

2026 USAWKF Taijiquan Coach Certification Training (Online)

OFFICIAL COACH DEVELOPMENT PROGRAM
OF THE USAWKF TAIJIQUAN COMMITTEE



NATIONAL STANDARDS
PROFESSIONAL GROWTH



A COMMUNITY OF
DEDICATED COACHES



PRESERVE. PROMOTE.
ADVANCE TAIJIQUAN.



YUNJIAN ZOU
42 Movements Taijiquan



JIAMIN GAO
24 Movements Taijiquan



MALEE KHOO
Daoyin Wellness Practice



SITAN CHEN
8 Movements Taijiquan



AMIN WU
Wu Style Taijiquan

Registration: 8/1-10/1/2026
Training: 10/17-10/25/2026



[Click to Watch](#) Sample Routines by USAWKF Experts



✓ Expert-led

Learn from national and internationally recognized taijiquan coaches.



✓ Taijiquan Specific

Focused on taijiquan-specific teaching methodology and training principles.



✓ Competition Standards

Aligned with national competition standards for movement quality.



✓ Laddered Pathway

3-level coaching pathway supporting progressive development.



✓ Tiered Courses

Tiered training courses designed to support different stages of coach development.

USAWKF Taijiquan Coach Levels

美国武术联合会太极拳教练级别介绍

Levels 教练级别	Missions 教练职责	Coaching Environments 执教范围	Pre-Requisite Requirements 报名资格要求	Evaluation Standards 评估标准
Level A Performance Coach 资深教练	Develop elite athletes, contribute to national standards 培养高水平运动员	Senior wushu school instructors, national team coach candidates 资深太极教练, 国家教练候选	❖ 10 years coaching 十年太极拳教学经验 ❖ Mastery of advanced hand & weapon routines 掌握高级拳术与器械套路	❖ Ability to train athletes for world-level competition ❖ Technical mastery of advanced taijiquan hand and weapon routines
Level B Development Coach 学校教练	Develop athletes through structured taijiquan programs 发展多类型太极拳课程体系	Wushu school-based taijiquan instructors, preparing for domestic competition. 太极学校教练、训练国内比赛	❖ 6 years practice & coaching 六年太极拳练习与教学经验 ❖ Mastery of at least 1 taijiquan hand and 1 weapon routines 掌握至少一项拳术和器械	❖ Ability to prepare students for domestic competition ❖ Technical mastery of at least one taijiquan hand form and one weapon form
Level C Community Coach 社区教练	Introduce taijiquan safely to the public 安全、规范地开展公众太极拳入门教学	Community classes, gyms, wellness programs 社区/机构课程	❖ 3 years practice 三年太极拳练习经验 ❖ Mastery of at least 1 taijiquan hand form 掌握至少一项太极拳拳术	❖ Ability to teach a complete beginner-level class ❖ Technical mastery of at least one taijiquan hand form

USAWKF Taijiquan Coach Training Structure and Evaluation

培训结构与评估方法

Structure	Level C	Level B	Level A
Training Hours 学时	6	12	18
Fee 学费	\$450	\$650	\$850
Coaching Methodology 教学理论课程	Foundational teaching skills, class management, basic correction 基础教学能力、课堂管理、基础纠错	Curriculum design, training cycles, domestic competition coaching 课程体系设计、训练周期规划、国内竞赛训练	High-performance training system, international rules, competitive performance optimization 高水平训练体系、国际规则、竞技表现优化
Technical Refinement 技术提升课程	Elementary hand form 初级拳术套路	Intermediate hand and weapon form 中级拳术套路 + 器械套路	Advanced hand and weapon form 高级拳术套路 + 高级器械套路

❖ Evaluation Method 评估方法

Upon completion of the training, participants will be required to submit a teaching sample video and performance video(s) for evaluation. Teaching quality must score **80%** to pass. Movement quality must score **8.5** for Level C and **9.0** for Level B and Level A.

培训完成后，学员需提交教学示范视频与套路演练视频以供评估。教学质量评分需达到 **80%** 方为合格；技术表现评分 Level C 需 **8.5** 分，Level B 与 Level A 需 **9.0** 分。

USAWKF Taijiquan Coach Certification Curriculum (Online) - Tentative

暂定课表

Course Module (课程模块)	Date 日期	Time (时间)		Credit Hours (学时)	Category (课程类别)	Instructor (导师)	Course (课程英文名称)	课程中文名称
		Time (PT)美西	Time (ET)美东					
Fundamental Modules 基础课程 6 CEUs (6 学时)	Oct. 17	12:00–13:00	15:00–16:00	1	Coaching Methodology	Malee Khaw (许玛丽)	C01-USAWKF Coach Responsibilities & Safety	C01-教练职责与安全规范
	Oct. 17	13:00–14:00	16:00–17:00	1	Coaching Methodology	Malee Khaw (许玛丽)	C02-Taijiquan Fundamental Knowledge	C02-太极拳基础知识
	Oct. 18	08:00–09:00	11:00–12:00	1	Coaching Methodology	Jiamin Gao (高佳敏)	C03-Taijiquan Coaching Fundamental	C03-太极拳基础教学方法
	Oct. 18	10:00–11:00	13:00–14:00	1	Technical Refinement	Malee Khaw (许玛丽)	C04-Daoyin Wellness Exercises (8 Movements)	C04-导引保健功8式
	Oct. 18	15:00–17:00	18:00–20:00	2	Technical Refinement	Yunjian Zou (邹云建)	C05-24-Movement Taijiquan	C05-24式太极拳
Development Modules 中级课程 6 CEUs (6 学时)	Oct. 18	11:00–13:00	14:00–16:00	2	Technical Refinement	Sitan Chen (陈思坦)	B01-32-Movement Taijijian (Sword)	B01-32式太极剑
	Oct. 20	10:00–11:00	13:00–14:00	1	Coaching Methodology	Yunjian Zou (邹云建)	B02-Lesson Planning & Class Organization	B02-课程规划
	Oct. 20	11:00–12:00	14:00–15:00	1	Coaching Methodology	Yunjian Zou (邹云建)	B03-Technical Standards & Error Diagnosis	B03-技术规范
	Oct. 24	17:00–19:00	20:00–22:00	2	Technical Refinement	Amin Wu (吴阿敏)	B04-Chen Style Taijiquan	B04-陈式太极拳
Performance modules 高级课程 6 CEUs (6 学时)	Oct. 21	17:00–19:00	20:00–22:00	2	Technical Refinement	Sitan Chen (陈思坦)	A01-42-Movement Taijijian (Sword)	A01-42式太极剑
	Oct. 25	10:00–12:00	13:00–15:00	2	Technical Refinement	Yunjian Zou (邹云建)	A02-42-Movement Taijiquan	A02-42式太极拳
	Oct. 25	16:00-17:00	19:00-20:00	1	Coaching Methodology	Sitan Chen (陈思坦)	A03-High-Performance Athlete Development	A03-高水平运动员培养
	Oct. 25	17:00-18:00	20:00-21:00	1	Coaching Methodology	Amin Wu (吴阿敏)	A04-Advanced Coaching Practice	A04-高级教练实践经验交流

- Note:
1.

Course codes: COX = Fundamental Modules (green), BOX = Development Modules (purple), AOX = Performance Modules. 课程代码：COX 代表基础课程（绿色标识）、BOX 代表中级课程（紫色标识）、AOX 代表高级课程（高级模块）
2.

All instructions will be presented clearly to ensure full understanding for both English-speaking and Chinese-speaking participants. 所有教学将以清晰易懂的方式呈现，确保英语或中文背景的学员都能充分理解。

Training Hours Requirements:
Level C: Must complete all COX Fundamental Modules — total up to 6 hours.
Level B: Must complete all COX Fundamental + all BOX Development Modules — total up to 12 hours.
Level A: Must complete all COX Fundamental + all BOX Development + AOX Performance Modules— total up to 18 hours.

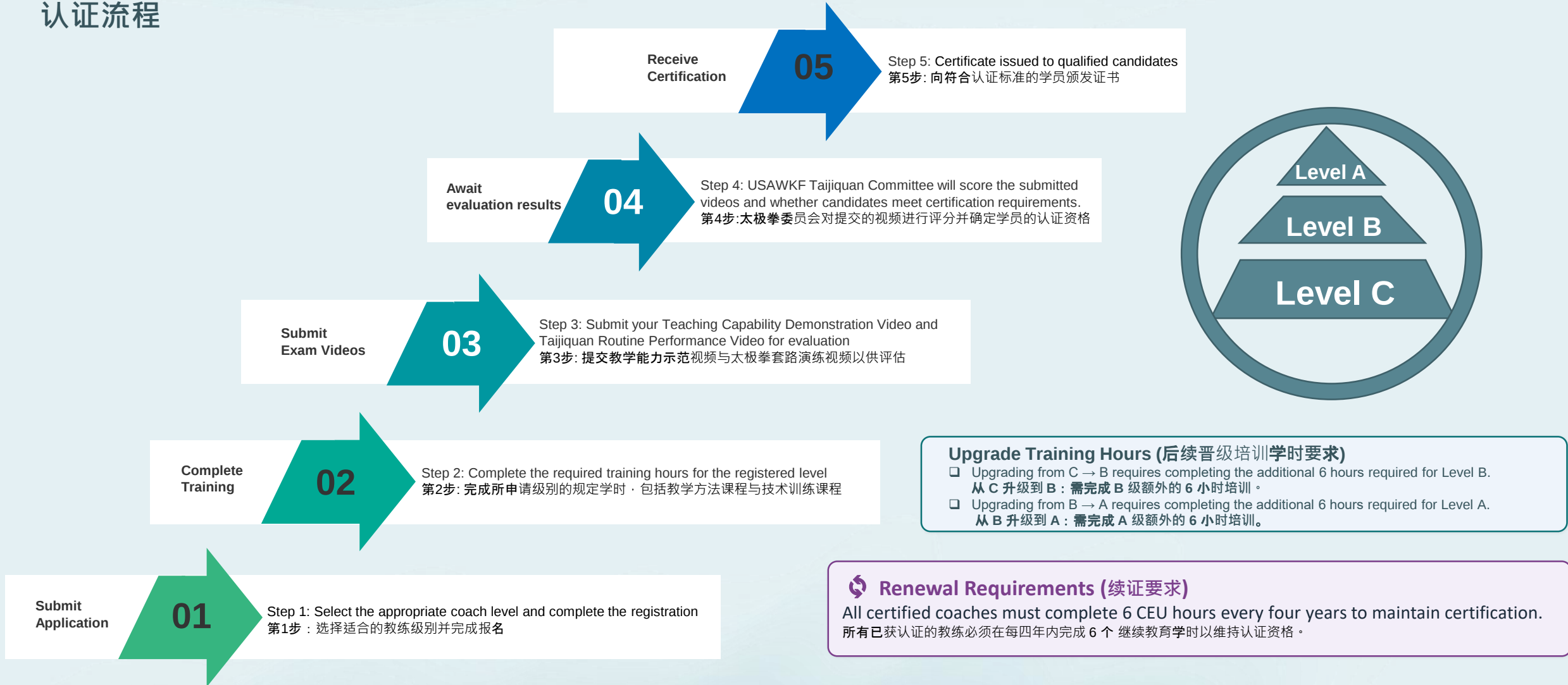
Attendance Policy
Level C: Maximum absence allowed: 1 hour
Level B: Maximum absence allowed: 2 hours
Level A: Maximum absence allowed: 3 hours

学时要求
初级：需完成全部 COX 基础课程, 共计最多 6 小时。
中级：需完成全部 COX 基础课程 + BOX 中级课程，共计最多 12 小时。
高级：需完成全部 COX 基础课程 + BOX 中级课程 + AOX高级课程，共计最多 18 小时。

考勤要求
初级：最多可缺课 1 小时
中级：最多可缺课 2 小时
高级：最多可缺课 3 小时

USAWKF Taijiquan Coach Application Process

认证流程



USAWKF Taijiquan Coach – Code of Conduct (Trial Version)

教练行为准则（试行）

1. Professionalism: Maintain high ethical standards and communicate clearly.

保持高标准的职业道德，保持沟通清晰规范

2. Student-Centered Coaching: Prioritize students' safety, health, and long-term development

优先保障学生的安全、健康与长期发展

3. Technical Excellence: Teach according to current USAWKF technical standards and continue professional skill development.

按照美国武术联合会最新技术标准教学，并持续提升专业能力。

4. Respect & Non-Discrimination: Treat all individuals respectfully and do not engage in discriminatory behavior.

尊重他人，不得实施任何形式的歧视行为。

5. Safety & Welfare: Provide safe training progressions, prevent injury, and report misconduct or unsafe conditions.

提供安全的训练进阶，预防伤害，并及时报告不当行为或不安全状况

6. Conflict of Interest: Avoid actions that compromise USAWKF's reputation; represent USAWKF professionally in public and online.

避免影响或损害美国武术联合会声誉的行为

7. Integrity & Fair Play: Act honestly and promote fair competition and good sportsmanship.

保持诚实守信，倡导公平竞赛与良好体育精神。

8. Compliance: Follow USAWKF and applicable SafeSport policies.

遵守美国武术联合会及相关安全运动政策。