

Wu Tan Kung Fu & Tai Chi Institute

Curriculum for Ba Qua & Tai Chi Lab Class

- 1. Basic joint warm-up*
- 2. Body slaps*
- 3. Ren-so / Leaf covers the peach / 1000 snakes*
- 4. Stances / moving stances or standing Qi-Gong (6 animals)*

Drills:

Ba Shin Zhang - 8 Essentials

Tan Twei

Linear Xiao Kai Men

Circle walking - Animal postures

Forms:

Xiao Kai Men - broken apart by movement linear and then in the circle.

*Shu Shin Ba Zhang - Must know Xial Kai Men first, then the
changes/additions will be added.*

Ba Shin Lien Hwang - 8 Essential linking form.