

太極


Tai Chi Coach


Form. Flow. Mastery.

Testing & How-To Guide • v1.0 • March 2026

How to Use This Guide

This document serves two types of testers:

 **Part 1 — Quick Start:** In a hurry? Follow the numbered steps, confirm what you see, check the box, and move on.

 **Part 2 — Detailed Guide:** Want the full picture? Each feature gets purpose, prerequisites, step-by-step instructions, expected results, and edge cases.

App Name

Tai Chi Coach

App Version

Tester Name

Test Date

Device / OS

Environment

Dev Staging Production

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Part 1 — Quick Start

● For testers in a hurry. Follow each numbered step, confirm what you see matches the screenshot, tick the box, and move on. The entire app can be verified in under 10 minutes.

1. App Launch & Home Screen

1. Tap the Tai Chi Coach icon on your device home screen.
2. Confirm the splash screen appears with the 太極 logo, "Tai Chi Coach", and the tagline "Form. Flow. Mastery."
3. Wait for the app to finish loading — the home screen should display 6 menu cards: Practice, Capture, Library, Progress, Teacher, and Moves.

Confirm: All 6 menu cards visible with icons and descriptions. **Done**

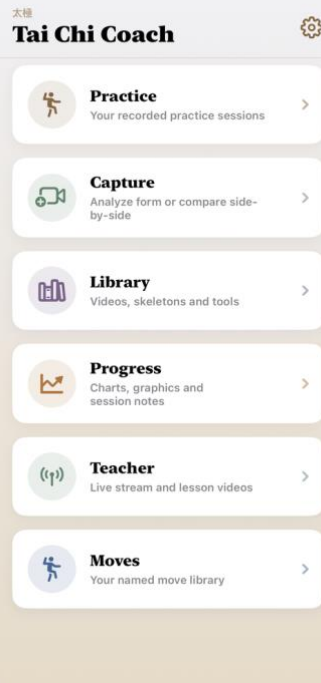
7:42



Tai Chi Coach
Form. Flow. Mastery.

Splash Screen — app loading

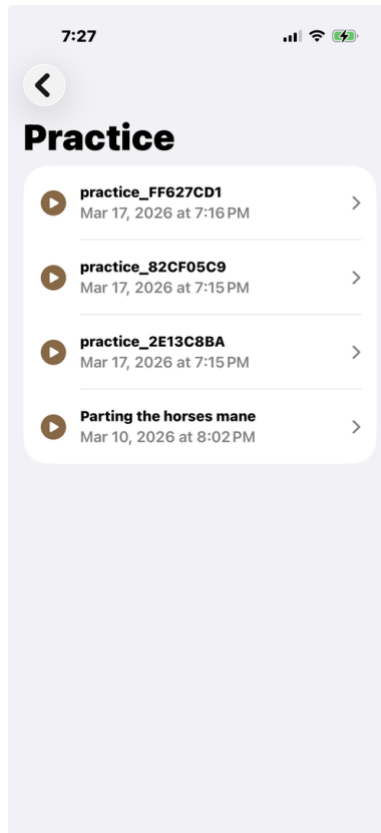
7:26



Home Screen — 6 feature cards

2. Practice — Recorded Sessions

4. From the Home screen, tap Practice.
 5. Confirm the Practice screen opens showing a list of recorded sessions, each with a name, date, and play button.
 6. Tap any session to open it, then tap the back arrow to return.
- Confirm:** Sessions list loads; individual session opens without crashing. **Done**



Practice screen — recorded session list

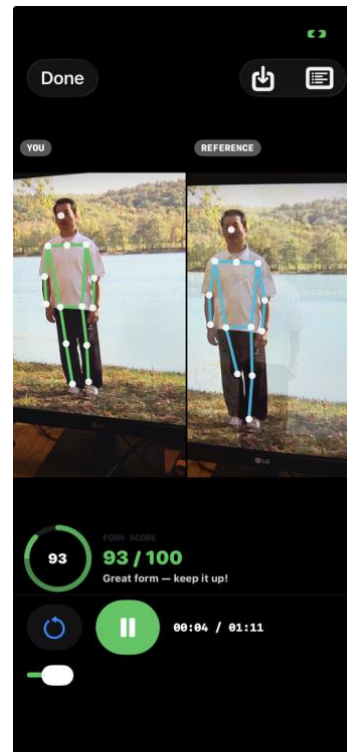
3. Capture — Analyze & Compare

7. From Home, tap Capture.
8. Select Analyze from the Capture options and open a saved practice video.
9. Confirm the skeleton overlay appears on the video with joint tracking dots and a form score in the top-right corner. A coaching tip should appear at the bottom.
10. Return and select Compare — confirm the split-screen view shows YOUR skeleton (green) on the left and REFERENCE (blue) on the right, with a Form Score out of 100.

✔ **Confirm:** Skeleton tracking renders; score displays; compare view shows both sides. ❑ **Done**



Analyze — skeleton overlay with form score

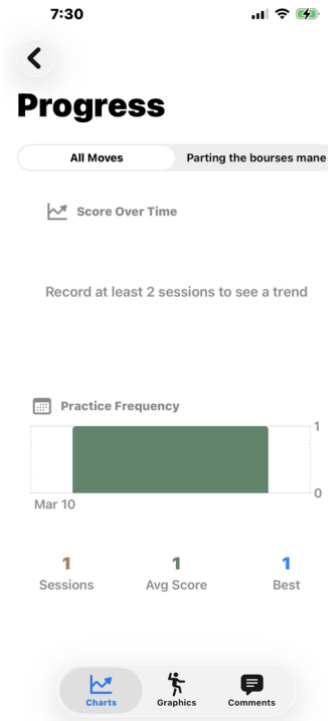


Compare — YOU vs REFERENCE side-by-side

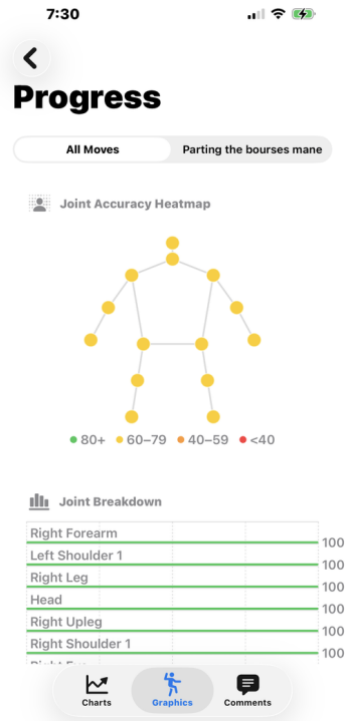
4. Progress — Charts & Graphics

11. From Home, tap Progress.
12. Confirm the Charts tab shows Score Over Time and Practice Frequency graphs with session stats (Sessions, Avg Score, Best) at the bottom.
13. Tap the Graphics tab — confirm the Joint Accuracy Heatmap (body figure with color-coded dots) and Joint Breakdown bar chart are visible.
14. Tap the Comments tab — confirm the session detail view loads with move name, date, overall score, Needs Attention list, and Coach Tips.

✔ **Confirm:** All three Progress tabs load with data; heatmap and coach tips visible. ❑ **Done**



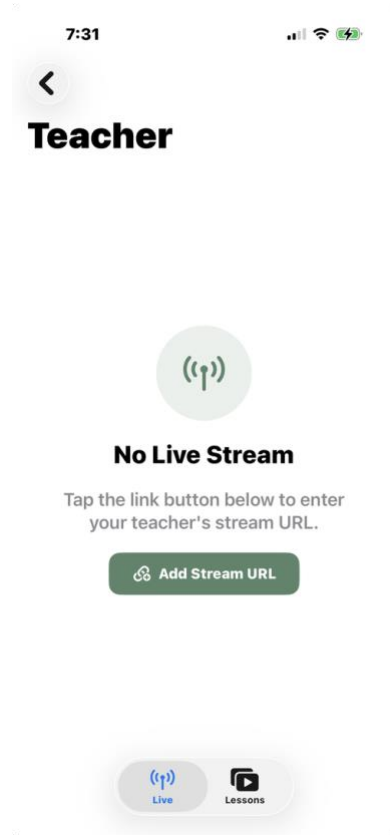
Progress — Charts tab (score & frequency)



Progress — Graphics tab (joint heatmap)

5. Teacher — Live Stream & Lessons

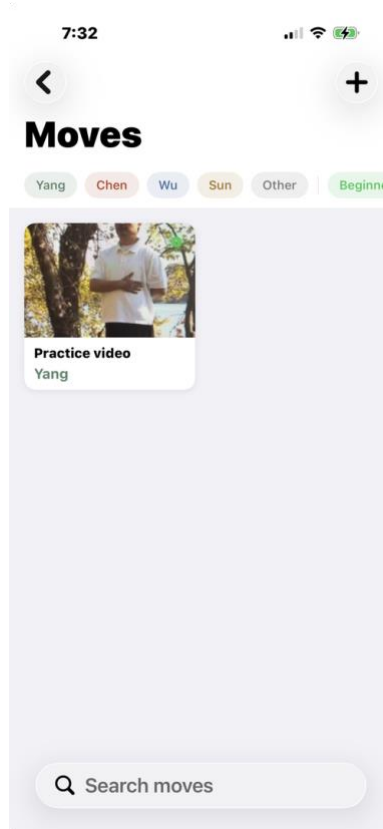
15. From Home, tap Teacher.
 16. Confirm the Live tab loads showing the live stream area. If no stream is active, the message "No Live Stream" and an "Add Stream URL" button should appear.
 17. Tap the Lessons tab — confirm lesson videos are accessible.
- ✅ **Confirm:** Live and Lessons tabs load without error; Add Stream URL button visible. ❑ **Done**



Teacher — Live tab with Add Stream URL prompt

6. Moves — Named Move Library

18. From Home, tap Moves.
 19. Confirm the Moves library loads with style filter tabs at the top (Yang, Chen, Wu, Sun, Other, Beginner) and saved move cards below.
 20. Confirm the Search bar at the bottom is functional — tap it and type a move name.
 21. Tap the + button (top right) — confirm it opens the add-new-move workflow.
- ✅ **Confirm:** Filter tabs, move cards, search, and + button all respond correctly. ❑ **Done**



Moves — style filter tabs and move card library

Part 2 — Detailed Testing Guide

🕒 *For detail-oriented testers. Each section covers the feature's purpose, what you need before starting, full step-by-step instructions, expected vs. failure outcomes, and known edge cases.*

1. App Launch & Home Screen

Purpose

Verifies that the app installs cleanly, launches without errors, displays the branded splash screen, and correctly renders all six main navigation cards on the Home screen.

Prerequisites

- Tai Chi Coach app installed on a supported iOS device.
- Device has an active internet connection.
- App has camera and microphone permissions granted (required for Capture features).

Test Steps

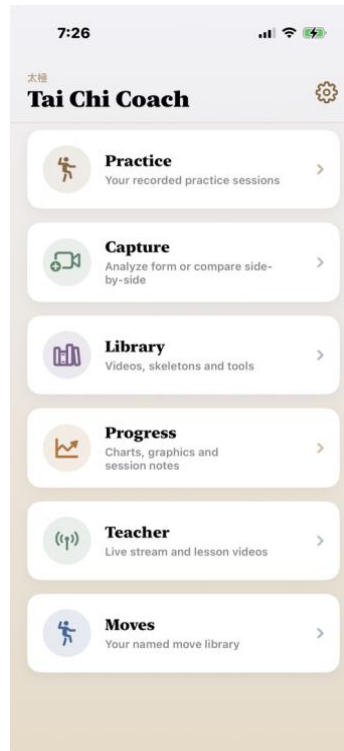
1. Force-quit the app if it was previously open (swipe up from the app switcher).
2. Tap the Tai Chi Coach icon on the home screen.
3. Observe the splash screen: confirm it shows the 太極 circular logo, the bold "Tai Chi Coach" title, and the tagline "Form. Flow. Mastery."
4. Wait for the loading animation to complete. The app should transition to the Home screen automatically.
5. Verify all 6 navigation cards are present and labeled: Practice (Your recorded practice sessions), Capture (Analyze form or compare side-by-side), Library (Videos, skeletons and tools), Progress (Charts, graphics and session notes), Teacher (Live stream and lesson videos), and Moves (Your named move library).
6. Verify the settings gear icon (⚙️) is visible in the top-right corner.
7. Tap the gear icon — confirm the Settings screen opens. Return to Home.

7:42 [signal icons]



Splash screen — 太極 logo with tagline

7:26 [signal icons]



Home screen — all 6 navigation cards

Expected Results

✔ Expected	✘ Failure Indicator
Splash screen appears within 2 seconds of launch.	App shows a blank/white screen and stays there.
All 6 navigation cards are visible with icons and descriptions.	One or more cards are missing, blank, or display an error.
Settings screen opens and closes cleanly.	Tapping the gear icon causes a crash or freeze.

Notes & Edge Cases

- If the splash screen hangs for more than 5 seconds, check network connectivity — the app may require an initial sync.
- On first launch after install, an onboarding flow or permissions prompt may appear before the Home screen.

2. Practice — Recorded Sessions

Purpose

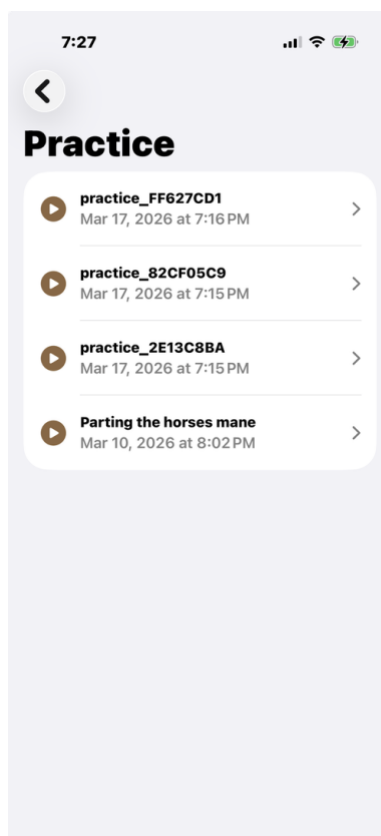
Verifies that the Practice section correctly lists all recorded practice sessions, that each session can be opened and played back, and that the session metadata (name, date, play button) renders accurately.

Prerequisites

- At least one practice session has been recorded and saved (e.g., "Parting the horses mane").
- App is on the Home screen.

Test Steps

8. From the Home screen, tap Practice.
9. Confirm the Practice screen loads with a title header and a grouped list of sessions.
10. Verify each session entry shows: a session name (or auto-generated ID), the date and time of recording, and a circular play button.
11. Tap the most recent session to open it.
12. Confirm the session playback or detail view loads without crashing.
13. Tap the back arrow (<) to return to the Practice list. Confirm navigation is smooth.



Practice screen — sessions listed with name, date, and play control

Expected Results

✓ Expected	✗ Failure Indicator
All recorded sessions appear in the list in reverse-chronological order.	List is empty despite recordings existing, or sessions appear in wrong order.
Session names display correctly (custom names or system-generated IDs).	Session names are blank or show garbled text.
Tapping a session opens it without lag or crash.	App freezes, crashes, or shows an error loading a session.

Notes & Edge Cases

- Auto-generated session names (e.g., practice_FF627CD1) are normal — sessions can be renamed by tapping Edit in the detail view.
- If the Practice list is empty, a recording must be made first via the Capture screen before this test can be completed.

3. Capture — Analyze & Compare

Purpose

Verifies the two core AI-powered features of the app: (1) Analyze — skeleton tracking overlaid on a solo practice video with real-time coaching tips and a form score, and (2) Compare — a split-screen view of the user's skeleton versus a reference video, scored out of 100.

Prerequisites

- At least one recorded practice session exists in the Practice library.
- A reference video is available in the Moves or Library section for comparison.
- Camera permission has been granted to the app.

Test Steps — Analyze

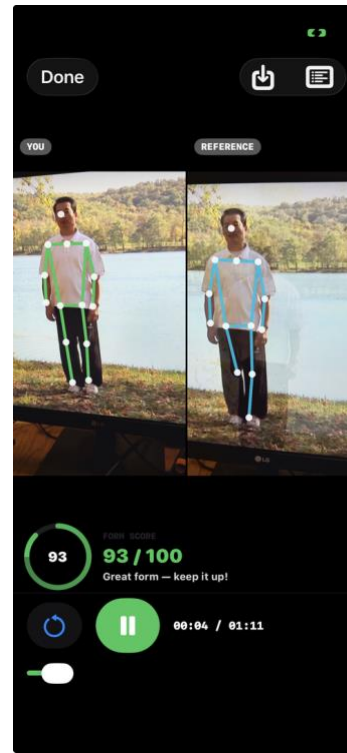
14. From Home, tap Capture.
15. Select the Analyze option and choose a saved practice session video.
16. Confirm the video plays with a skeleton overlay (white joint dots connected by lines). The overlay should track body movement frame by frame.
17. Observe the form score badge in the top-right corner — confirm it displays a numeric score.
18. Observe the coaching tip banner at the bottom — confirm it shows a relevant message (e.g., "Adjust right shoulder alignment.").
19. Verify the playback controls: Pause/Play (blue circle), Restart (white circle), and time counter (e.g., 1.5s / 71.3s) are all functional.
20. Tap Done to exit the analysis view.

Test Steps — Compare

21. From Capture, select the Compare option and choose a practice video and a reference video.
22. Confirm the split-screen view: YOUR video on the left with a green skeleton, REFERENCE video on the right with a blue skeleton.
23. Verify the Form Score gauge at the bottom shows a score out of 100 with feedback text (e.g., "Great form — keep it up!").
24. Verify the playback timer shows synchronized progress (e.g., 00:04 / 01:11).
25. Tap Done to exit.



Analyze — joint tracking with score and coaching tip



Compare — green (you) vs. blue (reference), 93/100

Expected Results

✓ Expected	✗ Failure Indicator
Skeleton overlay tracks the body smoothly through the full video.	Skeleton dots freeze, disappear mid-video, or fail to appear.
Form score updates as the video plays; coaching tip is contextually relevant.	Score shows 0 or does not update; coaching tip is blank or generic error.
Compare view shows two distinct skeletons in different colors (green / blue).	Both sides show same color, or one side is blank/missing.
Form Score out of 100 is displayed with an encouraging text message.	Score shows 0/100 on a clearly performed move, or no text message appears.

Notes & Edge Cases

- Skeleton tracking quality depends on lighting and the camera angle during recording. Poor lighting may cause tracking dots to drift.
- The form score in Analyze mode reflects individual joint accuracy in real-time; a low score early in a video is expected as the AI calibrates.
- The Compare score of 93/100 seen in testing is an example of a high-quality result — a new user should expect lower scores initially.

4. Progress — Charts, Graphics & Session Notes

Purpose

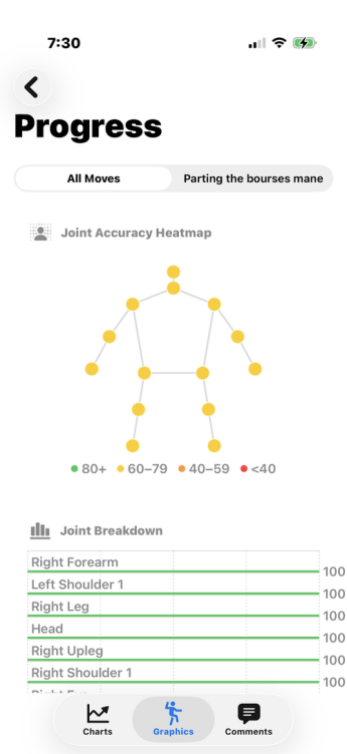
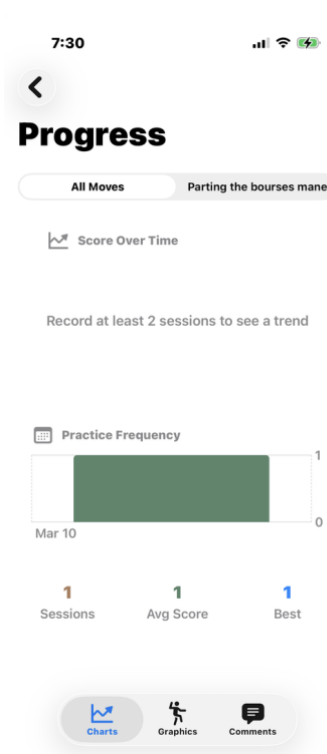
Verifies the three Progress tabs: Charts (score trends and practice frequency), Graphics (joint accuracy heatmap and per-joint breakdown), and Comments (session detail with coach tips and joint-level feedback).

Prerequisites

- At least one analyzed practice session exists (session must have been run through Analyze to generate a score).
- For the Score Over Time trend chart, at least 2 analyzed sessions are required.

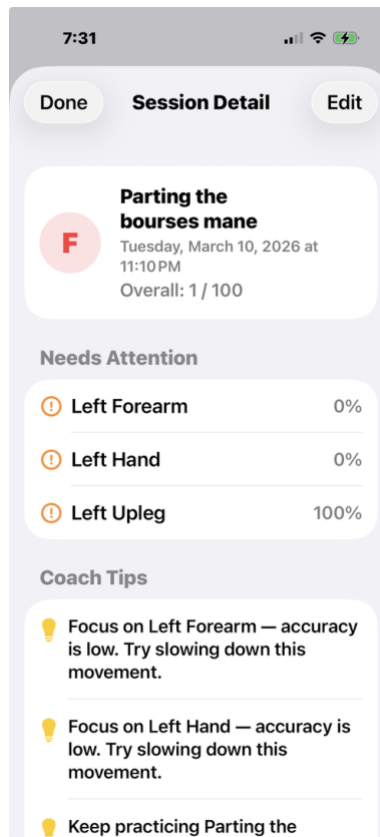
Test Steps

26. From Home, tap Progress.
27. Verify the toggle at the top allows switching between All Moves and individual named moves (e.g., "Parting the bourses mane").
28. On the Charts tab: confirm the Score Over Time section appears (note: it requires 2+ sessions to show a graph line). Confirm the Practice Frequency bar chart shows session activity by date. Confirm the stats row at the bottom shows Sessions, Avg Score, and Best values.
29. Tap the Graphics tab: confirm the Joint Accuracy Heatmap displays a body outline with color-coded dots (green = 80+, yellow = 60-79, orange = 40-59, red = <40). Confirm the Joint Breakdown list below shows per-joint scores with progress bars.
30. Tap the Comments tab: confirm the Session Detail view loads showing move name, date, overall score badge, Needs Attention joints (with % accuracy), and Coach Tips (lightbulb suggestions).



Charts tab — frequency bar and session stats

Graphics tab — joint heatmap and breakdown



Comments tab — session detail with Needs Attention joints and Coach Tips

Expected Results

✔ Expected	✘ Failure Indicator
All three tabs (Charts, Graphics, Comments) load without error.	Any tab crashes, shows a spinner indefinitely, or displays a blank screen.
Heatmap dots are color-coded correctly per the legend (green/yellow/orange/red).	All dots are the same color, or legend doesn't match displayed colors.
Coach Tips are specific to the joints flagged under Needs Attention.	Coach Tips are generic (e.g., "Keep practicing") for all joints, with no joint-specific advice.

Notes & Edge Cases

- "Score Over Time" shows a placeholder message ("Record at least 2 sessions to see a trend") when fewer than 2 sessions exist — this is expected behavior, not a bug.
- The Comments tab session detail includes an Edit button. Verify tapping Edit allows renaming the session without data loss.

5. Teacher — Live Stream & Lessons

Purpose

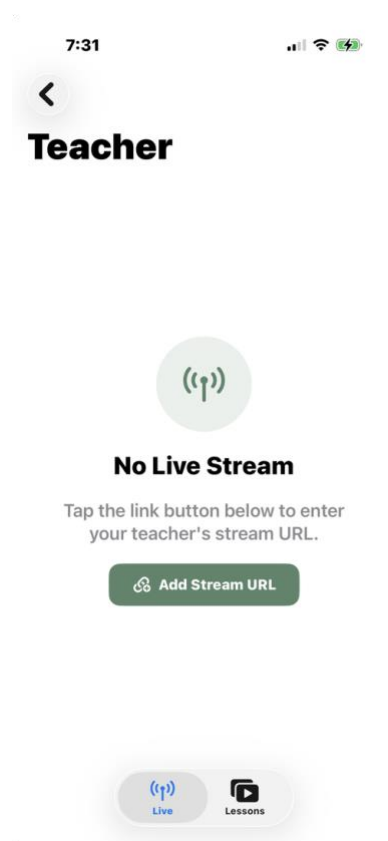
Verifies that the Teacher section correctly handles both the Live streaming tab (including the state when no stream is active) and the Lessons tab for accessing pre-recorded instructional videos.

Prerequisites

- App is on the Home screen.
- A valid teacher live stream URL is available (optional — the no-stream state should also be tested).

Test Steps

31. From Home, tap Teacher.
32. Confirm the Live tab is selected by default, showing the broadcast icon and "No Live Stream" message with "Add Stream URL" button (when no stream is active).
33. Tap "Add Stream URL" — confirm a text field or input modal appears to enter a stream URL.
34. If a stream URL is available: enter it, confirm, and verify the stream loads and plays.
35. Tap the Lessons tab at the bottom. Confirm lesson videos or content are accessible.
36. Verify tab switching between Live and Lessons is smooth with no layout issues.



Teacher — Live tab in empty state, Add Stream URL visible

Expected Results

✓ Expected	✗ Failure Indicator
"No Live Stream" state renders correctly with Add Stream URL button.	Live tab is blank, crashes, or shows an unhandled error.
Tapping Add Stream URL opens an input method for entering a URL.	Button is unresponsive or triggers a crash.
Lessons tab loads lesson content without crashing.	Lessons tab is blank or shows an indefinite spinner.

Notes & Edge Cases

- The "No Live Stream" screen is the correct expected state when testing without a teacher broadcasting — this is not a bug.
- Stream URL input should accept standard RTMP or HLS streaming URLs. Invalid URLs should trigger a clear error message, not a silent failure.

6. Moves — Named Move Library

Purpose

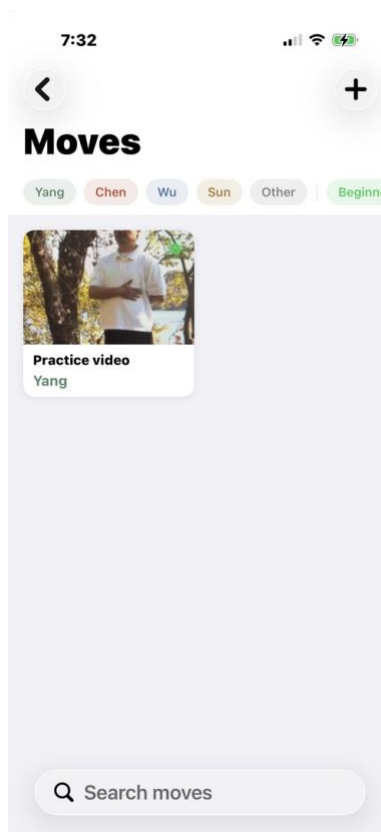
Verifies the Moves library — the user's personal catalog of named Tai Chi moves. Tests include browsing saved moves, filtering by style (Yang, Chen, Wu, Sun, Other, Beginner), searching for moves, and adding a new move entry.

Prerequisites

- At least one move has been saved to the library (e.g., "Practice video — Yang").
- App is on the Home screen.

Test Steps

37. From Home, tap Moves.
38. Confirm the Moves screen loads with style filter tabs at the top: Yang, Chen, Wu, Sun, Other, Beginner.
39. Tap each filter tab and confirm the displayed move cards update to show only moves of that style. (Yang is selected by default.)
40. Confirm saved move cards display a thumbnail image, move name, and style label.
41. Tap the Search bar at the bottom. Type a move name and confirm the results filter correctly. Clear the search to reset.
42. Tap the + button in the top-right corner. Confirm the add-new-move workflow launches (video selection or recording prompt).
43. Tap back to return to the Moves list and confirm no data was lost.



Moves — style filter tabs, move card, search bar, and + add button

Expected Results

✔ Expected	✘ Failure Indicator
Style filter tabs correctly filter the displayed move cards.	Tapping a filter tab has no effect, or shows moves from wrong styles.
Search returns relevant results as the user types; clearing search restores all moves.	Search returns no results for a known move name, or crashes on input.
Tapping + launches the add-move workflow without crashing.	+ button is unresponsive or opens an unrelated screen.

Notes & Edge Cases

- If the Moves library is empty, only the filter tabs, search bar, and + button will be visible — this is correct behavior for a new user.
- Move thumbnails are generated from the first frame of the associated video. Blurry thumbnails indicate a dark or obstructed first frame in the source video.

Pass / Fail Checklist

Complete after finishing either Part 1 or Part 2. Mark each feature Pass or Fail and record the overall result at the bottom.

Feature / Test Area	Pass	Fail	Notes
1. App Launch & Home Screen	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	
2. Practice — Recorded Sessions	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	
3. Capture — Analyze (skeleton + score)	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	
3. Capture — Compare (split-screen)	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	
4. Progress — Charts tab	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	
4. Progress — Graphics / Heatmap tab	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	
4. Progress — Comments / Session Detail	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	
5. Teacher — Live tab	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	
5. Teacher — Lessons tab	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	
6. Moves — Filter & Browse	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	
6. Moves — Search & Add New Move	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	
OVERALL RESULT	<input type="checkbox"/> Pass	<input type="checkbox"/> Fail	

Notes & Comments

Use this section to log bugs, observations, or follow-up items discovered during testing.

Issue Log

#	Feature	Description of Issue	Severity	Status
1				
2				

#	Feature	Description of Issue	Severity	Status
3				
4				
5				
6				

General Notes

Sign-Off

Tester Signature	Reviewer Signature	Date Completed