

DEGREE ONE KYU REQUIREMENTS

KYU 1:

Falls:

Squat rolls
Stepping back
Side step with slap
Forward: Kneeling
Backward: Kneeling
Stationary Four Corners
Stationary Leading Rollback
Push* (*indicates this technique also has a dynamic form)
Whole Body Neutralizations

KYU 2:

Basic Routine

Rollback Variations:

Rolloff Rollback
Roll Off Escape
Inside Rollback
Leaning Rollback
Shoulder Sluff
Dynamic Four Corners

KYU 3:

Press Uproot *
Ward Off
Straight Pull
Elbow Pull*
Basic Spiral*

KYU 4:

Cheng Hsin T'ai Chi Mini-Set
(12 moves on both sides)
Cheng Hsin Body-Being Basics
(5 Principles, 7 Points)

KYU 5:

Yielding
Pressure-No pressure
Folding In/Game F
Game A

SKILLS AND DYNAMICS

Basics of CHBB (See Structure and Principles) -- exposure to all of the body-being material, and trying it on.
CHTS: Introduction to the Basics.
Beginning of Receiving Skills
Introduction to Ground Relations

**DEGREE TWO
KYU REQUIREMENTS**

KYU 6:

Pa Sik Po

Falls:

Forward: Standing
Backward: Standing
Standing breakfall
Rolling breakfall

Pin Foot throw ex.

Roll Down*

Inside Wrist Technique*

KYU 7:

Turn Out Projections*

Centrifugal*

Pull Through

Spiral Down *

Pull Down * and pin #1

Armpit Spiral Down *

KYU 8:

Brush Knee Projection *

Body Throw *

Outside Foot Sweep/Foot Propping

Pa Kua Techniques:

Opening the Door Entrance
Revolving Door Entrance
Basic Blend
Changes

KYU 9:

Spiral Extension*

Inside Foot Sweep

Turn Out Follow Up:

Shoulder Stroke

Bounce

Inside Wrist Follow Up:

Corkscrew into the body

Inside Wrist Counters:

Spiral Down

Slapping the Rock

Game B / Game O

Intrinsic Strength Practice;

Outreaching; Following

KYU 10:

Cheng Hsin T'ai Chi Set (64 moves)

SKILLS AND DYNAMICS

Fundamental CHBB -- Begin to have CHBB show up effectively.

CHTS: Cross section of major categories

Beginning Perceptive Skills

Better Receiving Skills

Introductory Power

Some Ground Relations

Rudimentary Interactive Skills

Introduction to Some Technical

Dynamics

**DEGREE THREE
KYU REQUIREMENTS**

KYU 11:

Brush Knee Pull*
Holding the Palm Pull
Drop Back Spiral Extension*
Horizontal Spiral Down *
Shoulder Throw *

KYU 12:

High Pat Spiral Extension *
Circular Spiral Extension
Elbow Splitting:
 Raise Hands* Dynamic Body*
Elbow Twisting* and pin #4

KYU 13:

Spinning Brush Stroke* and pin #2
Central Spiral Drop
Spinning Spiral Drop
Downward Wrist Technique (and pin #4)
Kneeling Spiral Down* and pin #3

KYU 14:

Inside Leg Sweep
Elbow Twist Counters:
 Elbow Escape -- Snake Creeps Down
 Horizontal Spiral Down
 Armwrap Spiral Counter
Downward Wrist Counter:
 "Become the Sword" (and spiral down)

Hi Pat Follow up:

Spiral Extension (Reversal)

Roll Down Counter:

Drop Back: counter to roll down attempt

KYU 15:

High flip breakfall
Rolldown Flip
Inside Wrist Flip
Armpit Flip
Game C/Game J
Wu Tsan Ch'un (Misty Body Boxing)
Interactive Skills: Yielding,
Outreaching, Following, Joining,
Leading, Folding, Intrinsic Strength
Improved Freeplay/Sets
Body Being: Ball and Chain,
HandUpYouDown, Extension

SKILLS AND DYNAMICS

Better CHBB
CHTS: Bulk of the CHTS techniques.
Increased Perceptive Skills
Most Receiving Skills
Competent Power
Good Ground Relations
A few more Interactive Skills
Most Technical Dynamics

**DEGREE FOUR
KYU REQUIREMENTS**

KYU 16:

Hand Sacrifice Throw
Backward Spiral Extension *
Outside Wrist Technique and pin #5
Outside Leg Lift*
Body Corner Throw*

Become the Sword Variation
Spiral Extension
Spiral Upward Wrist Counters:
Spinning Brush Stroke
Spiral Extension

KYU 17:

Inside Leg Lift*
Bent Leg Lift*
Major Outside Foot Sweep/Rear
Floating Hip Throw (Uki Goshi)
Follow Up: Shoulder Throw
(attempting Pa Kua blend)

KYU 20:

Freeplay
Sword Set and Sword Play
Improved Sets/Body-Being:
Waterdrop, 8 Attitudes, Intrinsic
Strength
Skills: Advantageous, Cutting,
Borrowing, Joining variations, Leading
variations

KYU 18:

Circular Press
Shifting Push
Elbow Splitting Throw
Rear Leg Lift*
Brush Stroke*/Turning in/Turning out
Follow Up: Spinning Brush stroke
(counter to spinning out escape)
Spiral Upward Wrist Technique and
pin #6

SKILLS AND DYNAMICS

Good CHBB
CHTS: Sensitivity and skill.
All Perceptive Skills
Increased Power
Complete Ground Relations
Most of the Fundamental Interactive
Skills (through Cutting)
All Technical Dynamics

KYU 19:

Opening Spiral Drop
Rotating Spiral Drop
Wrap Around Sacrifice Throw
Rear Sacrifice Throw
Outside Wrist Counters:

**DEGREE FIVE
KYU REQUIREMENTS**

KYU 21:

Circular Spiral Drop
Foot Assist Sacrifice Throw
Kneeling Corner Throw
Wrap Around Throw (Makikomi)

KYU 22:

Standing Corner Throw
Sacrifice Corner Throw
Foot Sacrifice Throw

Kyu 23:

Rear Hip Throw (Ushiro Goshi)
Scooping Throw (Sukui Nage)
Body Drop (Taiotoshi)
Neutralizing Kicks:
Spiral Down -- Low
Backward Spiral Extension --
Slanting Flying
Inside Leg/ Foot Sweep
Leg Lift (Bent, Outside, Inside, Rear)
Open response

KYU 24:

San Shou
Open Attacks/Multi-person Attacks
Choy Lin: T'ui Shou with strikes
Basic Ontology (written exam)

KYU 25:

All Techniques / All skills

SKILLS AND DYNAMICS

Very Good CHBB
CHTS: All of the techniques and dynamics.
All Receiving Skills
All Powers
Mastered Ground Relations
Better Interactive Skills (through Changing)
Skillful Technical Dynamics

**DEGREE SIX
KYU REQUIREMENTS**

KYU 26:
Cheng Hsin Sets

KYU 30:
Cheng Hsin Huan Sheng

KYU 27:
All Techniques

KYU 28:
Cheng Hsin T'ui Shou — Create 10
Techniques

KYU 29:
Cheng Hsin Skills

SKILLS AND DYNAMICS
Excellent CHBB
CHTS: natural mastery.
Honed Power
All Interactive Skills

DEGREE SEVEN

Cheng Hsin Tui Shou -- Create a domain of techniques
Cheng Hsin Huan Sheng

SKILLS AND DYNAMICS
Masterful CHBB
CHTS: States and principles.
Mastery of Huan Sheng skills