



CHEN BING TAIJI ACADEMYS'S LEARNING STRUCTURE IN ITALY AND SWITZERLAND

Websites: www.chentaiji.it - www.chentaiji.ch

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Key points of Academy structure

Student's Level Test and Certification

Grading and levels can offer feedback to both instructor and students and provide a direction and a focus for learning. But we believe that they can also encourage the development of a one family's feeling between students and teachers of Master Chen Bing'Academies in different countries. The students' s level test is not mandatory for all the students. The student can choose at the beginning of the year if to make it or not.

We would like to underline that the **scope of learning and practising Taiji**, like in the famous Chinese story of finger pointing to the moon, is not to achieve higher and higher grading, but the main scope is to practise. We when we practise Taiji we have to be concentrated and completely present in our Taiji, not thinking to future grades or wanting to be appreciated by others. Taiji at the end is a daoist art and his goal is: "With your whole being, develop your life".

In consideration of the fact that traditionally the understanding and ability(*gongfu*) in Taiji is not dependent on the number of forms one person knows, we have chosen to have a flexible program, to the student/teacher is not required to know all the overall program.

Another important point is that the evaluation of the 'advanced level' will be done **directly from Master Chen Bing**. This will provide, in our opinion, a better uniformity and quality between various countries.

The document has been approved by Master Chen Bing.

Teacher Certification

For teacher certification the technical requirements are the same of student levels, but it is required also to have:

1. some theoretical/pedagogical skills
2. having done an apprenticeship training inside the Chen Bing Taiji Academy
3. maintain a right behaviour and approach with students and other teachers.

Important Note: For the purpose of brevity, in the document we will use the name "Chen Bing Taiji Academy" . This name refers here only to Chen Bing Taiji Academy in Italy and Switzerland, to which, the current structure is applied.

Student's level Test and Certification

<p>Taiji Level Test For Students</p>	<p>Translation of Chinese terms: Fangsong Gong - Relaxation Exercises Zhan Zhuang - Standing Post Chansi Gong - Reeling Silk Exercises Tao Lu - Forms Tui Shou - Push Hands Wu Qi - Weapon Fa Jin - Explosive Energy Practice</p> <p>IMPORTANT! <i>The practices/exercises in BOLD text have to be done (mandatory), the others are optional.</i></p>
<p>Beginner Level A</p>	<p>Fangsong Gong Basics</p> <p>Zhan Zhuang</p> <p>Chansi Gong: Zheng Mian Chan Si - Front Reeling Silk Fan Shou Chan Si - Reversed Reeling Silk Xiao Chan Si - Small Reeling Silk Kai Bu - Side Stepping with: Zheng Mian Chan si and Yun Shou</p> <p>Tao Lu: Harmony 13 Forms</p> <p>Tui Shou: Dan Shou Wan Hua - first Routine</p> <p>Period: Minimum 1 year from very beginning</p>

<p>Beginner Level B</p>	<p>Chansi Gong: Chuang Zhang Chan Si - Thrust Reeling Silk Ce Mian Chan Si - Side Spiral Single Arm Reeling Silk Shuang Shou Chan Si - Double Hands Reeling Silk Qian Jin Bu - Stepping Forward Hou Tui Bu - Backward Stepping</p> <p>Fa Jin: Yan Shou Gong Quan - Hidden Thrust Punch Qing Long Chu Shui – Blue Dragon Comes Out Of The Water Hu Xin Quan – Protect The Heart Fist Jian Kao – Shoulder Stroke Deng Jiao – Heel Kick Ca Jiao – Rub with Kick</p> <p>Tao Lu: Laojia Yilu First Part (or another Part of Laojia)</p> <p>Wu Qi: Dan Dao – Single Broadsword</p> <p>Tui Shou: Ding Bu Tui Shou - Second Routine</p> <p>Period: Minimum 1 year from the previous level</p>
<p>Intermediate Level A</p>	<p>Tao Lu: Laojia Yilu – Old Frame First Road</p> <p>Wu Qi: Dan Dao – Single Broadsword</p> <p>Tui Shou: Shun Bu Tui Shou - Third Routine</p> <p>Period: Minimum 2 years from the previous level</p>

Intermediate Level B	<p>Tao Lu: Laojia Erlu – Old Frame Second Road</p> <p>Wu Qi: Dan Jian – Single Straight Sword</p> <p>Tui Shou: Da Lu Tui Shou - Forth Routine Huo Bu Tui Shou - Fifth Routine Practical knowledge of Taiji principles and forces applied to Tuishou</p> <p>Period: Minimum 2 years from the previous level</p>
Advanced Level	<p>Taolu: Xinjia Yilu – New Frame First Road Xinjia Erlu – New Frame Second Road Choice of some other Forms</p> <p>Wu Qi: Liu He Hua Qiang – Spear Choice of some other traditional Weapon Forms: -Chun Qiu Da Dao - Big Broadsword -Shuang Dao – Double Straight Sword -Shuang Jian – Double Broadsword</p> <p>Tui Shou: Better practical knowledge of Taiji principles and forces applied to Tuishou</p> <p>Period: Minimum 4 years from previous level</p> <p>Important: The exam of advanced level can be done only by Master Chen Bing in China or at an European internationally recognised seminar.</p>

With the advanced level the learning process of the practitioner is not finished. She / He has now a good foundation to continue to improve her/his Taiji understanding and abilities.

Important note: This structure of levels of Chen Bing Taiji Academy could have in future some minor changes due to experience from the field, feedbacks from Chen Bing Laoshi and from students, etc.

Teacher's Certifications and Teacher's rules of Academies

Teacher Certification	Pre Requisites	Testing (The candidate has to show some theoretical and practical competencies)
For Beginners Level	<p>Beginner Student Level A completed Beginner Student Level B completed Laojia Yilu completed</p> <p>At least 3 years from the very beginning before admitted to the exam.</p>	<ol style="list-style-type: none"> 1. Apprenticeship training with assistant time 50 hours 2. Theoretical Thesis 3. Written test (based on some suggested books regarding pedagogical content and theory and history of taiji) 4. Trial Lesson in front of the representatives of Chen Bing Taiji Academy for all teacher certificates 5. The Candidate reached 80% of the technical Level
For Intermediate Level	<p>Intermediate Student Level A/B completed</p> <p>At least 3 years experience as Teacher for beginner level</p>	<ol style="list-style-type: none"> 1. Theoretical Thesis 2. Trial Lesson in front of the representatives of Chen Bing Taiji Academy for all teacher examination 3. Provide some positive feedbacks letters from candidate's students about his Taiji classes. 4. The Candidate reached 80% of the technical Level
For Advanced Level	<p>Advanced level achieved At least 5 years of experience as Chen Bing Academy teacher.</p> <p>He has showed a right behaviour and approach with students and other teachers.</p>	<p>Approval needed of one of the Chen Bing National Academy responsible before testing with Chen Bing.</p>

Important note: The teachers certification requirements of Chen Bing Academy Italy & Switzerland could have in future some minor changes due to experience from the field, feedbacks from Chen Bing Laoshi and from students, quality control, etc.

Student and Teacher Evaluation Level Rules

The Chen Bing Taiji Academy certified intermediate teacher can evaluate beginner student level 1 and level 2.
Only a National Chen Bing Taiji Academy representative can judge intermediate student levels.

Teachers Rules of Chen Bing Taiji Academy (Italy and Switzerland)

To continue to be part of the Chen Bing Taiji Academy in order to maintain a certain quality the teacher has to:

1. Teach a certain amount – dependent on the teacher's level:
Beginners (teacher for beginners, at least 1 hrs/week)
Intermediate and Advanced (at least 2hrs/week)
2. Continue his education:
 - At least 10 hours (over two years) of training in Seminars/Workshops with Master Chen Bing (or going to Chenjiagou School)
 - At least 20 hours (over two years) in Seminars/Workshops with Chen Bing's Academy Responsible, or 75 hours of normal weekly classes of Chen Bing Academy, or taking private lessons from Chen Bing's Academy responsible.
 - Joining the academy National Camp (or international), at least once every two years.
3. Engage to have a right behaviour and approach with others
 - To be part of the community of teachers of Chen Bing Academy to the student and teacher is required adherence with heart to some principles like to respect every one, to not speak of faults of others or defend ourselves at the expense of others, to be sincere and humble, loyal and compassionate. The student and even more the teacher has to maintain a good sincere relationship with students and other teachers of Academy with whom we practise, contributing to maintain harmony inside all the community and so encouraging the grow of everyone.

Important Note: The Chen Bing Academy Italy and Switzerland reserve the right to modify these requirements due to experience from the field, feedbacks from Chen Bing Laoshi and from students and quality control.

Teacher certification for external people (not directly our students):

Apprenticeship period can be substituted by following Seminars of Academy and/or private lessons from Academy's Responsible or Advanced Teacher.

Before becoming teacher for Intermediate Level, the candidate has two years of experience as a Chen Bing Academy teacher.

Cost of Exams:

The Academies don't want to make money with the exams. That's why the costs of the exam will be cheap but they will be depend on the level (amount of time needed for tests/thesis etc.). Also they depend on the cost for renting the room for the examination.

Cost for Advanced Level tested by Master Chen Bing are decided by Chen Bing.

