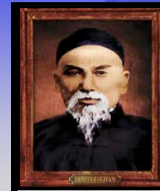


Southern Shaolin Academy Tai Chi Curriculum

Yang Family Forms

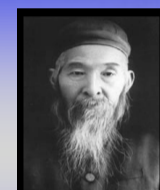
- 24 Step Yang Style (Yang Fu Quan)
- 32 Sword Yang Style (Yang Fu Jian)
- 40 Step Yang Style (Yang Fu Quan)
- 32 Fan Yang Style
- Yang Family Broad Sword (Yang Fu Dao)
- 108 Yang Family Long Form (Yang Fu Quan) Old Frame



Yang Fu Kui
(Lu Chan)
1799-1872
Founder

Sun Family Forms

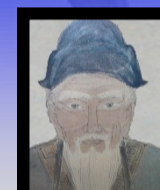
- Sun Style Short Form (Sun Fu Quan)
- Sun Style Long Form (Sun Fu Quan) Old Frame
- Sun Style Straight Sword Form (Sun Fu Jian)



Sun Lu Tang
(1861-1933)
Founder

Chen Family Forms

- 38 Step Chen Short Form (Chen San Shi Ba)
- Chen Broad Sword Form (Chen Dan Dao)
- 56 Step Chen Style Form
- Chen Old Frame First Routine (Chen Lau Jia Yi Lu)
- Chen Old Frame Second Routine (Chen Lau Jia Er Lu)
- Chen Style Straight Sword
- Chen Style Fan



Chen Wangting
(1600-1680)
Ninth Generation

Combined Family Tai Chi Forms

- Combined Family Short Form (Preparatory for 42 Compulsory form)
- 42 Compulsory empty hand form
- 42 Compulsory Straight Sword form
- 48 Combined Family Empty Hand Form

Other Internal systems

- Shape Intent Fist (Xing Yi Quan)
- Eight Trigrams Palm (Bagua Zhang)

Qi Gong

- 5 Element Energy Cultivation (Qi Gong)
- 8 Pieces of Brocade Energy Cultivation (Qi Gong)
- 100 Day Energy Cultivation (Qi Gong)