

# 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](mailto:eli@wtba.co.uk)

[www.taijiworld.com](http://www.taijiworld.com)

# **Taijiquan Pre Instructors 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.**

## **YLC or YCF Form:**

Full form should be performed,

Stepping should be done with balance, i.e. the heel should be placed with no weight falling onto it. Stances should be correct width and length, should have hands in correct structure, and centre line should face the correct direction. Should also maintain a vertical spine.

The set fa-jing movements should all be done (just a snappy well-structured strike is expected)

Full Fa-jing is not expected from a student. (No Fa-jing if using YCF form for your test)

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

Should show no double weightiness in the palms, one hand should always lead the other on double yin or double yang movements. Every movement should now come from the centre.

Must have the pelvis tucked. Must not bob up and down. Must keep the head facing with the shoulders.

Weighting must be correct.

## **Qigong:**

Should now be held for 30 Minutes:

Triple Heater Qigong should be performed with good structure and balance (Full Squat, a heel step can be used)

## **SSS:**

Should be able to perform the full solo form, showing smooth swivelling on the heels, correct weighting, good forward drop steps, correct direction of centre line, the hands should hold correct structure, and move from the waist. Must have the pelvis tucked. Must not bob up and down. Must keep the head facing with the shoulders. Weighting must be correct.

Should be able to perform the full two person set at speed with heavy strikes, and go straight into throwing the attacks for their training partner to then do the form. Should be able to name and roughly locate a relevant Dim-Mak point for each strike in the form, in defence and attack.

#### **Single Push Hands:**

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.

#### **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

#### **Wudang Hand Weapons:**

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

#### **Dragon Prawn Boxing:**

All four methods should be performed with speed and flow, against medium strikes.

#### **Chee Sau:**

Should now be performed at a slow freestyle level, being able to sense slow incoming attacks.

#### **Da-Lu:**

Should now be able to perform all the basic movements with speed and power.

#### **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 Fist. 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 fist. 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.

#### **Kicks:**

Front and back Kicks should now be performed on the bag, showing good impact with recoil.

**Double Push Hands:**

Should simply be able to perform the frame work, under light pressure, with flow and structure.

**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 Tai Chi 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.