



# VALE OF YORK T'AI CHI QIGONG ASSOCIATION

## Grading syllabus and application form for Basic and Intermediate Levels

**APPLICANT'S NAME** (BLOCK CAPITALS)

**Applications must be received  
fourteen days prior to grading**

**CLASS LOCATION** .....

**DATE LAST GRADED** .....

**PRESENT GRADE** .....

**DATE APPLICATION + FEE SUBMITTED** .....

(CHEQUES PAYABLE TO V.O.Y.T.C.Q.A.)

Number of instructed  
training hours since last  
grading

<b>MOVEMENTS</b>	<b>SASH LEVEL</b>	<b>OVERALL PERFORMANCE</b>	<b>ACCURACY OF DELIVERY</b>	<b>HARMONY ACHIEVED</b>
A static exercise plus Wild Goose Claw and Wing of Bird	<b>YELLOW</b>			
Opening and Closing Gong plus The Bridge (The Way) plus Still Fish Dances	<b>GREEN</b>			
Lion Shakes its Head plus Lion Shakes its Mane plus Monkey Walks the Circle	<b>BLUE</b>			
The Wu Style	<b>ORANGE</b>			
The Snake	<b>PURPLE</b>			
Tiger Enters the Forest plus T'ai Chi Yang Style Short form	<b>RED</b>			
Wild Goose Qigong (to be completed in not less than fifteen minutes)	<b>BLACK</b> (NOT INSTRUCTOR LEVEL)			

It is advised that students meet Sikung and Sifu after grading has taken place before evaluation of the sash. If you wish to take this opportunity please tick the box