

# 太極



# 永恆

Sifu Lenny Aaron  
Tai Chi Forever's Curriculum

- 1) Qigong & Warm-Ups \_\_\_\_\_ 氣功熱身
- 2) Yang 24 Form \_\_\_\_\_ 楊家太極拳24式
- 3) Yang 32 Sword Form \_\_\_\_\_ 楊家太極劍32式
- 4) Wu Style Slow Form \_\_\_\_\_ 吳家太極拳108式架子
- 5) Wu Style Fast Form \_\_\_\_\_ 吳家太極拳108式貫串
- 6) Wu Style Saber Form \_\_\_\_\_ 吳家太極玄玄刀
- 7) Wu Style Sword Form \_\_\_\_\_ 吳家太極七星劍
- 8) Wu Style 2 Person Form \_\_\_\_\_ 吳家雙人太極意範
- 9) Push Hands \_\_\_\_\_ 推手  
Stationary, Walking, Dai Lui Bo, 8 Ways, Freestyle, Move Hands Like Ocean Wave and All Methods
- 10) Self Defense Applications \_\_\_\_\_ 太極自衛術  
From: Push Hands, Strikes, Grabs, and Applying/Defending Chin-Na
- 11) Flower Walking \_\_\_\_\_ 靈手活步  
w/variations (to corners and w/elephant stance and cat stance etc)
- 12) Power & Stance Training \_\_\_\_\_ 氣功馬步練習
- 13) Explosive Power \_\_\_\_\_ 震勁
- 14) Fan Form \_\_\_\_\_ 雲扇