

T'AI CHI RANK REQUIREMENTS

10th & 9th Lower Level (White Sash)

Ceremonial Bow
Five Elements
Temple Exercises
Yang System Short Form

8th & 7th Lower Level (Yellow Sash)

Requirements for White Sash with more perfection
Yang System Long Form
Buddha's Palm
Chi Kung Section 1

6th & 5th Lower Level (Purple Sash)

Requirements for Yellow Sash with more perfection
Yang System Long Form
Chi Kung Sections 2 and 3
Pai Lum Form 1
Posture Training
Stick Fighting

4th & 3rd Lower Level (Senior Student, Green Sash)

Requirements for purple sash with more perfection
Pai Lum Forms 2 and 3
Tai Chi Sword
Push Hands

2nd & 1st Lower Level (Silver Sash)

Requirements for Green Sash with more perfection
Pai Lum Forms 4 and 5
Bo Staff

1st Higher Level (Instructor, White Sash with White Fringe)

Requirements for Silver Sash with more perfection

