

The following is a general overview of the Yang Style Taijiquan traditional curriculum.

- 1) Qigong and preparation for Yang Style Taijiquan  
Standing Post and Stationary Posture Qigong  
Taiji Breath Placement  
Taiji Gong Li (strength, flexibility and conditioning training)
- 2) Yang Style Taijiquan solo bare hand routine  
108 Yang Style Taijiquan solo form  
37 Posture studies
- 3) Yang Style Taijiquan Push Hands  
Eight preparatory Push Hands exercises (1-8) (+ mix of drills)  
Four Hands (Si Zheng Tui Shou)
  - Fixed Step
  - Eight directional changes
  - Fixed Step freestyle
  - Moving Step (Follow, Cover Steps)
  - Moving Step (Circular Steps)
  - Moving Step Leg Changes
  - Moving Step freestyle  
Large Rolling (Da Lu)  
Da Lu  
Da Lu variations and freestyle
- 4) Free sparring (San Shou)  
Yang Style Taijiquan Applications form (88) and mix  
Solo form applications  
Fighting Range theory and training  
Push Hands Sparring  
Free Sparring
- 5) Yang Style Taijidao (Sabre)  
Sabre solo form  
Sabre sparring drills  
Sabre two person routine  
Sabre Free Sparring
- 6) Yang Style Taijijian (Sword)  
Sword solo form  
Sword two person drills  
Sword free sparring
- 7) Yang Style Taijiqiang (Spear)  
Spear solo training  
Binding spear training  
Spear Free Sparring