

# Shi Kon Yang Family Tai Chi Syllabus

## **Forms**

Grasp Sparrow's Tail  
Yang Chen Fu 108  
Long Boxing  
Two Man Form  
Broadsword  
Double Edge Sword  
Spear/Pole

## **Push Hands**

Single and Double Hands Horizontal Circle  
Double Hand Vertical Circle  
4 Receiving Hands single and passing  
Applications to Form  
Silk Reeling 2 Directions  
Rolling Forearms  
Silk Reeling & Plum Blossom stepping  
Rolling Forearms  
Springing Hands Basic  
Small Circle  
Da Lu 1, 2 and 3  
13 Dynamics in Springing Hands