping Drills
- Breathing and Recovery Exercises
- For senior and wellness populations, exercises may be modified according to individual mobility and physical capability.

Category 13: Character & Personal Development (品格培养)

Taiji training reinforces personal development alongside technical practice.

- Discipline
- Respect
- Patience
- Focus
- Perseverance
- Humility
- Self-Control
- Personal Responsibility
- Leadership
- Confidence
- Consistency

- Awareness

Suggested Sash Progression (建议缎带等级制度)

White Sash • Yellow Sash • Orange Sash • Green Sash • Blue Sash • Brown Sash • Black Sash
Candidate

The specific Yang Style and Chen Style form progression, advanced material, weapons curriculum, and level-by-level testing requirements may be maintained as separate Tian Yi Foundation instructional standards and incorporated as the program develops.