

Stages		1st (fluency of movements)		2nd Understand Jin (internal energy)	3rd indescribable (reflex without consciousness)		
Size and details of circular rotation		Looking for circular rotation	with draft circular rotation	with detailed circular rotation	with concise circular rotation	circular rotation into micro control	
Form performing		Familiar with the form, by practice external move to cultivate internal Chi.	soften joints, relax extra energy, all movements can be complete continuously.	Reduce size of circle, use internal energy to drive external movements.	Further reduce size of circle, internal energy combines with external movement.	Circle size approaches zero, no more different between internal energy and external movements.	
Chi cultivation		Start sensing Chi	Sense Chi through out movements and form	strengthen Chi gradually	internal Chi grow very strong	internal Chi extremely strong	
Target		relax Yi, Sink Chi back to Dan-Tien	Can not control	partially control	can control	completely control	keep improving
Requirements	Body structure	<ol style="list-style-type: none"> stand in balance no leaning head straight up press shoulders, sink elbows hallow chest, stable waist Open and relax lower body joints 	Can not control, first emphasize on head and body straight up, avoid leaning.	partially control, pay more attention in accuracy and coordination.	Not yet completely control, pay more attention.	Completely control. every moves continuous without gap, body structure tight and accurate.	Improve from the extreme, Taichi is demonstrated in every instance, still or in motion.
	Internal Chi	<ol style="list-style-type: none"> calm & use intention clear divide Solid and Void joints connected moves connected whole body act as one internal bind with external support all direction body and mind in total balance 	Can not control, first clearly divide weight taking leg.	Partially control. Looking for calmness not intention yet. Looking for joints connect then to moves connect.	Gradually achieved, mind is clam, emphasize on intention now. Chi follow intention, whole body moves as one, further to bind internal and external.	Completely control. synchronize intention and Chi, well into real application mode.	Improve from the extreme, Yin Yang balanced, supporting all direction, body and mind in total balance.
application criteria		<ol style="list-style-type: none"> give up and follow bend to follow, extend to reach light while follow, stick while advance attract and off balance 	not the training goal for this stage, avoid push hand practice, except simple circle push hand.	Partially control, still not the training goal for this stage.	Gradually achieved, start to practice push hand and looking for achieving these goals.	Can complete control, can follow and reflex, accurate, powerful will small move. Easy in neutralize, clear in issuing.	Improve from the extreme, whole body in perfect harmony, neutralize and issuing with no trace.
Self sensation		<ol style="list-style-type: none"> internal Chi motivated internal Chi circulated internal Chi fluently through out increase clarity and fullness of internal Chi 	feel a little Chi. It is time to cultivate.	Internal Chi increase, feel little regulation, can be fluently through out.	Internal Chi is fluently through out, clarity and fullness not yet enough.	enough clarity and fullness of internal Chi and can be exchanged with delicacy.	Internal Chi extremely full and clear, movements very smooth and agile, Chi exchange without trace, whole body like a balloon, variation at will.
Style and expression		<ol style="list-style-type: none"> looked soft yet connected looked rigid yet fluent light with root solid not stagnant fast not gushy slow not stagnate 	seemed rigid yet empty, sudden hit, rush, up and down.	seemed soft, not enough internal yet, in push hand shows resist, collapsed and stagnant.	perform with soft and smooth with solidness and rigidity. In push hand still feel clumsiness occasionally.	rigid and soft coexist, fast and slow exchange, open and close alternate, external and internal coherent.	stillness, potential with all life. form arises animated by this CHI. Flowing between all seeming polarities. Floating as flower petals on the wind, Then firm as an iron block. speed as a plunging falcon. attack as a roaring tiger, move as running water silent, as mountain. the message in between gentle connection. Spirit in conserve just before release.
Points to watch out		<ol style="list-style-type: none"> concave or otherwise muscular and mechanical rigid and stagnant broken and leaning 	exist in every move.	pay all the effort to avoid these errors.	can find those error spot and know how to avoid them	there no longer error	definitely no error
	number of form practiced	Old form 10 sets	Old form 10 sets	12 sets of Old form and 3 sets of Cannon fist	15 sets of Old form and Cannon fist	Still keep practicing	
	period to progress	6 month until fluent the Old form	approximately 4 years	2 years, learn cannon fist and long stick.	3 years plus minus. With weapon training.	No end for this one.	
	Breath	nature breath	still nature breath	naturally into intention synchronization	intention, movement and breath synchronized completely (naturally)	unified and harmonized	
	Silk reeling Jin	can not control	gradually control	can control	total control and detailed	completely mastering	
Martial performance		<ol style="list-style-type: none"> defense and offense at will balanced and stand without failed 	limited efficiency. can not even balance oneself.	advance and neutralizing clumsily.	can handle strong opponent but feel difficult.	can neutralize and issue simultaneously, can defense oneself even with strong opponent.	extremely adaptable and efficient, however, be humble and cautions, there always someone better.
Health improvement		avoid sickness, prolong life	feel stronger, old illness gradually fade away.	Get stronger, old illness disappear.	Very solid circulation and strong. Very seldom get sick.	healthy and long living without illness.	Healthy and long living even in difficult environment.