



# HORSHAM WUDANG TAI CHI CHUAN

## SYLLABUS

### Individual Practice

- Beginners Shortform
- Square/Round/Mirror
- Advanced Shortform
- Round/Mirror
- Long Form
- Square/Round/Mirror
- Stretching Exercises

### Weapon Forms

- Sabre (Dao – Strengthens Resolve)
- Sword (Jian – Nourish the Chi)
- Spear (Qiang – Increase Wisdom)
- Mirror Weapon Forms

### Pushing Hand Drills

- Seven Stars
- Four Directions
- Single Hand
- Nine Palace
- Fu Yang (Bow Down Look Up)
- Chin Si (Reeling Silk)
- Da Lu (Eight Gates Great Diversion)
- Zhou Lu (Elbow Work)
- Cai Lang (Uprooting Wave)
- Flying Flower Palm
- Freestyle – Fixed Step
- Freestyle – Moving Step
- Freestyle – Restricted Step

### Tai Chi Chuan – Theory

- History & Philosophy
- Hand Forms – 10 Paths
- Thirteen Tactics
- Five Close Quarter Strategies
- Six Secret Words
- Fighting Strategies
- Tai Chi Classics

### Self Defence Applications

- Techniques from Handforms
- Nei Gung Applications
- Freestyle Wrestling
- Techniques from the Weapon Forms
- Five Element Arm
- Running Thunder Hands
- Embracing Tigers Head
- Punching Sequences

### Conditioning Training

- Handstands
- Rolls
- Weight Punching
- Wall Pushing
- Pad Work
- Back Bends

### Nei Gung (Internal Strength)

- 12 Yin Exercises
- 12 Yang Exercises
- Nei Gung Testing

### Handforms – 10 Paths

1. Correct Posture
2. Correct Stance
3. Distinguish Yin & Yang
4. Co-ordinated Movement
5. Smoothness
6. Intent & Focus
7. Balanced Turning & Stepping
8. Relaxation
9. Softness
10. Martial Spirit



# HORSHAM WUDANG TAI CHI CHUAN

## Thirteen Tactics

### 8 Forces & 5 Steps

1. Peng (Up)
  2. Lu (Side)
  3. Ji (Forward)
  4. An (Down)
  5. Cai (Uproot)
  6. Lie (Spiral)
  7. Zhou (Forearm)
  8. Kao (Shoulder)
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1. Advance (Metal)
  2. Retreat (Wood)
  3. Left Glance (Water)
  4. Right Gaze (Fire)
  5. Centrally Fixed (Earth)

## Five Close Quarter Tactics

1. Nian (Sticking)
2. Lian (Continuous)
3. Mian (Softness)
4. Sui (Follow)
5. Bu Diu Ding (No Force)

## Fighting Strategies

1. Stillness Defeats Motion
2. Softness Overcomes Hardness

## 48 Applications

1. Seven Stars
2. Grasping Birds Tail
3. Single Whip
4. Flying Oblique
5. Raise Hands Step Up
6. White Crane
7. Brush Knee
8. Stroke the Lute
9. Parry & Punch
10. As if Shutting Door
11. Embrace Tiger
12. Cross Hands
13. Fist Under elbow
14. Step Back Repulse Monkey
15. Needle at Sea Bottom
16. Fan Through Back
17. Swing Fist
18. Cloud Hands
19. Pat Horse High
20. Drape Body
21. Separate Legs
22. Turn Body & Kick
23. Step Forward Punch Down
24. Turn Body Swing Fist
25. Step Back Seven Stars
26. Step Back Beat Tiger
27. Twist Body & Kick
28. Box the Ears
29. Parting Wild Horses Mane
30. Fair Lady Works at Shuttle
31. Snake Creeps Down
32. Golden Cockerel
33. Slap Face
34. Single Hand Sweep lotus leg
35. Punch the Groin
36. Step Back to Ride the Tiger
37. Double Hand Sweep Lotus
38. Draw the Bow to Shoot Tiger
39. Double Seizing the Legs
40. Break Arm Style
41. Gyrating Arms
42. Tiger Embraces Head
43. White Snake
44. Vanguard Arms
45. Flying Flower Palm
46. 5 Element Arm
47. Running thunder
48. Single Seizing the Leg