

T'AI CHI CHIH - SIGNS OF PROGRESS

Name _____

Date _____

Teacher observes student move, then checks the skills that are still weak. Put a star by those that are correct.

Correct Foot Position
Correct Soft Knee Position
Proper Knee Alignment
Complete Weight Shift
Correct Vertical Alignment (NO leaning)
Mentally Focused Within

Needs to move more softly, smoothly
Needs to move more slowly
Arm Movements need to be smaller
Arm Movements need to be larger
Foot spacing need to be smaller
Foot spacing need to be larger
Needs more internal focus
Needs to be more rooted, keeping back heel down until last moment of forward move.

Other:

Teacher: _____

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