

Golden Flower Student Curriculum Check List

The Golden Flower Curriculum is intended to be a three-year process in order to cover all the material at a basic level of ability and comprehension.

The main areas of study are:

- Chi Kung and developmental exercises
- The Golden Flower Slow and Fast Sets (Forms)
- Zhang Zhuang standing foundation chi kung (qigong)
- Pushing Hands and Self-defense Application
- Sitting meditation
- Energy Cultivation
- Practical application of the principles

PRACTICES AND EXERCISES

1. WARM UP AND RELAXATION

- ☐ Shaking and Breathing
- ☐ The Warm-up Exercises
 1. The Fountain
 2. Lifting the Clouds
 3. Rolling the Rock
 4. Looking to Heaven and Earth
 5. Eagle Shrugs its Wings
 6. The Scythe
 7. Shifting Sand
 8. The Spindle
- ☐ Yin Cultivation

2. BREATHING

- ☐ Belly Pumping
- ☐ Ribbon Breath
- ☐ Full Waist Breathing (including breath opening exercises)
- ☐ Seated Breathing Meditation
- ☐ Integration Breath Chi Kung
- ☐ Power Breath Chi Kung
- ☐ Moving From The Breath

3. BALANCE AND ALIGNMENT

- ☐ Testing the Basic Principle of Balance
- ☐ Three-Point Alignment
- ☐ The direction of the Eyes and Head
- ☐ Positions of the Feet
- ☐ Alignment of the Knees
- ☐ Alignment of the Hips (and sacrum)
- ☐ Alignment of the Torso
- ☐ Alignment of the Arms and Hands
- ☐ Stepping directions
- ☐ Levels
- ☐ Three External Coordinations
- ☐ Lowering Center of Balance

4. GROUNDING AND CENTERING

- ☐ Sinking the Chi to the Lower Tiantien
- ☐ Location of lower, middle and upper Tiantien
- ☐ Demonstrate Grounding and Relaxing
- ☐ Demonstrate Centering and Calming

5. POSTURE AND STANCE (STRUCTURE)

- ☐ Demonstrate Bow Stance (forward and backward positions)
- ☐ Demonstrate single-weighted stance (e.g. White Crane)
- ☐ Demonstrate Folding
- ☐ Four Basic Leg Development Exercise Set
- ☐ Transitional Stance (3 point alignment)

6. MOVEMENT

- ☐ Arm and Leg “Empty Moving”
- ☐ Whole body movement
- ☐ Moving From the Center
- ☐ Lazy Cat Walking
- ☐ Swan Walk
- ☐ Arm Circling Exercises

7. STANDING FOUNDATION CULTIVATION (ZHAN ZHUANG)

- ☐ Golden Flower Standing Form (With “Be Here” Meditation)
- ☐ Yin Standing and Yang Standing

8. MIND (YI)

- ☐ One-finger Focus
- ☐ Standing for Yi Development
- ☐ Standing Closed Eyes for Conscious Direction of Mind in Body
- ☐ Form movement by thought or visualization to generate intention

9. COMBINED PRACTICE

Three most important basic principles are to be aware, to relax and gather your energies.
The most important overall principles are yin/yang and “I leads the chi.”

- ☐ Peng, Lu, Ji, An to eight directions exercise
- ☐ Golden Flower Sequence (Form)
- ☐ Names and explanation the 13 basic postures/movements of T'ai Chi:
Peng, Lu, Jie, An, Tsai, Lieh, Jo, Ko
Move left, Move right, Move forward, Move backward, Central position
- ☐ Name all the forms (movements) in the sequence (form)
- ☐ Yin Yang form (also with breathing)
- ☐ The Six Harmonies Form (3 External and 3 Internal Coordinations)
- ☐ Continuous moving Silk-reeling form
- ☐ The Golden Flower Fast Form

10. APPLICATION AND JOINED HANDS PRACTICE

Joining Energies Interactive and Pushing Hands

- ☐ Pushing hands warm-up exercise (Dong style)
- ☐ Basic Single-handed Pushing Hands and principles
- ☐ Basic Double-handed Pushing Hands and principles
- ☐ Basic application of Peng, Lu, Jie, An

11. MEDITATION and AWARENESS

- ☐ Be Here Process
- ☐ Gathering Process
- ☐ Breathe meditation
- ☐ Sitting for awareness
- ☐ Po Chi Chi Kung Set

12. ENERGY CULTIVATION:

Energy Transformation and Cultivation Process.

- ☐ Belly Pumping or any lower center clearing process
- ☐ Chi Permeation Exercise
- ☐ Small Circle Circulation (possible 3 directions and 3 centers)
- ☐ Large Circle Circulation
- ☐ Arms Circulation
- ☐ Legs Circulation
- ☐ Microcosmic Orbit
- ☐ Triple Burner Exercise
- ☐ "Internal Smiling" Chi cultivation
- ☐ "Merging Heaven and Earth" Chi Kung

13. WORDS AND TERMS

Alignment	Internal
Balance	Kua
Blocking and wasting (chi)	Kung Fu
Bow stance	Meditation
Bubbling Well	Meridians
Burning in	Microcosmic Orbit
Center	Pai wei (crown point)
Centering	Principle
Chi	Relax
Chi Kung, qigong, chi gung	Ribbon Breath
Ching (jing)	Scattering (energy)
Cultivation	Self-cultivation
Dantian (tantien)	Shen
Double- weighted	Shoulder width
Effortless	Sinking
Embody	Sticking energy
Empty mind	Substantial / insubstantial
Fa jing	T'ai Chi – "T'ai Chi Chuan".
Flow	Taoist
Focus	Three Treasures
Folding	Three-point alignment
Gathering	Tiger's mouth
Grounding	Virtue
"Happy Chi"	Wu Wei
Hip width.	Yi
Hui yin (perineum)	Yin yang
Intention	