



TEMPLE KNIGHTS MARTIAL ARTS ACADEMY

SINCE 1982

Tai Chi Chuan - Tai Chi may be approached from two distinct perspectives.

1. As a health exercise, in which the Tai Chi 108 form set, sword and chi kung is a part. Chi Kung includes meditation - simple and microcosmic circuit, Heng Ha Set, Eight Pieces Of Silk Brocade, Ho Shu Ying Set, Lohan etc.

2. As a legitimate certified martial art in which the form 108 set, sword, chi kung, push hands, two person set, applications of form and free style partner sparring is a part. Included in this study is chin na ie. joint locks, muscle splitting, sealing the breath, sealing the blood and sealing the chi. This requires an intimate knowledge of pressure points, striking technique and chi circulation.

Tai Chi as a health exercise alone may be suitable for the majority of practitioners, however to be on par with international standards, teachers must be well versed and certified in the martial art. Teachers of the legitimate art must be certified in each level of practise.

Teaching Certification: Tested by Sigung John Oliver Peel & Sifu Valerie Houston-Peel

Level 1: Tai Chi Chuan - A.Tai Chi 108 form / personal critique B. Waist

Level 2: Sword (32 Form)

Level 3: Push Hands and Tao Lu

Level 4: Sabre

Level 5: Sword (34 Form)

Level 6: Tai Chi Set Fast - Power Set

Level 7: Two Person Tai Chi Set

Level 8: Applications of 108 Form

Level 9: Applications of Sword Form

Level 10: Chin Na - Joint Locking

Level 11: Muscle Splitting - Sealing the Breath - Sealing the Blood

Level 12: Sealing the Chi

Level 13: Free style Partner Sparring



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Chi Kung (Qi Gong) Certification

Level 1- Lohan

Level 2- Eight Pieces of Silk Brcade and Heng Ha Set

Level 3- Ho Shu Ying Set

Level 4 - Meditation and Microcosmic Circuit includes major acupuncture points and chakras.

Level 5 - Nine gates