

Requirements for all level of certified Instructors of Chen Zhenglei Taijiquan Federation

Health and Wellness Instructor: Foundation Level

Main Contents:

- * Yangsheng Gong: Joint warm ups, Spiral Rotations (single+double hands)
- * Chen's Tai Chi Essential 18 forms
- * Push Hands: Single Hand (Horizontal, Vertical Circle, Figure 8)
- * Chen-Style Tai Chi 1st Duan: Routines, Application, Fighting Set (Option)

Exam and Certification Fee: \$150 USD

Level 1 - Primary Instructor: P-1

Main Contents:

- * All contents of previous level
- * Chen's Tai Chi Old Frame 1 – first 15 movements
- * Chen's Tai Chi Single Sword Routine – first 18 movements
- * Push Hands: Double Hand (Synchronous Inside or Outside; Synchronous To Left or To Right; Synchronous Inside or Outside One by One)
- * Chen-Style Tai Chi 2nd Duan: Routines, Application, Fighting Set (Option)

Exam and Certification Fee: \$200 USD

Level 2 - Primary Instructor: P-2

Main Contents:

- * All contents of previous level
- * Chen's Tai Chi Old Frame 1
- * Chen's Tai Chi Single Straight Sword (Dan Jian)
- * Push Hands: Fixed Step and Application(focus on Peng Jin techniques)
- * Chen-Style Tai Chi 3rd Duan: Routines, Application, Fighting Set (Option)

Exam and Certification Fee: \$250 USD

Level 3 -Primary Instructor: P-3

Main Contents:

- * All contents of previous level
- * Chen's Tai Chi Old Frame 2
- * Chen's Tai Chi Single Broadsword
- * Push Hands: Fixed Step and Application (Elbow and Punching techniques)
- * Chen-Style Tai Chi 4th Duan: Routines, Application, Fighting Set (Option)

Exam and Certification Fee: \$350 USD

Level 4 - Intermediate Instructor: I-1

Main Contents:

- * All contents of previous level
- * Chen's Tai Chi New Frame 1
- * Push Hands: Forward & Backward Steps and Forward & Backward Steps in Low Pose (Knee and leg techniques)
- * Chen-Style Tai Chi 5th Duan: Routines, Application, Fighting Set (Option)

Exam and Certification Fee: \$400 USD

Level 5 - Intermediate Instructor: I-2

Main Contents:

- * All contents of previous level
- * Chen's Tai Chi New Frame 2
- * Push Hands: Free Steps, Practical Push Hand Techniques and Application (Qin Na (grasp) and throwing techniques)
- * Chen-Style Tai Chi 6th Duan: Routines, Application, Fighting Set (Option)

Exam and Certification Fee: \$450 USD

Level 6 - Intermediate Instructor: I-3

Main Contents:

- * All contents of previous level
- * Chen's Tai Chi Double Straight Sword (Shuang Jian)
- * Chen's Tai Chi Double Broadsword

* Push Hands: Fixed Step, free Push Hand Techniques and Application

Exam and Certification Fee: \$500 USD

Level 7 - Advanced Instructor: A-1

Main Contents:

* All contents of previous level

* Chen's Tai Chi Spear

* Chen's Tai Chi Halberd (Chun Qiu Da Dao)

* Push Hands: Free Steps, free Push Hand Techniques and Application, Practical Fight Techniques

* Chen-Style Tai Chi 7 Duan: Routines, Application, Fighting Set

Exam and Certification Fee: \$550 USD

Level 8 - Advanced Instructor: A-2

Main Contents:

* All contents of previous level

* Chen's Tai Chi Long Pole and 2 People Set

* Qin Na

* Push Hands: San Da (Free Fighting) and Application

Exam and Certification Fee: \$600 USD

Level 9 - Advanced Instructor: A-3

Main Contents:

* All contents of previous level

* All Routines

* Gong Fa – 8 Strength of Tai Chi Power and Energy Releasing Skills

Exam and Certification Fee: \$650 USD

Customized Certificate

Because some instructors may only practice and teach specified content of Chen Style Tai Chi, we will assess their skill level and issue a suitable customized instructor certificate with specified content. Please contact the Federation for further details before you apply for your customized certificate.