

Official W.T.B.A. Grading Syllabus

In the following pages you will find all the separate grading systems for the different aspects of the WTBA

Please check website for video guidelines

Please note: Once you are moving through the instructor grades, these should be your main focus, however other training methods etc that are not in the test for each grade, may help you learn something you're not understanding, so don't disregard things that are not in the grades, the grades are based on the fundamental forms and training methods only.

A student only has to go through the grading if they wish to work towards their Instructors degree, otherwise they do not need to take grades, but still can if they wish as a way of seeing how they are doing.

Student Grading:

Can be carried out by any wtba certified instructor of grade 1 or higher.

Instructor Grade 1:

Can be carried out by a WTBA instructor of Grade 5 or higher.

Instructor Grades 2-5:

Can be carried out by WTBA instructors with Masters Degree, however, the student must have met and trained with Eli in person to be graded.

Instructor Grades 6+:

Are only carried out by Eli Montaigne

All grades must be signed and certified by Eli Montaigne:

In most cases you will be viewed during class time, your teacher will simply take note of your ability during class, and then contact Eli to have the grade issued.

When this is not possible,
a small fee may be charged to cover your instructors time for the grading.

There is no fee for the issuing of a grade, however you do need to be a WTBA "Active Member"

Ask your instructor about grading, or contact Eli.

eli@wtba.co.uk

www.taijiworld.com

Official W.T.B.A. Instructors Grading Syllabus (Baguazhang)

**Students must have passed "Grade 8 Student" or "Pre Instructor Test"
before applying for "Grade 1 Instructor"**

Instructor grades are based on pedantic correctness.

As you will see, the first couple of grades do not involve anything you don't already know from your student grades, but the tests will be harder, the correctness of the basic forms should be A1. You will be asked to explain aspects of forms and drills as if you were teaching. Any grade you are testing for, you will be expected to have maintained the principals from previous grades.

As long as you have done your 3 years student training and passed grade 8, then with regular training and dedication you should look to do one instructor grade every 1 to 2 years up to grade 5.

**You must have at least one year on any grade
before being able to test for your next grade.
Regardless of whether you're good enough to pass.
This is to make sure the instructor has experience to match their skill**

Major Fault: Allowance (0)

A mistake the student is unable to correct.

Minor Fault: Allowance (5)

An unrecognized mistake, pointed out by the examiner, but corrected on the spot.

Minor Minor Fault: Allowance (10)

A mistake made, but recognized and corrected on the spot.

Exceptions:

If someone has a physical problem with their body, such as a knee injury, or major back problems etc, if this stops them being able to do a certain movement, but they are doing everything else well, then we will make an exception that they would not have to do that move that they cannot, but it must be a good reason!

At anytime your examiner can ask you to do a set of moves slow or fast.

Bagua Circular form "Step" descriptions:

Step 1

Must show a refinement of all principals learnt in the student grades.

Applications should be demonstrated.

You may be asked to demonstrate how a posture should be taught to a beginner.

Step 2

Every subtle hand movement should now come from the centre.

Should now be able to do the form at a good pace, executing strikes with a good sense of Fa-jing expression.

Step 3

Fa-jing should now have solid weight and snap behind it, showing a strong root to the ground, and some explosive power expression. Soft Fa-jing or empty moves should be understood when doing the form slowly.

Step 4

Opening and closing during each posture should now be understood, and correct compressions of waist. The movements should now flow with spirals.

Fa-jing should now be at a high level, power should be developed in a close range, should have natural recoil into the next move, and a fully explosive nature. All principals of everything learnt so far in your training should be shown.

Before going for each grade, once you have learnt the forms and drills, it is recommended that you have them looked over by an instructor, in person or via video, to make sure you're on the right path. So you do not put in a year of hard training doing something incorrectly. Then you can put your time and efforts in, knowing you're on the right path for that grade.

Grade 1:

Circle walking:

Must show refinement on all principals from the student grades

Circular Form:

All 8, at step 1.

Single Push Hands:

Must show solid peng, move from the centre, and be able to change hands without losing structure during the 3 main change over methods. Forward, Back, and Low. You must also show the skill of taking the force of the push up your arm into your shoulders.

Qigong:

Standing 8 Palms: Should hold each palm for 4 minutes, showing correct posture.

Leaning on the Horse held for 2 minutes each leg.

Striking:

You will be asked to strike a focus mitt or kick shield, with methods relative to the forms and drills for Grade 1, and should be done with a level equal to the rest of your Grade 1 test. (Includes kicking)

Animal Qi Shaking form of your choosing:

Should be performed to a Grade 1 standard.

Grade 2:

Circle Walking:

Should now be able to react correctly to changes at a fast pace, and defend against standard upper and lower slap attacks.

Circular Form:

All 8 at step 2

Qigong:

8 Palms 4.5 minutes Each. showing correct posture.

Leaning on the Horse held for 2.5 minutes each leg.

Single Push Hands:

You should now be able to hold you peng regardless of where the push is coming from. You must perform at a slow pace, the skill of reading where the push is coming from, and going with the flow.

Striking:

You will be asked to strike a focus mitt or kick shield, with methods relative to the forms and drills for Grade 2, and should be done with a level equal to the rest of your Grade 2 test.

(Includes kicking)

Animal San-Sau of your choosing:

Should be performed to a Grade 2 standard.

Grade 3:

Circle Walking:

Should now be able to defend against all manor of attacks from partner, and re attack using Bagua methods, at a medium pace.

Circular Form:

All 8 at step 3

Qigong:

8 Palms 5 minutes Each. showing correct posture.

Leaning on the Horse held for 3 minutes each leg.

Single Push Hands:

You should now be able to maintain your peng and keep moving regardless of what is coming into you. Under heavy fast pushes, you should be able to perform a yin yielding defence. The force coming into you, should now be routed down to your standing leg. You should be able to move around. And open your centre to the side, without losing form, while still rerouting the force down to your feet. You should no longer have a stance. You should now be looking over the fence. Should be able to defend against strikes, and not allow your partner to pull you forward, by flicking the wrist out. If you are pulled forward you should barge in with a shoulder or elbow.

Striking:

You will be asked to strike a focus mitt or kick shield, with methods relative to the forms and drills for Grade 3, and should be done with a level equal to the rest of your Grade 3 test. (Includes kicking)

Kick Defence:

Should be able to defend against all high kicks, including, back kick, front kick, back turning kick, using the barging principal. Low kicks to the knees should be blocked with the legs.

Linear Form!

Should be able to perform the entire form at a medium pace, showing good flow and balance.

Another Animal Qi Shaking form of your choosing:

Should be performed to a Grade 3 standard.

Circular Pole Form:

Performed to a Grade 3 standard.

Grade 4:

Circle Walking:

Should now be able to defend against all manor of attacks from partner, and re attack using Bagua methods, at a fast pace.

Circular Form:

All 8 step 4

Qigong:

8 Palms 5.5 minutes each

Leaning on the Horse held for 4 minutes each leg.

Striking:

You will be asked to strike a focus mitt or kick shield, with methods relative to the forms and drills for Grade 4, and should be done with a level equal to the rest of your Grade 4 test. (Includes kicking)

Knife Training:

Should show good understanding of "Evade Bump Attack" methods.

Linear Form!

Should now be done at a slow Qigong like pace, showing seamless flow and connectivity throughout.

All Fa-jing moves should be done in a soft compression manor. No double weightiness in the palms, one hand should always lead the other on double yin or double yang movements. Every subtle hand movement should now come from the center.

Applications should be demonstrated. Opening and closing during each posture should be understood, and correct compressions of waist. The movements should flow with spirals.

Full Animal Form of your choosing:

To be performed at a Grade 4 standard

Grade 5:

Circle Walking:

Should now be a totally freestyle form, while maintain principals of walking.

Attacks and defences should now be at a totally subconscious reaction level.

This is where you must fight!

Qigong:

8 Palms held in closed step walking position, 3 minutes each palm each side.

The 8 Power Building Qigongs:

Should be done to a grade 5 standard.

Striking:

You will be asked to strike a focus mitt or kick shield, with methods relative to the forms and drills for Grade 5, and should be done with a level equal to the rest of your Grade 5 test.

(Includes kicking)

Linear Form!

Should now be done at a fully Fa-jing Explosive level. All principals of everything learnt so far in your training should be shown.

Full Animal Form of your choosing:

To be performed at a Grade 5 standard

Grade 5 is the last of the foundation grades, you now have all the foundations of Baguazhang. Now you must let them develop into the internal and small frame grades that cannot be explained in words. Grades 6, 7, and 8, will be awarded through no actual "grading test" These are reserved only for the most dedicated instructors and typically take 15-20 years to achieve. To reach these grades it usually takes a lot of personal hands on time with a Master of the System.

Masters degree comes after level 8