

# THE TAI CHI FORM - PART 2

Continuing from Part 1 (Move 18 below replaces Move 18 of Part 1). Balanced, shoulder-width stance, feet pointing forwards. 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>18 Embrace Tiger</b> Arms open out and float down to chest height Transfer weight to the left leg and turn to back-right corner (135° right)	<b>Grasp the Bird's Tail (i. Ward Off Right)</b> Step forwards with the right foot, transfer weight forwards, body upright Rotate to the right, pivoting the left foot into a split stance		
<b>19 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>20 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>21 Single Whip - Draw Back</b> Hips move backwards, transfer weight to the left foot Turn left 180 degrees, pivoting on the right heel (to front-left corner)	<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		
<b>22 Open Arms</b> Open the Arms at shoulder height as if welcoming a guest, weight moves back onto right foot	<b>Rotate Left</b> Rotate 45° left, bring left foot across at the end of the breath		
<b>23 Sinking Left</b> Arms float down as Weight transfers to the left leg Right heel rises and right toes draw in behind left heel	<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		

IN BREATH (Yin)		OUT BREATH (Yang)	
<b>24</b>	<b>Repulse Monkey - 1 (Offer)</b> Left hand, palm up floats forward Right hand circles back and up	<b>Step Back and Repel</b> Step back with left foot, withdrawing left palm to left hip Pressing right palm forwards Straighten right foot, lifting the heel.	
<b>25</b>	<b>Repulse Monkey - 2 (Offer)</b> Right hand, palm up floats forward Left hand circles back and up	<b>Step Back and Repel</b> Step back with right foot, withdrawing right palm to right hip Pressing left palm forwards Straighten left foot, lifting the heel.	
<b>26</b>	<b>Repulse Monkey - 3 (Offer)</b> Left hand, palm up floats forward Right hand circles back and up	<b>Step Back and Repel</b> Step back with left foot, withdrawing left palm to left hip Pressing right palm forwards Straighten right foot, lifting the heel.	
<b>27</b>	<b>Diagonal Flying</b> Left arm floats up palm facing in, right arm circle under left elbow to crossed fore-arms. Weight in the left foot	<b>Place Monkey in the Tree</b> Step back with the right foot Pivot round on left heel, shift weight left Pivot on right toes (facing front-right) Right arm opens out to the side	
<b>28</b>	<b>Sinking Right</b> Weight moves forwards onto right foot Right hand circles down to right hip Left arm straightens at chest height, palm in	<b>Cloud Hands - 1</b> Step forwards with left foot (facing front) Slowly transfer weight to left foot Hands drift across to align with left hip	
<b>29</b>	<b>Changing Hands</b> Left Arm extends and arm circles down to left hip Right fore-arm floats up to chest height Step right foot to shoulder width stance	<b>Cloud Hands - 2</b> Slowly transfer weight to right foot Hands drift across to align with right hip	
<b>30</b>	<b>Changing Hands</b> Right Arm extends and arm circles down to right hip Left fore-arm floats up to chest height Step left foot out to wider stance	<b>Cloud Hands - 3</b> Slowly transfer weight to left foot Hands drift across to align with left hip	
<b>31</b>	<b>Changing Hands</b> Left Arm extends and arm circles down to left hip Right fore-arm floats up to chest height Step right foot to shoulder width stance	<b>Cloud Hands - 4</b> Slowly transfer weight to right foot Hands drift across to align with right hip	

IN BREATH (Yin)		OUT BREATH (Yang)	
<b>32</b>	<b>Changing Hands</b> Right Arm extends and arm circles down to right hip Left fore-arm floats up to chest height Step left foot out to wider stance		<b>Cloud Hands - 5</b> Slowly transfer weight to left foot Hands drift across to align with left hip
<b>33</b>	<b>Closing - Part 2</b> Left Arm extends Right Arm extends Palms face down		<b>Finish</b> Right leg draws in to meet left leg as arms float down to the side