

# THE 8-STEP TAI CHI FORM

A compact Yang-style form that uses key steps from the traditional Yang forms and the 24-Step Form. All the movements are repeated on both left and right sides of the body and requires only a small space in which to practice.



Start standing tall, feet together, hands relaxed at the sides.

	IN BREATH (Yin)	OUT BREATH (Yang)
	<b>Prepare</b> Shift weight to the right	Step left foot to shoulder width stance
	<b>Opening Balance</b> Relaxed hands fingers pointing down, Float wrists to chest height Straighten fingers, draw elbows back	Palms float gently down to waist height
<b>1</b>	<b>Rolling Arms - Left</b> Extend the left hand forwards palm down, Right hand palm up circles back and up to shoulder height Both palms turn	Right hand pushes forwards as left pulls back, holding a ball
	<b>Rolling Arms - Right</b> Extend the right hand forwards palm down, Left hand palm up circles back and up to shoulder height Both palms turn	Left hand pushes forwards as right pulls back, holding a ball
<b>2</b>	<b>Circle Arms - Left Brush Knee</b> Shift weight Right Right hand circles	Step left, push with right palm Left palm brushes left thigh
	<b>Circle Arms - Right Brush Knee</b> Shift weight Right, pivot left heel to Front, Right palm stays high, left palm turns up Shift weight Left	Step right, push with left palm Right palm brushes right thigh
<b>3</b>	<b>Part the Horse's Mane - Left</b> Shift weight Left, pivot right heel to Front, Shift Right - right palm high, left low	Step Left, left hand floats palm up, Right hand floats palm down
	<b>Part the Horse's Mane - Right</b> Shift weight Right, pivot left heel to Front, Shift Left - left palm high, right Low, turn palm Up	Step Right, right high Floats palm Up, left Hand floats palm down

IN BREATH (Yin)		OUT BREATH (Yang)
<b>4</b>	<b>Cloud Hands - 1</b> Right hand circles down to hip Left arm floats to chest height, Push weight left, change hands, Step right foot to shoulder-width stance	Push weight right, change hands, Step left foot wider to the Left
	<b>Cloud Hands - 2</b> Push weight left, Change hands (Feet stay still)	Push weight right, Change hands, Step left foot to shoulder-width stance
	<b>Cloud Hands - 3</b> Push weight left, Change hands, Step right foot wider to the Right	Push weight right, change hands
<b>5</b>	<b>Golden Cockerel - Right</b> Push weight left,	Float right knee and right arm, Left palm pushes down
	<b>Golden Cockerel - Left</b> Lower right leg, palms push towards each other	Float left knee, left arm, right palm pushes down
<b>6</b>	<b>Cross Arms &amp; Heel Kick - Right</b> Step forward with left foot, palms facing down, circling down	Float crossed arms, right knee, then extend arms and right leg, palms push outwards
	<b>Cross Hands &amp; Heel Kick - Left</b> Bend right knee, lower right foot, then lower arms	Float crossed arms, left knee, then extend arms and left leg, palms push outwards
<b>7</b>	<b>Grasp the Bird's Tail - Right</b> i) Lower left foot, Shift weight Left, left hand high, right hand low ii) Shift weight back, arms float down towards left hip, then cross wrists iii) Shift weight back, lift right toes, soften knees, lower wrists	- Step Right, right forearm floats up and round palm facing in, left palm floats down then rises, fingers towards right wrist - Weight forwards, wrists forwards, separate hands - Push forwards and up
	<b>Grasp the Bird's Tail - Left</b> i) Roll back, pivot on right heel to Front, right hand high, left hand low ii) Shift weight back, arms float down towards right hip, then cross wrists iii) Roll back, lift right toes, Soften knees, lower wrists	- Step Left, left forearm floats up and round palm facing in, right palm floats down then rises, fingers towards left hand - Weight forwards, wrists forwards, separate hands - Push forwards and up

IN BREATH (Yin)		OUT BREATH (Yang)
8	<b>Crossing Arms</b> Shift weight right, pivot on left heel to Front, palms facing out Pivot on right heel, Push weight Forwards to right, Pushing palms apart	Circle arms down Shift weight back Left, Step right foot to shoulder-width, Cross arms, balance
	<b>Closing Form</b> Stand tall, lift and separate hands	Float arms down to the sides
	<b>Finish</b> Shift weight to the right	Step left foot in beside right