

24 Step Yang Style Tai Chi

SENSEI MIKE JACQUES DEMONSTRATES COMPLETE 24 STEPS ROUTINE

White Belt

Starting Posture

Wild Horse Parts its Mane

White Crane Spreads out Its Wing

Yellow Belt

Brushing the Knees and Taking Zigzag Steps

Playing the Lute

Stepping Back and Driving the Monkey Away

Orange Belt

Grasping the Bird's Tail, Left Mode

Grasping the Bird's Tail, Right Mode

Green Belt

Holding a Single Whip

Waving Hands Like Clouds Drifting By

Holding a Single Whip

Blue Belt

Patting the Horse on the Back

Kicking Straight, Right Mode

Striking the Opponent's Ears with Both Fists

Kicking Straight, Left Mode

Purple Belt

Stooping Down and Then Standing on One Leg, Left Mode

Stooping Down and Then Standing on One Leg, Right Mode

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Brown Belt

Shuttling Between Left and Right (Fair Lady Works at Shuttles)

Looking for a Needle at the Sea Bottom

Shunting with Both Hands Fanned

Black Belt

Deflecting Downwards, Parrying and Punching

Acting to Close a Door

Crossing the Hands

Concluding Posture

Additional Information

All black belts are encouraged to join MABET instructor register upon completion of examination on this syllabus.

Grading is open to MABET membership.

Boost Earnings through Teaching what you have be certified as Competent to Instruct

Train through MABET to get your coaching certificate from the BCCMA.

Apply through MABET to teach up to the level/stage certified Competant to Instruct.

Start earning income as a MABET instructor.

Visit <https://mabet.co.uk/join-us> for full details on Membership and instructor training schemes.