



Updated ADA Cheng Ming International Kung Fu Syllabus; revised 01/05/2006

Grading Syllabus-

	beginner	
Level- 1	Tai Chi Chaun 100 Form- section 1 Nei Gung (Stand Form)- set 1; 1-5	Blue Sash
Level- 2	Tai Chi Chaun 100 Form- section 2	Blue Sash, 1 black Dot
Level- 3	Tai Chi Chaun 100 Form- section 3	Blue Sash, 2 black Dots
Level- 4	Tai Chi Chaun 100 Form- section 4a Nei Gung (Stand Form)- set 2; 6-13	Green Sash
Level- 5	Tai Chi Chaun 100 Form- section 4b Toi Soy (Push Hands) level 1	Green Sash, 1 black Dot
Level- 6	Tai Chi Chaun 100 Form- section 5 Toi Soy (Push Hands) level 2	Green Sash, 2 black Dots
Level- 7	Tai Chi Chaun 100 Form- section 6 Toi Soy (Push Hands) level 3	Red Sash
Level- 8	Tai Chi Sword 52 Form- section 1	Red Sash, 1 black Dot
Level- 9	Tai Chi Sword 52 Form- section 2	Red Sash, 2 black Dots
Level- 10	Instructor Level- Black Sash applicants to complete the above with a high level of skill. Tai Chi Form to take no less than 25 minutes 13 Nei Gung (stand forms) to be held for a minimum of 2 minutes each Applicant to be able to conduct a class	Black Sash

- □ □ Any Black Sash ranking student that does not attend classes for four months or longer will be required to resit competencies to their appropriate level.