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<th>Form and Std Apps</th>
<th>Progress Notes</th>
<th>Prelim</th>
<th>Formal</th>
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<td>3.21 Lift Hands</td>
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<td>3.22 White Crane</td>
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<td>3.23 White Crane to Block Brush</td>
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<td>3.24 Play Guitar</td>
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<td>3.25 Block Brush to Block Brush</td>
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<td>3.26 Defct Dwnd Pry Step and Punch</td>
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<td>3.27 Apparent Close-up</td>
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<td>3.3 Second knuckle fist.</td>
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<td>Firming Root and Center</td>
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<tr>
<td>3.1 Golden Rooster 45 seconds</td>
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<td>3.2 Wuji + Hold Ball 4 min each</td>
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<td>Coiling and Silk Reeling Jins</td>
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<td>3.11 right side</td>
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<td>3.12 left side</td>
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<td>3.2 Yang Coiling out of Wrist Grab</td>
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<td>3.21 Same side l+r</td>
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<td>3.22 Crossed sides l+r</td>
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<td>3.3 Symbol Tracing Yang Solo l+r</td>
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<td>push on lower back</td>
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<td>spiraling to small roll back</td>
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**Breathing, Qi Cultivation and Circulation**

3.1 Four Gates Breathing

3.2 Principles of Qi Circulation

**Taiji Ball Circling, Rotating and Spiraling Jins**

3 Circling in Even Stance

3.1 Vertical Direction Changing

3.2 Vertical-Horizontal Changing

3.3 Mix all patterns