### Qi Elements Taijiquan

#### Blue Sash Tracking Sheet for Student:

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<th>Form and Std Apps</th>
<th>Progress Notes</th>
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<td>4.21 Carry Tiger to the Mountain</td>
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<td>4.22 &quot;Choo Choo&quot;</td>
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<td>4.26 Look for Needle at Sea Bottom</td>
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<td>4.27 Fan Through the Back</td>
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<td>4.29 &quot;Show Ward Off Left&quot;</td>
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<td>4.29b Wave Hands Like Clouds</td>
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<td><strong>Firming Root and Center</strong></td>
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<td>4.1 Golden Rooster 1 minute floor</td>
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<td>4.2 Wuji + Hold Ball 5 mins each</td>
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<td>4.3 Embrace the Moon 3 mins each</td>
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