



## THE GOLDEN FLOWER PROFESSIONAL LEVEL CERTIFICATION TEST

Name:		Date
Address:		
Telephone numbers:		
Email:		

I am applying to become eligible to hold a Golden Flower Instructor License. I agree to remain informed and support the policies of the school as long as I am a participating member. I acknowledge that I am responsible to ensure that I am receiving the appropriate and timely communication from the school in all matters that concern me. If I find that I do not agree with a policy of the school, I will request an examination and reconsideration of the policy by all relevant official members.

*initial* \_\_\_\_\_

I intend to use Golden Flower T'ai Chi training for my own personal development and to benefit others. I recognize and acknowledge Master San Gee Tam and the Golden Flower School and as the source of this teaching and promise to maintain integrity in my use of the materials. If I am unclear about any issue concerning this I will communicate with an appropriate official representative of the school for clarification.

*initial* \_\_\_\_\_

I am a current Golden Flower member and my dues are fully paid. My integrity with the school and my fellow members is clear and clean.

*initial* \_\_\_\_\_

I am clear on the nature and requirements of membership in the Golden Flower T'ai Chi School. I am clear on the purpose of membership. I know the date by when my yearly dues and my students membership fees are to be received by the international school.

*initial* \_\_\_\_\_

My personal integrity is befitting an instructor of the Golden Flower Tai Chi Association. I am taking care of my life and fulfilling my duties and responsibilities. I do not abuse, cheat or lie to people. I do not unnecessarily cause upset for others. I support the overall natural well being before my own personal gratification.

*initial* \_\_\_\_\_

I do not and will not participate in illegal or unethical activities. I will not support others in unhealthy practices or illegal practices.

*initial* \_\_\_\_\_

I realize that I, alone, am responsible for my progress and evolution including my relationship to Master San Gee Tam, the other instructors and to the Golden Flower T'ai Chi Association.

*initial* \_\_\_\_\_

I realize and acknowledge that it is my responsibility as a teacher to maintain my own development, both in the subject I am teaching and in my personal growth as a developing person. I am scheduled to have on-going personal training with the Master of the school, San Gee Tam. My proposed schedule is:

*initial* \_\_\_\_\_



## **COMMUNICATION AND TEACHING**

***Individual responsibility. Answer the following in a brief paragraph:***

- 1. What are the three most important things to communicate to a potential student?**
- 2. What are three basic responsibilities you must communicate to a new student?**
- 3. List at least five essential details of each student's performance that the instructor should observe and coach the student about when appropriate.**
- 4. What are the three most important aspects in teaching?**
- 5. How would you respond to a question from a student when you don't know the answer?**
- 6. What is the most important thing a teacher needs to do to be at their best?**
- 7. What do you see as your most important responsibility to your self?**

***Community responsibility. Answer the following in a brief paragraph:***

- 1. As a t'ai chi instructor, describe what you see as your responsibility to your students:**
- 2. Explain how is it in support of the members that we have membership in the Golden Flower School and how it is in the best interests for all members to pay yearly dues organization?**
- 3. As a Golden Flower Instructor, describe what you see as your responsibility to the school:**
- 4. Explain the relevance to individual health and development that a community environment around the study of t'ai chi chuan provides:**
- 5. In essence, what is "participation" and what are our benefits from being in participation?**
- 6. Describe what you see as your responsibility to your greater local community and to humanity as whole:**



## **HISTORY AND EVOLUTION**

### ***History***

**Briefly, describe how t'ai chi evolved up to present day and about the first family who are sited as the source of modern styles. Include:**

- 1. When and where were the beginnings of what we know today as T'ai Chi Chuan?**
- 2. Who were the early practitioners?**
- 3. What did they most likely practice and why?**
- 4. Where did they get their inspiration and insight?**
- 5. Relate the common legend about how t'ai chi chuan was created and by whom?**
- 6. What family is the first modern style that the other styles generated from?**
- 7. Name the other four styles and how they relate in their development from the first style.**

### ***Development***

- 1. Describe the essential premise of man's relationship to the universe that t'ai chi chuan is founded upon.**
- 2. Describe the first principle of t'ai chi chuan and the meaning of the symbol that depicts it.**
- 3. Briefly explain the theory of the five universal energies cycle that is fundamental to t'ai chi chuan theory.**
- 4. Explain how t'ai chi chuan is both an art and science.**
- 5. What does t'ai chi chuan have in common with the practice of acupuncture?**
- 6. How does the I Ching relate to t'ai chi chuan?**
- 7. How would t'ai chi development be relevant to the study of Feng Shui?**



## ***Basic theory and concepts***

**Describe the following concepts including any structure in brief paragraphs.**

- 1. Universal chi or energy network**
- 2. Yin yang**
- 3. Zhang Fu or Wu Xing ( Five Element Transformation Theory)**
- 4. Macro/microcosm**
- 5. Observing nature as the source of guidance towards health and enlightenment**
- 6. Three Treasures**
- 7. Chi in the human body**
- 8. The three tantien**
- 9. Meridian system**
- 10. Microcosmic Orbit circulation**
- 11. Yi**
- 12. Triple Burner**
- 13. Chi Kung (qigong)**
- 14. Kung Fu**



## **PRACTICES AND EXERCISES**

*Answer the following with a brief sentence:*

- 1. When teaching the curriculum during the first year the main focus of your teaching should be on what aspect?**
- 2. When teaching the curriculum during the second year the main focus of your teaching should be on what aspect?**
- 3. When teaching the curriculum during the third year the main focus of your teaching should be on what aspect?**
- 4. What are the four main practices essential to complete t'ai chi chuan development?**

*Briefly describe the general purpose of each exercise*

- 1. Shaking and Breathing**
- 2. Full Waist Breathing (including breath opening exercises)**
- 3. Tantien, lower**
- 4. Power Breath**
- 5. Integration Breath**
- 6. Grounding and Centering Exercise**
- 7. The Warm Up Exercises:**
  - Safety tips and considerations
  - The Fountain
  - Lifting the Clouds
  - Rolling the Rock
  - Looking to Heaven and Earth
  - The Scythe
  - Shifting Sand
  - The Spindle

### **8. Stance**

Include both the “square” stance and the “long” stance and the difference between their functions.

### **9. Four Leg Exercises**

Include each exercise and its purpose.



**10. Transitional Stance (3 point alignment)**

**11. “Whole body” movement**

**12. Moving From the Center**

**13. Lazy Cat Walking**

Include the two types of Lazy Cat Walking and the difference between them.

**14. Swan Walk**

**15. Circling Exercises**

Include the use of all three types of circling and the specific function of each.

**16. Golden Flower Standing (With “Be Here” Meditation)**

**17. Po Chi Exercises**

Include the special visual technique and its purpose.

**18. Name the 13 Postures and their basic energies?**

**19. Peng, Lu, Ji, An to eight directions exercise**

**20. Golden Flower Form**

**21. What is the purpose of the following practices:**

- The Golden Flower left-hand form
- Speaking weighting and leg movement form
- Yin yang form
- Yin yang breathing form
- “Tendon Chi” form
- The Golden Flower Fast Form?

**22. Joining Energies Interactive and Pushing Hands**

**23. Slow Movement to Music**

- Explain the purpose and benefits of the practice.
- Discuss the use of music.
- Give six examples of the use of slow movement to teach a principle or energy.



## **GENERAL TOPICS TO BE INCLUDED AT THE BEGINNING OF STUDY**

*In paragraph form give a brief explanation of each of the following topics:*

**Relaxation of mind and body is the key to personal power.**

**You only get results from what you actually do.**

**"What you do is what you are".**

**"What you practice is what you become".**

**The most important responsibility for every developing person is self-cultivation**

**Gradual change: t'ai chi development takes place as a molding process.**

**The "self-reflective universe"; a reliable guide to self-refinement.**

**Meditation is a state of being.**

**" Gradualness" is the key to successful development.**

**You cannot separate t'ai chi mechanics and energetics in real function.**

**Three main reasons why we observe the practice of Bowing at the start and end of class.**

**T'ai chi practices develop focus and intention, the most important qualities for accomplishment.**

**Awareness is the first principle.**

**Accuracy of perception is the second.**

**Emulation is the third. (Include making a distinction between emulating and imitating.)**

**T'ai chi is a process of embodying - rather than simply knowing about - principles and energy.**

**Internal Martial Arts have a different method of development from normal exercise and the external martial arts.**



**Describe the principle of alignment as it relates to body mechanics:**

Describe the principle of balance as it relates to body mechanics?

Where is the lower tantien or "your center" located and what does it mean to "move from your center"?

Briefly discuss "blocking and wasting related to posture:

Describe how to straighten the spine and depress sacrum.

What do you do when you "hollow" the chest?

Describe "sinking shoulders and elbows" and why it is important:

Describe 70/30 stance:

What is 70/30 bottom/top?

Explain different purposes for performing T'ai Chi in a high, medium or low stance.

What does the term "large circle" mean related to external T'ai Chi movement?

Describe "vertical posture suspended from the crown":

Why is vertical posture important?

Describe the transitional stance and its purpose:

What is "three-point-alignment"?

Explain "hip width apart":

Describe the principle of folding:

Describe the three basic hand positions in the Golden Flower form:

**MOVEMENT (DESCRIBE THE TYPES OF MOVEMENT SPECIFIC TO THE FORM):**

Describe how the arms make a three dimensional ball:

Describe "lazy cat walking":

Describe circular movement relating to the whole body and all its parts:

What is economy of movement?

Describe moving from waist (waist directed movement)

Describe the principle of constancy of movement"

How is breathing integrated with movement?

Describe "flow":

Describe "moving with sensitivity and lightness":

What is conscious movement?

Describe relaxed movement:

What is the most essential point – the first condition to create – before beginning T'ai Chi?

Name the four essential conditions before beginning (in order):





How long (for what period of time) should you practice during each individual session?

What are the 4 essential practices for T'ai Chi development?

Why do you always face North to begin the T'ai Chi form?

The purpose of keeping your eyes level and unfocused:

## **ENERGETIC PERCEPTIONS, SUBTLE FEELING AND REGULATING YOUR ENERGY:**

The purpose of using your mind to create a three dimensional ball:

Describe the principles of energy accumulation and containment:

Describe the process of energy transformation and harmonization:

What is "feeling the chi/energy" and "happy chi"?

Describe internal connection and continuity:

Describe natural movement and breathing:

What is "planting your feet"?

Discuss sinking the chi of the whole body and keeping it down:

Explain the principle of blocking and wasting chi:

Describe:

- Tantien
- Meridian
- Ching
- Chi

## **THE MIND/SPIRIT...**

What make movement become meditation?

Virtue

Yi

Shen

Focus

Concentration

State of Being:

T'ai Chi practice transforms your normal state of awareness to a meditative state:

What is present when you manifest Presence:

What we mean by "empty" mind?



**WRITE AN INSPIRING PARAGRAPH ON TWO OF THE FOLLOWING TOPICS, AS YOU MIGHT COMMUNICATE ABOUT IT TO A STUDENT**

1. What is "chi"?
2. Chi: the power behind all body/mind functions
3. Practical application of T'ai Chi principles practically in daily life
4. Commitment, regularity and perseverance; the keys to successful practice
5. Enjoyable daily practice
6. Learning to learn: working harmoniously with yourself
7. Proper attitude: respect toward the teaching, your teacher and yourself
8. The intentional development of patience, relaxation and discipline
9. The value of "dedicated" effort
10. Creating your sense of purpose (what do you want to get out of Tai Chi?)
11. Relaxation and integration
13. How to come naturally to the experience of meditation
14. How to use Tai chi to develop grounding and centering
15. The importance of learning to feel your body
16. First perceptions of feeling subtle energy
17. Chi and communication
18. How to make a beneficial transformation of one's energy state
19. The importance and practice of body and energy mechanics
20. The importance of getting the feeling and quality of Tai Chi without being overly concerned about perfection.
21. How to design your personal wellbeing lifestyle

( please attach this answer on separate sheets of paper )



**LIST TEN WORDS OR TERMS IMPORTANT TO THE UNDERSTANDING OF T'AI CHI  
STUDY AND DEFINE EACH IN YOU OWN WORDS.**

1.

2.

3.

4

5.

6.

7.

8.

9.

10.



**PLEASE WRITE A PARAGRAPH IN RESPONSE TO EACH OF THE FOLLOWING:**

1. What is your commitment to the work that we do at the Golden Flower T'ai Chi school? What is your commitment to the school itself?
2. Why do you think you should pass the test?
3. What are your intentions and your plans about being a Golden Flower T'ai Chi instructor? What are your long term plans, etc?



**BE AWARE THAT YOU WILL BE OBSERVED AND TESTED ON THE  
FOLLOWING POINTS DURING THE PRACTICAL TEST**

Presence and authority:

Communication skills including clarity, friendliness, intuitive observation:

Teaching manner and skills:

Personal appearance and presentation:

Knowledge and presentation of all the concepts and practices in the basic Golden Flower course:

Observing an appropriate time allotment to teach specific material (i.e. each exercise in the warm-up exercises):

Knowledge of the names of all the movements in the Golden Flower form.

The following space is for anything further that you would like communicate related to this test:

***EXTRA ADD IN SOMEWHERE IF NEEDED***

Explain the purpose and benefits of standing practice

Teach about standing for chi cultivation and as a spiritual practice

Teach "empty looking"

Transformation (of state of energy and consciousness)

Teach: standing is a "molding" process and this method is just the first level

"Small Circle" Standing or "I Chuan"



## The Golden Flower Form Posture Names

### Reference materials:

#### T

1. Before Tai Chi (Preparation)
2. Begin Tai Chi
3. Two Hands Up
4. Two Hands Down
5. Pick up the Ball
6. Ward Off (L) (Single Hand Ward Off)
7. Pick up the Ball
8. Ward Off (R) (Double Hand Ward Off)
9. Roll Back
10. Press
11. Sit Back
12. Push
13. Gaze Left
14. Look Right
15. Crane's Bill
16. Looking in the Mirror
17. Single Whip
18. Lifting Hands
19. Drop Back
20. Shoulder Stroke
21. White Crane Spreads Its Wings
22. Carry the Ball
23. Step, Brush Knee and Push
24. Follow Up Step
25. Play the Lute
26. Carry the Ball
27. Step, Brush Knee and Push
28. Deflect Downward, Intercept and Punch
29. Withdraw and Push
30. Turn to the Front
31. Cross Hands
32. Embrace Tiger Return to Mountain
33. Roll Back and Hold Up the Sky
34. Press
35. Sit Back
36. Push
37. Gaze Left
38. Look Right
39. Crane's Bill
40. Looking in the Mirror
41. Diagonal Single Whip
42. Fist Under Elbow
43. Offer Fruit (L)
44. Step Back and Repulse Monkey (R)
45. Offer Fruit (R)
46. Step Back and Repulse Monkey (L)
47. Offer Fruit (L)
48. Step Back and Repulse Monkey (R)
49. Pick Up the Ball
50. Flying Diagonally
51. Step Back and Wave Hands Like Clouds (L)
52. Wave Hands Like Clouds (R)
53. Step and Wave Hands Like Clouds (L)
54. Wave Hands Like Clouds (R)
55. Step and Wave Hands Like Clouds (L)
56. Pick Up the Ball
57. Crane's Bill
58. Looking in the Mirror
59. Single Whip
60. Snake Creeps Down
61. Golden Cock Stands on One Leg (R)
62. Golden Cock Stands on One Leg (L)
63. Pick Up the Ball



64. Separate Foot (R)
65. Pick Up the Ball
66. Separate Foot (L)
67. Turn and Strike with Heel
68. Step, Brush Knee and Push (R)
69. Pick Up the Ball (L)
70. Step Forward, Brush Knee and Push (L)
71. Pick Up the Ball (R)
72. Planting Punch
73. Carry the Ball (R)
74. Carry the Ball (L)
75. Ward Off (R)
76. Roll Back
77. Press
78. Sit Back
79. Push
80. Gaze Left
81. Look Right
82. Crane's Bill
83. Looking in the Mirror
84. Single whip
85. Sit Back and Pick Up the Ball
86. Fair Lady Works at Shuttles (R)
87. Sit Back, Pick Up the Ball and Turn
88. Fair Lady (L)
89. Pick Up the Ball
90. Fair Lady (R)
91. Sit Back, Pick Up the Ball and Turn
92. Fair Lady (L)
93. Swing the Ball
94. Ward Off (R)
92. Fair Lady (L)
93. Swing the Ball
94. Ward Off (R)
95. Roll Back
96. Press
97. Sit Back
98. Push
99. Gaze Left
100. Look Right
101. Crane's Bill
102. Looking in the Mirror
103. Single Whip
104. Snake Creeps Down
105. Step Up to Seven Stars Punch
106. Retreat to Ride Tiger
107. Turn Round
108. Flying Lotus Kick
109. Bend Bow and Shoot Tiger
110. Deflect Downward, Intercept and Punch
111. Withdraw and Push
112. Cross Hands