

WAH LUM TAI CHI HANDBOOK

SCHOOL RULES AND REGULATIONS

1. All students must be in proper uniform to participate in class (WL issued: Tai Chi Jacket or T-shirt, pants, and shoes). Altering of uniforms is not permitted. Additional uniforms are available for purchase in the front office.
2. Arrive at least 5 minutes prior to classes.
3. Students must bow before entering and leaving the Temple (as a sign of respect).
4. Bowing is also a sign of respect to greet your instructors and one another.
5. Respect one another as family members. Treat all instructors (Sigung, Simo, Sifus) with respect, and all classmates as your brothers and sisters.
6. Students are not permitted to instruct or teach other students.
7. No eating or drinking in the Temple.
8. All personal belongings kept in the restrooms are at your own risk.
9. No leaning against the walls or mirrors.
10. Students must purchase their own personal weapons. Do not use other students' weapons without permission
11. All weapons must be stored in a safe place or in the weapons rack.
12. Keep tuition up to date.
13. Please help keep the school clean.
14. No profanity on property.
15. Students may not take photos during class. Any videos, photographs, or images taken at the Wah Lum Temple are prohibited from being used on any public share sites, such as but not limited to, facebook, youtube, etc. While we are happy with your enthusiasm, these images are a part of the traditional Wah Lum system and we would like to keep the privacy of our style within the system. Grandmaster Chan has worked hard to keep the system traditional and to ensure that students are only learning from certified Sifus.

TRADITION

At Wah Lum, we emphasize the importance of learning tai chi within the framework of tradition and culture. Respect is a fundamental value in the Wah Lum system, and we demonstrate it in various ways.

Bowing – A gesture of respect towards instructors and fellow students.

Addressing Instructors – Using the proper titles for instructors shows honor and respect for their role and experience.

Below are some commonly used Chinese terms in our school.

Sigung: Grandmaster (Grandmaster Chan)

Simo: direct translation 'sifu's wife' (Simo Suzy – is technically SiPo as the grandmasters' wife, but she prefers Simo)

Sifu: Instructor, teacher. At the Temple certified instructors are referred to as Sifus.

Si Hing: Older martial arts brother. Used when addressing assistant instructors.

Si Jye: Older martial arts sister. Used when addressing assistant instructors.

Count to 10 in Chinese: yat, yee, samm, sei, umm, luk, chut, baat, gau, sap

Bisan: to light incense out of respect for previous masters

Gau Jung: end of class

Wah Lum Martial Arts Altar – In Chinese culture, the martial arts altar is a place of respect, honoring the ancestors and masters who came before us. Bowing to the altar is a gesture of gratitude and discipline, thanking them for passing down their knowledge to future generations.

Right side: Jeen Jo, Jeen See, Jeen Gaau Do (Respect Grand Master, Respect Sifu, Respect Teachings)

Left side: Hok Yan, Hok Yi, Hok Kung Fu (Learn Kindness, Learn Fellowship, Learn Hard Work)

Middle: Foh Gee (Control)

Top: Wah Lum Pai (Wah Lum System)

Student Etiquette – To maintain standard and quality, students must only practice movements that have been taught by a Wah Lum instructor. Following new movements from other students is not permitted.

The Wah Lum Tai Chi Curriculum

At Wah Lum, our Tai Chi curriculum is thoughtfully designed to reflect the unique philosophy and tradition of the Wah Lum system. It serves not only as a guide to learning forms and techniques, but as a pathway to understanding one's own journey.

The curriculum is structured to inspire students at every level—offering clear milestones, regular checkpoints, and the tools needed to build a strong foundation. True mastery takes years, and within each level, students are encouraged to revisit and refine their practice—growing deeper within the system rather than simply moving on.

In addition to learning the physical aspects of Tai Chi, students are also expected to learn the deeper traditions of Wah Lum—including cultural elements such as Chinese counting, the significance of the martial arts altar, and the rich history that shapes our system.

Testing and checkpoints are built into the curriculum to ensure the foundation is solid before progressing. Students should view these tests as valuable one-on-one time with a Sifu, designed to support their growth and help determine when they are ready to continue onto the next form.

Key Reminders for Practicing Tai Chi

- Posture: Imagine a string gently pulling up from the top of your head, aligning your spine and helping you stand tall yet relaxed. Let the rest of your body hang down naturally and shoulders relaxed. Upper body is light and flexible, while feet are balanced, sturdy and grounded.
- Deep breathing
- Relax shoulders and body
- Circular movements
- Waistline power
- Shifting of weight
- 60/40 stances

The Wah Lum Tai Chi Curriculum

LEVEL 1

<div><input type="checkbox"/> 7 BASIC STANCES</div> <ul style="list-style-type: none">• Open Stance• 60/40 Stance• Lady Stance• Cat Stance• 7 Star Stance• Golden Chicken Stance• Low Side Stance	<div><input type="checkbox"/> BASIC HAND MOVEMENTS</div> <ul style="list-style-type: none">• Press Down• Catch Tai Chi• Ward Off• Grasp Bird's Tail• Single Whip• Lift Hands/Strum The Lute• Stork Spread Wings• Brush Knee Strike• Block and Downward Strike• Scrape and Punch• Pull down with both hands and uproot• Gather chicken into the coop• Cross Hands and Close
<div><input type="checkbox"/> BASIC EXERCISES</div> <ul style="list-style-type: none">• Dan Tien Breathing• Sunrise Sunset• One Hand Breathing• Hands Pressing Down Exercise• Catch tai chi ball• Tai Chi Walking• Tai Chi Circles Exercises	<div><input type="checkbox"/> PART 1 OF 108 MOVEMENT</div>

Part 1 Test Prerequisite:

- Part 1 of 108 Movement Form
- Basic stances and hand movements plus names
- Understand basic principles of applications for Part 1
- Basic Chinese for: Sigung, Simo, Sifu, Si Jye Si Hing
- Read Tai Chi World of Suzy Chan

Test fee: \$35

<input type="checkbox"/> PART 2 OF 108 MOVEMENT	<input type="checkbox"/> <u>APPLICATION</u>
<input type="checkbox"/> BASIC HAND MOVEMENTS <ul style="list-style-type: none"> • Carry Tiger Back To Mountain • Repulse Monkey • Flying Obliquely • High Pat On Horse • Needle At Sea Bottom • Fan Through The Back • Cloud Hands • Kicks With Hands Crossed And Out • Low/Downward Single Whip 	<input type="checkbox"/> <u>PUSH HANDS</u> <ul style="list-style-type: none"> • One Arm Push Hands • Two Arm Push Hands

Part 2 Test Prerequisite:

- Part 1-2 of 108 Movement Form plus names
- Basic stances and hand movements
- Understand basic principles of application for Part 1-2
- One Arm and Two Arm Push Hands
- Basic Chinese counting 1-10
- Martial Arts Altar
- Watch Pui Chan: Kung Fu Pioneer

Test fee: \$35

<input type="checkbox"/> PART 3 OF 108 MOVEMENT	<input type="checkbox"/> <u>APPLICATION</u>
<input type="checkbox"/> BASIC HAND MOVEMENTS <ul style="list-style-type: none"> • Diagonal Single Whip • Parting The Wild Horse's Mane • Fair Lady Works At Shuttle • Low/Downward Single Whip • Golden Chicken • White Snake Puts Out Tongue • Double Overhead Block • Retreat To Ride Tiger • Strike Ears With Fist (embrace tiger) • Lotus Sweeping Kick • Bend Bow And Shoot Tiger 	<input type="checkbox"/> <u>PUSH HANDS</u> <ul style="list-style-type: none"> • Moving push hands • Push hands -Striking to head area • Push hands- Deflecting power from body

Part 3 Test Prerequisite:

- Part 1-3 of 108 Movement Form
- Basic stances and hand movements
- Understand basic principles of application for Part 1-3
- Push hands -Striking to head area
- Push hands- Deflecting power from body
- Know the names of the movements
- Visit WLCC

Test fee: \$50

Upon completion of all three parts, you will be given a certificate of completion of the 108 movement form. This is the beginning of your journey to a fuller understanding and gaining the benefits of tai chi by constantly training and improving daily.

For those who have already learned both the broadsword and double-edged sword and feel confident in both, we're offering a discounted option:

- Instead of paying \$75 for each weapon (total of \$150), you may choose to check both weapons at the same time for \$112.

This option is only available if you are ready to be evaluated on both weapons at the same time.

If you'd rather go in-depth and receive more focused feedback, you're still welcome to schedule check-ins for each weapon separately. In that case, the standard fee of \$75 per check-in applies.

LEVEL 2

<input type="checkbox"/> <u>WEAPONS</u> <ul style="list-style-type: none">• Broadsword• Gim	<input type="checkbox"/> <u>FORMS</u> <ul style="list-style-type: none">• 24 Movements
<input type="checkbox"/> <u>APPLICATION</u>	

Test Prerequisite: Form and Weapons application

Test fee: \$75 for each form or weapon in Level 2

LEVEL 3

<input type="checkbox"/> <u>WEAPONS</u> <ul style="list-style-type: none">• 13 Movement Broadsword• Stick• Fan	<input type="checkbox"/> <u>FORMS</u> <ul style="list-style-type: none">• 42 Movements•
<input type="checkbox"/> <u>APPLICATION</u>	

Test Prerequisite: Form and Weapons application

Test fee: \$75 for each form or weapon in Level 3

LEVEL 4

☐ CHEN FORM

- Part 1
- Part 2
- Part 3

☐ APPLICATION OF CHEN FORM

Test Prerequisite: Form application

Test fee: \$75 for each part of Chen Form

LEVEL 5

☐ PAK KUA FORM

- Part 1
- Part 2
- Part 3

☐ APPLICATION OF CHEN FORM

Test Prerequisite: Form application

Test fee: \$75 for each part of Pak Kua Form

LEVEL 6

☐ CHEN GIM

- Part 1
- Part 2
- Part 3

☐ APPLICATION OF CHEN FORM

Test Prerequisite: Weapon application

Test fee: \$75 for each part of Chen Sword