

THE TAI CHI FORM - PART 3

Continuing from Part 2 (Move 32 below replaces Move 32 of Part 2). 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)
32	<p>Changing Hands 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, heel first, toes pointed out to front-left corner</p>	<p>Cloud Hands - 5 Slowly transfer weight to left foot Body turns slightly to left Hands drift across to align with left hip</p>
33	<p>Isolated Single Whip Step forwards with the right foot Transfer weight to the right leg, form a 'Crane's Beak' with the right hand supported with the left palm</p>	<p>Isolated Single Whip - Push Step to the left with the left foot and push with the left palm Place the Beak fingers pointing down, level with the jaw</p>
34	<p>Snake Creeps Down Arms float down releasing the 'Beak' Push hips back sinking into back leg Turn left toes out</p>	<p>Golden Cockerel - Right Transfer weight forwards onto left foot, Float right knee, right arm fingertips up Left palm faces floor beside left hip</p>
35	<p>Step Back Step back with right foot, toes pointed out Right arm floats down</p>	<p>Golden Cockerel - Left Float left knee, left arm fingertips up Right palm faces floor beside left hip</p>
36	<p>Pat the Horse - Right Step forwards with the left foot Arms float out, right fingers towards left front-corner,</p>	<p>Kick with Heel - Right Arms cross in front of chest, right arm outermost as right knee floats up Arms open, palms out as right foot kicks</p>
37	<p>Pat the Horse - Left Step back with the right foot Arms float out, left fingers towards left back-corner,</p>	<p>Kick with Heel - Left Arms cross in front of chest, left arm outermost as left knee floats up Arms open, palms out as left foot kicks</p>
38	<p>Turn Left arm floats across to right side Step behind with left foot Onto the balls of the feet Twist 180° facing to the right</p>	<p>Kick with Toes Arms in 'Play Guitar' position Float left knee Soft kick with toes Place left heel,</p>
39	<p>Circle Arms Right arm circles down, back and up Left arm circles up, back and down Turning to the right from the waist</p>	<p>Left Brush Knee Turn to the left and step wide with the left Right palm pushes while left palm brushes over left thigh</p>

IN BREATH (Yin)		OUT BREATH (Yang)	
40	<p>Circle Arms - Right Weight sinks back, arms float down, left foot turns out Turning to the left from the waist Right arm circles up, back and down Left arm circles back and up</p>		<p>Right Brush Knee Turn to the right and step wide with the right Left palm pushes while right palm brushes over right thigh</p>
41	<p>Deflect Weight sinks back, right foot turns out Right hand forms fist at right hip</p>		<p>Punching Low Step forwards onto right foot, then step forwards with left foot Left arm deflects downwards Punch slightly down with fist</p>
42	<p>Ward Off (Left) Weight sinks back arms float down Turn out left toes Weight transfers into left leg Arms float to the left side</p>		<p>Grasp the Bird's Tail (i. Ward Off Right) Step forwards with the right, transferring weight forwards, body upright Rotate to the right, pivoting the left foot into a split stance</p>
43	<p>Grasp the bird's Tail (ii. Roll Back) Rotate to the left, then draw hips back Right palm to the heart centre, left hand to the hip, palm upwards Then left palm presses into right palm</p>		<p>Grasp the bird's Tail (iii. Press) Hips push forwards, then left hand slides over the back of the right hand and separates</p>
44	<p>Grasp the bird's Tail (iv. Roll Back) Hips move backwards, elbows draw back</p>		<p>Grasp the bird's Tail (v. Push) Hips push forwards, palms slightly raised</p>
45	<p>Single Whip - Draw Back Hips move backwards, transfer weight to the left foot Turn left 180 degrees, pivoting on the right heel</p>		<p>Single Whip - Push 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</p>
46	<p>4 Directions - 1 Right arm vertical, fingers pointing up Weight sinks into right foot Pivot on left heel as left arm floats down towards waist</p>		<p>4 Directions - 1 Weight shifts to left foot Pivot on right toes Left circles to right elbow</p>
47	<p>4 Directions - 1 Weight shifts to right foot Left hand follows right forearm up until hands meet</p>		<p>4 Directions -1 Step forwards with left foot Left elbow floats up, left arm horizontal in front of forehead Both palms turn outwards</p>

IN BREATH (Yin)		OUT BREATH (Yang)	
48	<p>4 Directions - 2 Weight sinks back Pivot on left heel, turn 90° right Left arm vertical, Right arm circles outwards, round to meet left hand</p>	<p>4 Directions - 2 Step diagonally backwards with right foot Pivot on left heel, then on right toes 180° Weight forwards on right foot Right elbow floats up, right arm horizontal in front of forehead, palms turn outwards</p>	
49	<p>4 Directions - 3 Weight sinks back Pivot on right heel 45° left Right arm vertical, Left arm circles outwards, round to meet right hand Weight moves onto right foot</p>	<p>4 Directions - 3 Step forwards with left foot Left elbow floats up, left arm horizontal in front of forehead Both palms turn outwards</p>	
50	<p>4 Directions - 4 Weight sinks back Pivot on left heel, turn 90° right Left arm vertical, Right arm circles outwards, round to meet left hand</p>	<p>4 Directions - 4 Step diagonally backwards with right foot Pivot on left heel, then on right toes 180° Weight forwards on right foot Right elbow floats up, right arm horizontal in front of forehead, palms turn outwards</p>	
51	<p>Sink Back Weight sinks back, right toes turn out Right arm vertical, Left arm circles outwards,</p>	<p>Sink back Weight moves to right foot Left completes circle to meet right hand, chest height</p>	
52	<p>Ward Off (Left) Weight sinks back arms float down Turn out left toes Weight transfers into left leg Arms float to the left side</p>	<p>Grasp the Bird's Tail (i. Ward Off Right) Step forwards with the right, transferring weight forwards, body upright Rotate to the right, pivoting the left foot into a split stance</p>	
53	<p>Grasp the bird's Tail (ii. Roll Back) 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</p>	<p>Grasp the bird's Tail (iii. Press) Hips push forwards, then left hand slides over the back of the right hand and separates</p>	
54	<p>Grasp the bird's Tail (iv. Roll Back) Hips move backwards, elbows draw back</p>	<p>Grasp the bird's Tail (v. Push) Hips push forwards, palms slightly raised</p>	
55	<p>Single Whip - Draw Back Hips move backwards, transfer weight to the left foot Turn left 180 degrees, pivoting on the right heel</p>	<p>Single Whip - Push 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</p>	

IN BREATH (Yin)		OUT BREATH (Yang)	
56	<p>Snake Creeps Down Arms float down releasing the 'Beak' Push hips back sinking into back leg Turn left toes out</p>		<p>Seven Stars Weight moves onto left foot Right heel placed in front (Empty Stance) Wrists cross, float up forehead height, soft fists, thumbs outwards</p>
57	<p>Seven Stars Keeping wrists crossed, open the hands and lower them below eye-level, then raise them again.</p>		<p>Seven Stars Step back with the right foot Hands float down, Left toes turn out Weight moves onto left foot, arms float left</p>
58	<p>Spin Place ball of right foot, transfer weight and spin 360° around to right Landing on left foot, 'Play Guitar' arms</p>		<p>Sweep the Lotus Float right knee across to left side, then lengthen leg and sweep around to right, placing toes down</p>
59	<p>Bend the Bow Hands turn and float down by left hip, turning into soft fists Right heel in place of toes</p>		<p>Shoot the Tiger Weight forward onto right foot Fists float diagonally, top right</p>
60	<p>Step, Parry & Punch Weight sinks back into left foot Turn out right toes Right arm circles to hip becoming a fist Left arm floats out left side, palm up Weight moves onto right foot</p>		<p>Step with Punch Step with the left, transferring the weight as right hand punches covered by left hand</p>
61	<p>Draw Back 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>Push Hips push forwards, palms slightly raised</p>
62	<p>Draw Back 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>Turn and Close 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>
63	<p>Draw Down Crossed wrists float down, separating at the heart centre Arms float out to the sides Palms facing down</p>		<p>Finish Transfer weight to the left Arms float down to the sides Right leg slides in, weight balances, feet together.</p>