



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

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