

# 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. Student Grades (Tai Chi Form)

## Tai Chi Form Grades

These grades are for those wanting to learn only the slow form and Qigong.

Single push hands is also required for these grades.

On average with regular training and dedication a student should be able to pass one grade every 4 months, getting them to grade 1 Instructor in just over 2 years.

Student grades are not "strict" You do not have to be pedantically correct like with the instructor grades.

**The student grades 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!

These grades can be done using the YCF or YLC forms

### Yang Cheng-fu's form "Step" descriptions:

#### Step 1

The form should be done at an all slow pace, i.e. no speeding up or slowing down. 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.

Movements that require some momentum can of course be done faster, but should still be done smoothly and gracefully. Must have the pelvis tucked. Must not bob up and down. Must keep the head facing with the shoulders. Weighting must be correct.

#### Step 2

Should now have an understanding of correct Yin and Yang wrist changes, showing a change with each movement. (This is only basic yin/yang, and does not require the subtle empty moves, nor the separation of left and right on double yang palms etc)

#### Step 3

Should now 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.

## **Yang Lu-chan's form "Step" descriptions:**

### **Step 1**

The form should be done at an all slow pace, i.e. no speeding up or slowing down. 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.

Some movements such as the leaping kicks, plum blossoms etc, that cannot be done slowly, should be done with momentum. Must have the pelvis tucked. Must not bob up and down. Must keep the head facing with the shoulders. Weighting must be correct.

### **Step 2**

Should now have added to it the set fa-jing movements (just a snappy well-structured strike is expected)

Full Fa-jing is not expected from a student.

Should now have an understanding of correct Yin and Yang wrist changes, showing a change with each movement. (This is only basic yin/yang, and does not require the subtle empty moves, nor the separation of left and right on double yang palms etc)

### **Step 3**

Should now 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. (Still does not require subtle empty movements)

## **Grade 1**

### **Form:**

First 3rd, step 1.

### **Qigong:**

Should be able to hold standing three circles for 10 minutes.

### **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.

## **Grade 2:**

### **Form:**

2nd 3rd step 1.

1st 3rd step 2.

### **Qigong:**

Should be able to hold standing for 15 minutes

Triple Heater Qigong should be performed with good structure and balance (the full squat is not required)

### **Single Push Hands:**

Should now show 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 centre around the force.

### **Grade 3:**

#### **Form:**

3rd 3rd step 1.

2nd 3rd step 2.

1st 3rd step 3.

#### **Qigong:**

Should now be able to hold for 18 minutes.

Hold the baby Qigong should be held for 30 seconds on each leg

### **Single Push Hands:**

Must now be able to change hands without losing structure during the 2 change over methods. Forward,  
Back.

### **Grade 4:**

#### **Form:**

3rd 3rd step 2.

2nd 3rd at step 3

#### **Qigong:**

Should now hold for 20 minutes.

Hold the baby Qigong should be held for 1 minute on each leg

### **Single Push Hands:**

Must now be able to listen to where the push is coming from and react accordingly.  
Moving left, right, up, or down, from the centre, in accordance with where the push is coming from

#### **The Post:**

Method one should be performed with good balance, showing empty heel and toe steps

### **Grade 5**

#### **Form:**

3rd 3rd Step 3.

#### **Qigong:**

Should now hold for 25 minutes.

Hold the baby Qigong should be held for 1.5 minutes on each leg

### **Single Push Hands:**

Should show improvements on all learnt so far

#### **The Post:**

The second method should be performed showing good balance, keeping the body centred with-out leaning.

**Grade 6:**

**From:**

Full Form Step 3

**Qigong:**

Should now hold for 30 minutes

Hold the baby Qigong should be held for 2 minutes on each leg

Triple Heater Qigong should be performed with good structure and balance

(Full Squat, a heel step can be used)

**After grade 6 you are ready to move up to instructor grades.**