

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

Baguazhang Pre Instructor Test:

If you have passed your student grades 1 to 8, then there is no need for this test.

This test is everything that is in student grades 1 to 8, and is for those who have been training in the wtba for many years, but have not been through the student grades 1 to 8, due to these being a recent addition to the WTBA program.

Those who have been training with the wtba for a few years, should have done most of what is in the test, but also may have done other drills that are not in this test. Therefore you should be able to learn what is in this test and pass it within a few weeks.

This test is not strict like the instructors grades, it is just to make sure that new teachers know the system that they will be teaching to their new students.

The student grades or test are more about learning, so when you are taking the test, if you make a mistake, your examiner will try to help you correct that mistake so you pass.

If you are able to correct the mistake on the spot with help from your examiner, then you still pass.

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!

Please see video guidelines for full explanation.

Circle Walking:

Should show a smooth controlled step, with use of the waist to cause brushing of the legs.

Should have no weight in the front leg until the next step is made when the weight must come forward.

Rear leg must lift heel and toe together, showing good core connection, and maintaining waist movement.

Weighting should be correct and sinking into the heels. Weight should not drop forward on steps.

Stepping should have a little soft snap to it.

The hands should be held correctly in the number 3 palm while walking.

Inside and outside changes should show good flow and structure in palms.

Should be able to change direction without hesitation when your examiner says "Change"

Should be showing speed and power in changes.

Should be able to walk with partner with wrist pressure, and react correctly to changes, while maintaining all principals.

Circular Form:

Full Form (8 changes)

Stepping should be done with balance, i.e. the heel should be placed with no weight falling onto it. Stances should have correct placement on the circle, should have hands in correct structure, and center line should face the correct direction. All movements should come from the waist.

Must show proper Bagua Palm Flex

Should have an understanding of correct Yin and Yang wrist changes, showing a change with each movement.

Should show use of momentum with centrifugal movements.

Should show no double weightiness in the palms, one hand should always lead the other on double yin or double yang movements.

Should be able to do the striking postures with good snap and recoil,

Should now be able to do the form at a good pace, executing strikes with a good sense of power.

Must have the pelvis tucked. Must not bob up and down. Weighting must be correct.

Qigong:

Circular form done super slowly (like tai chi form would be done)

This is to show that the student has a true understanding of the flow of the movements, doing it slowly will show up your mistakes.

8 Palms standing 4 minutes Each.

Number 3 palm closed step walking position held for 3 minute each leg.

Wudang Hand Weapons:

All 12 weapons should now be performed with good speed and structure, movement should come from the center.

Square Blocking:

Should be able to perform the four hammer palm blocks with power and speed, and be able to throw the correct attacks for your partner to try.

The Post:

Method one and two should be performed with good balance, showing empty heel and two steps, keeping the body centred with-out leaning

Single Push Hands: (Taiji Style)

Should be able to hold a solid P'eng in a power stance, move from the waist with correct weight shifting, and not let excess tension into the body.

Showing correct angle of P'eng to take the pushing power and redirect it up the arm to the shoulder. Showing the ability to correctly move ones center around the force. Must be able to change hands without losing structure during the 3 main change over methods. Forward, Back, and Low.

Striking:

Straight driving Palm in reverse stance. Should now be showing recoil, and be able to deliver two strikes equal in power to your single strike, with in 1 second.

Back Palm. Should now be getting a "Snap" back fist happening,

and be able to deliver two strikes equal in power to your single strike, with in 1 second.

Downward cross hammer Palm. Should now show “follow though recoil”

Not bouncing back, but following through with a small circle back to center.

and be able to deliver two strikes equal in power to your single strike, with in 1 second.

Lateral Elbow. Should now be showing recoil,

and be able to deliver two strikes equal in power to your single strike, with in 1 second.

All strikes should be done with good understanding of yin and yang.

8 Kicking Method:

Should be able to perform the four kicks on each side, partnered.

Wrist Grabs:

Should be able to free one’s self from any single handed wrist grab, the grabber should be of a similar size and strength, the student should not struggle to get free.

Self-defence:

Should be able to stop a full powered strike from a similar sized person, using Bagua principals.

Against, straight punch, hook punch, double handed push, all aimed at the head.

Rip hook, and upper and lower tackle

Should also issue a counter strike before a second attack is issued.