

# THE TAI CHI FORM - PART 1

Stand with heels almost touching, feet turned out at 45 degrees, arms held loosely at the sides, palms facing in. Spine upright, head upright, chin tucked slightly in. Joints relaxed, breathing in for 4 seconds and out for 4 seconds.



IN BREATH (Yin)		OUT BREATH (Yang)	
<b>1</b>	<b>Opening (Preparation)</b> Sink, slight turn to right, arms circle out and up to forehead height Transfer weight to the right leg	<b>Balance 1</b> Step to the left, turn to face forwards Transfer weight to left leg, pivot on right heel to parallel stance Palms float down to face thighs	
<b>2</b>	<b>Opening</b> Relaxed hands fingers pointing down, Float wrists to chest height Straighten fingers, draw elbows back	<b>Balance 2</b> Palms float gently down to waist height	
<b>3</b>	<b>Smooth the Sands</b> Shift weight to the left Left hand rotates to form a ball Pivot on right heel, turning foot to the right	<b>Turn Right</b> Transfer weight to the right leg taking ball forwards to right hip Left arm floats up level with right Lifting left heel, look to the left	
<b>4</b>	<b>Ward Off (Left)</b> Step with the left, left forearm floating to chest height Weight transfers into left leg Lifting right heel, look to the right	<b>Grasp the Bird's Tail (i. Ward Off Right)</b> Step forwards with the right, transferring weight forwards, body upright Rotate to the right, pivoting the left foot into a split stance	
<b>5</b>	<b>Grasp the bird's Tail (ii. Roll Back)</b> Rotate to the left, the draw hips back Right palm to the heart centre, left hand to the hip, palm upwards Then left palm presses into right palm	<b>Grasp the bird's Tail (iii. Press)</b> Hips push forwards, then left hand slides over the back of the right hand and separates	
<b>6</b>	<b>Grasp the bird's Tail (iv. Roll Back)</b> Hips move backwards, elbows draw back	<b>Grasp the bird's Tail (v. Push)</b> Hips push forwards, palms slightly raised	
<b>7</b>	<b>Single Whip - Draw Back</b> Hips move backwards, transfer weight to the left foot Turn left 180 degrees, pivoting on the right heel	<b>Single Whip - Push</b> Transfer weight to the right leg, form a 'Crane's Beak' with the right hand Pivot on the left toes, then step wide with the left foot and push with the left palm Place the Beak fingers pointing down, level with the jaw	

IN BREATH (Yin)		OUT BREATH (Yang)	
8	<p><b>Sinking Left</b> transfer weight to the left leg, hands relax and float down Look to the right, right heel rises</p>	<p><b>Play Guitar - Right</b> Draw right foot into towards left Float the arms up slowly to chest height, left palm facing the right elbow Lightly place right heel in front of left at the end of the breath</p>	
9	<p><b>Pull Back</b> Arms turn, right palm down, left palm up and float down the left side Right palm stops facing left hip Left arm circles, left palm level with shoulder</p>	<p><b>Step with Shoulder</b> Leading with the right shoulder Move weight on to right leg Left palm presses forwards close to right bicep</p>	
10	<p><b>Crane Spreads its Wings</b> Hips draw back, left arm floats down palm facing back, right arm floats up palm facing forwards</p>	<p><b>Spread and Step</b> Retain the arm shape as the weight comes forward on to the right leg Turn to the left drawing in left toes in front of right heel Right palm lowers to head height Left palm floats over left thigh</p>	
11	<p><b>Circle Arms</b> Right arm circles forwards down, back and up Left arm circles up, back and down Turning to the right from the waist</p>	<p><b>Left Brush Knee</b> Turn to the left and step wide with the left Right palm pushes while left palm brushes over left thigh</p>	
12	<p><b>Sinking Left</b> Right palm pushes forwards and floats down as Weight transfers to the left leg Right heel rises and right toes draw in behind left heel</p>	<p><b>Play Guitar - Left</b> Transfer all the weight into right leg Float the arms up slowly to chest height, right palm facing the left elbow Lightly place left heel in front of right at the end of the breath</p>	
13	<p><b>Circle Arms</b> Right arm circles forwards down, back and up Left arm circles up, back and down Turning to the right from the waist</p>	<p><b>Left Brush Knee</b> Turn to the left and step wide with the left Right palm pushes while left palm brushes over left thigh</p>	
14	<p><b>Pull Back</b> Hips draw back, arms float down to the sides, palms forward Left toes rise, turning slightly to the left</p>	<p><b>Hand to Qi Hai</b> Weight transfers to the left leg, Right palm circles in to face Qi Hai Left arm floats out to the side, right palm faces towards Qi Hai</p>	

IN BREATH (Yin)		OUT BREATH (Yang)	
<b>15</b>	<p><b>Step with Fist</b></p> <p>Step with the right leg, right hand, palm up comes to right hip  Right hand turns into a fist as weight transfers to the right  Left arm continues circle up, left heel rises</p>		<p><b>Step with Punch</b></p> <p>Step with the left, transferring the weight as right hand punches covered by left hand</p>
<b>16</b>	<p><b>Draw Back</b></p> <p>Left palm slides under the fist, fist turns and opens  Hips draw back with palms towards the heart centre  Palms separate and turn forwards</p>		<p><b>Push</b></p> <p>Hips push forwards, palms slightly raised</p>
<b>17</b>	<p><b>Draw Back</b></p> <p>Hips move back as right arm rises to vertical  Left arm rises, left toes rise pivoting on left heel, turning to the right</p>		<p><b>Turn and Close</b></p> <p>Weight transfers to the left, lifting right heel  Arms circle, pivoting on right toes  Wrists cross at the forehead, palms towards the body  Weight balanced, feet parallel</p>
<b>18</b>	<p><b>Draw Down</b></p> <p>Crossed wrists float down, separating at the heart centre  Arms float out to the sides  Palms facing down</p>		<p><b>Finish</b></p> <p>Transfer weight to the left  Arms float down to the sides  Right leg slides in, weight balances, feet together.</p>