

# 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)

# **Official W.T.B.A. Instructor Grading Syllabus (Tai Chi Form)**

**Students must have passed "Grade 6 Tai Chi Form, or Grade 8 Taijiquan, Student Grades" before applying for "Grade 1 Instructor"**

Instructor grades are based on pedantic correctness.

As you will see, the 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, with in the Instructor Grades.

As long as you have done your 2 years student training and passed grade 6, then with regular training and dedication you should look to do one instructor grade every 1 to 2 years up to grade 5.

## **Please Note:**

Passing a grade for "Tai Chi Form" only entitles you to teach the content you are tested on.

You are not permitted to teach any martial methods under this grading.

The form only grades can be done using the YCF or YLC forms, However, keep in mind that if you choose YLC form, you will still be expected to perform Fa-jing.

**You must have an 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!

**Taiji form "Step" description ( For YCF form, don't apply the Fa-jing)**

Doing the form at a higher "step" during a grading, will not deduct anything from your grade, as long as that step is done correctly.

The student at anytime may be asked to show a posture how it should be taught to a beginner.

**Step 1**

Must show a refinement of all principals leant 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:**

Should now show subtle weight shifting between feet in postures where in the basic form there is no weight shifting, such as the opening movement.

Fa-jing should now be showing some good snappy power.

**Step 3:**

Empty movements at the end of each major posture and the extra "Hick Up" moves between postures like Sit Back Ready should now be understood correctly.

The timing of when these should be executed must be correct.

Fa-jing should now have solid weight and snap behind it, showing a strong root to the ground, and some explosive power expression.

**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.

**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: Basic**

(This grade is given to a student, when they are not quite ready for Level 1, but there is no one else in their area teaching, and so better for people to learn from a basic instructor, than a DVD)

**Grade: 1**

The most important thing we look for at level one, is that you are doing the moves right. If you are going to be teaching the forms, the worst thing is to give your students bad habits.

A very basic form done correctly = pass. A more advanced form done incorrectly = fail.

**Form:**

First third, Step 1.

### **Single Push Hands:**

Must show solid peng, move from the centre, and be able to change hands without losing structure during the 2 change over methods. Forward, Back. You must also show the skill of taking the force of the push up your arm into your shoulders.

### **Qigong:**

Must be able to hold standing three circles for 30 minutes. Maintaining good posture and relaxation  
Must be able to hold the baby for 2 minutes each leg. Maintaining good posture and relaxation

### **Training Methods:**

The post, must show balance, with total relaxation of the upper body.  
Steps should be performed correctly, you must not roll the heel on flat footed steps.

## **Grade: 2**

### **Form:**

First third Step 2. Second third Step 1. Third 3rd Step 1

### **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.

### **Qigong:**

Must be able to hold standing three circles for 33 minutes. Maintaining good posture and relaxation  
Must be able to hold the baby for 3 minutes each leg. Maintaining good posture and relaxation

## **Grade: 3**

### **Form:**

First third Step 3. Second third Step 2. Third 3rd Step 2

### **Single Push Hands:**

You should now be able to maintain your peng and keep moving regardless of what is coming into you. 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.

### **Qigong:**

35 minutes standing

Hold the baby for 4 minutes each leg.

## **Grade: 4**

### **Form:**

First 3rd Step 4. Second 3rd Step 3. Third 3rd Step 3

### **Qigong:**

45 minutes standing  
Hold the baby for 5 minutes each leg.

**Grade: 5 (Senior)**

**Form:**

Full form at Step 4.

**Qigong:**

The 12 Qi development Tool, done at a level equal to your tai chi form.