



Rising Dragon Martial Arts

Tai Chi

Yellow



Yellow Requirements

Congratulations for beginning a cherished traditional method of health, self awareness, peace, and self defense through the Pai Lum "White Dragon" Fist style of Tai Chi.

White is the level of "faith" as you envision of a new journey in your life. Yellow the level of "courage" which is needed for facing the new and sometimes difficult challenges along this path of training in Pai Lum at Rising Dragon Martial Arts.

Pai Yang Tai Chi includes a broad range of internal arts as students learn basic structure, health development, self defense, and internal harmony of mind, energy and spirit.

Through such internal exercises practitioners have been documented to improve on overall health, reduce stress, lower back pain, lose weight, lower blood pressure, and achieve an overall sense of well-being and health.

Students are expected to write in a notebook all forms and posture sequences. They must keep a record of their push hand matches. They should purchase a Rising Dragon portfolio to record their training. Again congratulations!

BASICS

O Bows

Kwoon

Break Fist

Pai Lum Ceremonial

Pai Yang Ceremonial

Stances

Neutral

Ready

Break Fist

Square Horse

Side Horse

Long Bow

O Balance Structure

One Legged Monk (Shifting)

Crane Stance Flowing (Shifting)

O Floor Walking

Natural Step Holding the World

HEALTH

O Temple Exercises

Knee Rotations

Picking the Fruit

Chakra Washing

O Yoga Postures

Prayer

Mountain

Corpse

O Forms

Kwan Nien Chi Kung ee & er

HARMONY

O Chi Building Exercises

Recycling Chi (Stand & Lay)

O Meditation/Healing

Lotus Stance and Ohm

O Weapons – Staff I

Salutations

Holding the Staff

Block Box Sets

Horizontal Strikes

Six Star Hit (2 Person)

SELF DEFENSE

O Posture Sequences

Brush Knee & Press

Single Whip

Crane Cools Its Wings

O Sparring

Push Hands Single

Stickv Hands

INFORMATION

The following information a student should know by heart

Name of School

"Rising Dragon Martial Arts"

Name of Association

"White Lotus Association"

Name of Style

"Pai Lum" or "White Dragon"

Name of Art

"Pai Yang Tai Chi"

Pai Lum Family Creed

"Seek peace always, but if threatened then let the soul become a warrior"

Rising Dragon Training Creed

Seven times down,
eight times up."

Titles

Si Gung: "Master"

Si Mo: "Mother of school"

Si Fu: "Teacher"

Si Hing: "Senior Student"

Si Di: "Student"

Numbers

1 ee 2 er 3 san 4 su 5 wu 6 lieu 7
chi 8 pa 9 chew 10 shi

Training Gear Checklist

Membership

Uniform

School Patch

Portfolio

Yellow Training DVD

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