

Year 1 (based on students attending 2 to 3 classes per week)

1st 6 mths: 5-loosenings | Zheng Manqing's "Short Taiji-form" | Two-person-exercise "Seven-pushes"

Principles: Accurate – Relaxed – Upright – Stable.

2nd 6 mths: Revise "Short Taiji-form" | 1st 3 of 7 Basic Pushing-hands patterns.

Principles: Smooth – Continuous – Body Moves as One (hands follow body).

Year 2: Yang "Long Taiji-form" | Final 4 of 7 Basic Pushing-hands patterns | Application of "Pull-back" & "Push"

Principles: Centre Moves First producing waves of movement when Turning, Advancing and Retreating.

Year 3: "5-Phase-Muscle-Cycle-form" | Huang Xingxian's "Quick Fist" | Application of "Yield-neutralise-issue"

Principles: Mind Lifts and Sinks – 5 Phase Vertical Circle – (Type 1 force Rising-Expansion).

Year 4&5: "Centre-Pressure-form" | Fixed-Pushing-hands Applications

Principles: Mind-changes Leads Body Changes – (mind ¼ phase ahead) – (Type 2 force Wave-of-Expansion)

Year 6&7: "Rising-Pressure-Wave-form" | Moving Step Pushing-hands

Principles: Effort of Will – Pressure Rises – (mind ½ phase ahead of body) – (Type 2 force Small-Circle)

Year 8,9&10: "Expanding-Pressure-Wave-form" | Intercepting Applications

Principles: Mind-changes lead body changes – (concentrate, relax, sink, empty) – (Type 3 force Small-Circle)

Year 11,12,13&14: "Mind-Energy-Sphere-form" | Application of Mind-Energy-Sphere

Principles: Elastic-Mind-Energy-Sphere – (mind one phase ahead of body) – (Type 3 force Large-Circle)

With the overriding method of closing down the surface part of the Mind as if going to sleep,
then using a deeper part of the Mind to listen to (through the 5 internal senses) and regulate, the subtle body changes, forces and energy.

Formulated by Patrick Kelly – based concisely on the teachings of Master Huang Xingxian in his last 20 years – designed to promote internal refinement.
At that stage ("only then really understanding what is Taiji") Master Huang no longer advised training standing postures, weapons or White Crane forms.