

SCHOOLS OF KUNG FU

MASTERING BODY, MIND AND ENERGY 

by IWKA 

3 Pillars Yang Taijiquan

1st Pillar



Exercise: Up and down
Song Shen Wu Fa: 1 and 2 - melting man, swing and release
Zhang Zhuan: Up and down melting man
 Bear stance melting man

3 months



Exercise: 7 pushes
Song Shen Wu Fa: 3, 4 and 5 - melting man, swing and release
37 posture form: Beginning of Taiji until 1st ward off
Zhang Zhuan: Holding the baby
 Hugging the tree

3 months



37 posture form: 1st road complete
Partner exercise: 6 two men sets
Zhang Zhuan: White Crane spreads it's wings
 Raising arms
 Single whip

6 months



37 posture form: 2nd and 3rd road complete
Partner exercise: 6 two men sets

6 months



37 posture form: 4th and 5th road complete
Partner exercise: 6 two men sets

6 months

2nd Pillar



Exercise: Up and down - balloon man
Song Shen Wu Fa: 1 and 2 - balloon man
Advanced form: 1st road complete
Partner exercise: 1 one-hand cycle
Zhang Zhuan: 1st standing form
Special skills: free yielding and bouncing exercises (fa fang)

8 months



Song Shen Wu Fa: 3, 4 and 5 - balloon man
Advanced form: 2nd and 3rd road complete
Partner exercise: 2 one-hand cycles
Zhang Zhuan: 2nd standing form
Special skills: free yielding and bouncing exercises (fa fang)

8 months



Advanced form: 4th and 5th road - balloon man
Partner exercise: 4 two-hand cycles
Special skills: Chin Na (locking)

8 months



Ba Duan Jin: 1st, 2nd, 3rd and 4th
Zhong Jia: Opening and 8 energies
Partner exercise: 5 one-hand cycles
Zhang Zhuan: 3rd standing form

6 months



Ba Duan Jin: 5th, 6th, 7th and 8th
Zhong Jia: 1st road complete
Partner exercise: 3 two-hand cycles
Special skills: Da Shou, Fa Fang
Theory: Good understanding of Hua, Fa, Na, Ting

6 months



Zhong Jia: 2nd road complete
Partner exercise: 3 Tui Shou
Special skills: Da Lu, Da Shou, Fa Fang, Chin Na

6 months



Zhong Jia: 3rd, 4th and 5th road complete
Xiao Jia: complete
San Shou: complete
Partner exercise: Tui Shou complete
Special skills: Da Shou, Fa Fang, Chin Na in excellent quality

24 months

Weapons

Sword	1 year
Spear	1 year
Longpole	1 year