

SYLLABUS

Hand Forms

The hand forms are normally learned in the order Square Form, Round Form, Mirror Form and Reverse Form.

- Long Form
- Short Form*
- Advanced Short Form*

Weapon Forms

Weapon forms are also learned and performed as Mirror Form.

- Sabre Form - Xuan Xuan Dao (太極玄玄刀)
- Sword Form - Qian Kun Jian (太極乾坤劍)
- Spear Form - 13 Techniques Spear (太極十三勢槍)
- Two Man Weapons Forms - (兩人對武器順序)*

Applications

San Sau (散手) self-defense applications are divided into the following subdivisions

- Die Pu (跌撲)
to make the opponent fall and then hit him (or hit him so that he falls)
- Shuai Jiao (摔角)
grappling techniques including throwing, sweeping and tripping
- Qin Na (擒拿)
seizing and holding, including locking and grip strike techniques
- Dim Mak (Dian Xue) (點穴)
attacking vital points with locks, strikes, etc.

48 San Sau Applications - 四十八散手

Number	散手	Technique
1	七星勢	seven stars style
2	攬雀尾	grasping bird's tail
3	單鞭	single whip
4	斜飛勢	flying oblique high and low
5	提手上勢	raise hands and step up
6	白鶴涼翅	white crane flaps its wings
7	樓膝拗步	brush knee twist step
8	手揮琵琶	stroke the lute
9	搬攔捶	parry, deflect and punch
10	如封似閉	as if shutting a door
11	抱虎歸山	embrace tiger, return to mountain
12	十字手	cross hands
13	肘底看捶	fist under elbow
14	倒擡猴	step back repulse monkey
15	海底針	needle at sea bottom
16	扇通背	fan through the back
17	撇身捶	swing fist
18	雲手	cloud hands
19	高探馬	pat the horse high
20	左右披身	drape body to left and right
21	左右分腳	separate legs left and right
22	轉身蹬腳	turn body and kick
23	進步栽捶	step forward punch down
24	翻身撇身捶	turn body and swing fist
25	卸步七星	step back seven stars
26	打虎勢	to beat the tiger
27	披身踢腳	twist the body and kick
28	雙峰貫耳	box the ears
29	野馬分鬃	parting wild horse's mane
30	玉女穿梭	fair lady works shuttle
31	蛇身下勢	snake creeps down (low style)
32	金雞獨立	golden cockerel stands on 1 leg
33	撲面掌	slap the face
34	擺蓮腿	single hand sweep lotus leg
35	指擋捶	punch the groin
36	退步跨虎	step back to ride the tiger
37	雙擺蓮腿	double hand sweep lotus leg
38	彎弓射虎	draw the bow to shoot the tiger
39	雙抽腿	double seizing legs
40	折臂式	break arm style
41	迴旋手	gyrating arms
42	虎抱頭	tiger embraces head
43	白蛇吐信	white snake spits out tongue
44	先鋒臂	vanguard arms
45	飛花掌	flying flower palm
46	五行肘	5 element arm
47	奔雷手	running thunder hand
48	單抽腿	single seizing leg

Note that techniques that the following pairs of techniques are very similar: 17 (swing fist) and 24 (turn body and swing fist), 1 (seven stars) and 25 (step back seven stars), 39 (double seizing legs) and 48 (single seizing leg).

However there are 5 distinct techniques in the form that are not named as applications in the above list, these are:

- 太極起式 beginning style
- 太極收式 completion style
- 分手 separate hands
- 出手 extend hands
- 上步七星 step up seven stars

Weapon Applications

Applications are taught for each weapon, but do not form part of the core syllabus and are not listed here.

Nei Gong (內功)

Comprising 12 Yin (十二陰內功) and 12 Yang (十二陽內功) Exercises

Qi Gong (氣功)

- Immortal Family Eight Pieces of Brocade (仙家八段錦)*

Pushing Hands - 推手

Training in understanding *jin* (勁) - force. This includes 13 tactics (十三勢) which comprises the 8 forces (八勁) and 5 steps (五步), ting jin (聽勁) - listening for jin, hua jin (化勁) - using jin to redirect the opponents jin and fa jin (發勁) - discharging jin.

fixed step - 定步

- 4 Directions (四正推手) - Peng, Lu, Ji, An (棚,(手履),擠,按)
- Zhou Lu (肘履推手)

- Fu Yang (俯仰推手) - bow down, look up
- Reeling Silk (纏絲推手)

moving step - 活步

- Da Lu (大履步) - big diversion - Cai, Lie, Zhou, Kao (採,(手列),肘,靠)
also called as 4 corners pushing hands (四隅推手)
also called 8 gates, 5 steps (八門五步)
- 9 Palace Step (九宮步推手)
- 7 Stars Step (七星步推手)
- Gather the Wave (採浪推手)

Auxillary Exercises*

- single hand pushing hands (單推手)
- push absorption training
- fixed step pushing hands (自由定步推手)
- restricted step pushing hands (自由限步推手)
- moving step pushing hands (自由活步推手)

Six Secret Words (六秘密字)

These words represent practical fighting concepts.

Note

Items marked * are taught, but do not form part of the core syllabus

Version 1.1: note this version contains minor corrections over the previous version
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