

# Classical *Taijiquan* Training Syllabus

# 太極拳

## I. 基本功 *Jīběngōng* 'Basic Training'

混元氣功 *Hùnyuán qìgōng* 'Mixed Origin'

站樁 *Zhànzhūāng* 'Standing Post'

陰陽 *Yīnyáng* 'Polar Opposites'

纏絲功 *Chánsīgōng* 'Silk Reeling Skill'

十三式 *Shísānshì* 'Thirteen Postures'

## II. 用法 *Yòngfǎ* 'Applications'

擒拿 *Qínná* 'Seizing & Locking'

推手 *Tuīshǒu* 'Push Hands'

太極球 *Tàijí qú* 'Supreme Polarity Ball'

太極棒 *Tàijí bàng* 'Supreme Polarity Stick'

## III. 套路 *Tàolù* 'Routines'

精簡三十六式 *Jīngjiǎn sānshíliù shì* 'Simplified 36 Form'

陳氏太極五十六式 *Chénnshì tàijíquàn wǔshíliùshì*  
'Chen Family Supreme Polarity Fist 56 Form'

太極劍 *Tàijí jiàn* 'Supreme Polarity Sword'

太極春秋大刀 *Tàijí chūnqiū dàdāo* 'Spring Autumn Big Blade'

太極雙刀 *Tàijí shuāngdāo* 'Supreme Polarity Double Sabre'