

# **WUDANG STYLE TAIJIQUAN** (TAI CHI CHUAN)

Certificates awarded by Dan Docherty, Director, PTCCI

## **9 LEVEL TEACHER CERTIFICATION SYSTEM**

LEVEL 1	JING essence	junior instructor
LEVEL 2	MING comprehension	assistant instructor
LEVEL 3	ZHI judicious	basic level instructor
LEVEL 4	HUI vitality	intermediate instructor
LEVEL 5	QIAN humility	senior instructor
LEVEL 6	XU void	advanced instructor
LEVEL 7	REN fortitude	master
LEVEL 8	RANG oral	chief instructor
LEVEL 9	YU the fool	principal instructor

## **CRITERIA FOR CERTIFICATES**

The following is a general guide only, and any level can be influenced by other factors – see **ADDITIONAL INFLUENCING FACTORS** below.

**LEVEL 1** Basic Postures & Stances done correctly + some knowledge of Tui Shou.

**LEVEL 2** Short Form (square & round) + Basic Tui Shou Fixed & Moving Step.

**LEVEL 3** Long Form + most Tui Shou Fixed & Moving Step + Basic San Shou applications + Basic Qigong (Cloud Hands, Tiger Embracing Head, Retrieving Moon from Sea, Single Hand Sweeps Lotus Leg) + 1 weapon.

**LEVEL 4** Long Form (square & round) + 1 weapon + Bai Shi + Major San Shou techniques.

**LEVEL 5** Advanced Short Form + 2 weapons + Da Lu + 2 person set (sabre & sabre/staff) + philosophy/theory + conditioning exercises + 12 Yin Nei Gong.

**LEVEL 6** 3 weapons + 12 Yang Nei Gong or Xian Jia Baduanjin Qigong + most San Shou techniques + mirror short & long form + 2 mirror weapons forms.

**LEVEL 7** Xian Jia Baduanjin Qigong + 12 Yang Nei Gong + all 48 San Shou techniques (including variations) + 8 forces for each weapon + Zhou Lu + 3 mirror weapons forms.

**LEVEL 8** Cai Lang + Six Secret Words + Fei Hua Zhang + reverse long form + full weapons applications + additional influencing factors.

**LEVEL 9** All aspects of Wudang Tai Chi Chuan + many additional influencing factors.

## **ADDITIONAL INFLUENCING FACTORS**

- in addition to the above, any Level can be influenced by:

good attitude; entering/judging/refereeing Tai Chi competitions; attendance record at classes/seminars/workshops/camps; teaching classes; organising seminars/workshops/demonstrations/camps; serving on TCUGB committee; creating good publicity for Tai Chi; contribution to the Tai Chi community; visiting China and broadening your own and other people's general knowledge about the development and benefits of Tai Chi, writing Tai Chi related articles/reviews etc.