1. Name the 5 features of a bow stance.

2. Explain the differences between the 3 types of bow stance explored in cat stepping.

3. How does single whip stance work? How is the power being generated? Explain each stage in detail.

4. Describe 3 functions of heel stance.

5. How and where is the heel actually placed? What difference would it make?

6. Cheng Man Ching gave an important insight regarding rear bow What was it? Explain the significance.

7. Cloud hands stepping varies from school to school but which is correct and why?

8. Continuous cloud hands requires the student to be mindful of one concern. What is it?

9. Explain how separate foot works and why. What does the lifted leg do to complete the action?

10. Explain the role/function of empty stance in taijiquan.

11. Discuss the significance of standing post exercise.

12. Look at The Tai Chi Classics. Quote the passages relevant to cat stepping. Explain what they mean in actual practice.

13. What is the relationship between cat stepping, stance and form?