7/78

TAI CHI

①

BEGINNING OF TAI CHI (PRONOUNCED TIE JEE)

FACE NORTH (PICK A DIRECTION; THE MOVEMENTS ARE MOSTLY N-S-E-W & NW-SW-NE-SE)

HEAD ERECT & EYES FACING FORWARD

TOES POINT STRAIGHT AHEAD

FEET SHOULDER-WIDTH APART; KNEES BENT SLIGHTLY

ARMS HANG LOOSELY AT SIDES; PALMS CURVED (NOT BENT) & FACING BACKWARDS

ARMS RISE SLOWLY FORWARD IN AN ARC TO SHOULDER HEIGHT; (ARMS SLIGHTLY BENT, NOT STIFF; WRISTS STRAIGHT)

GENERAL SUGGESTIONS: RHYTHM FLUIDITY

1978

②

LET ELBOWS DROP TO SIDE & HANDS DRAW IN TOWARD CHEST.

PALMS ARE CURVED & FACE SLIGHTLY DOWNWARD; WRISTS BEND SLIGHTLY; FINGERS POINT NORTH

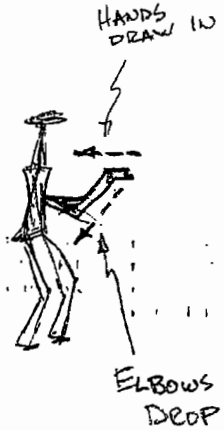
LET HANDS DROP (FLOAT LIKE FEATHERS) TOWARDS THE KNEES

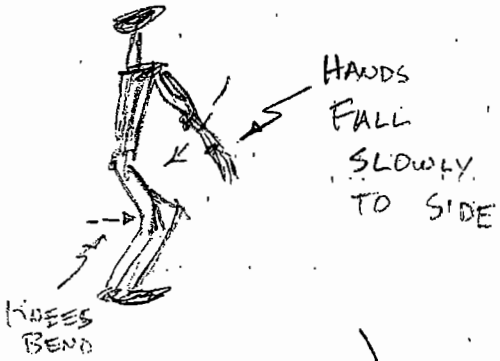
SAME TIME

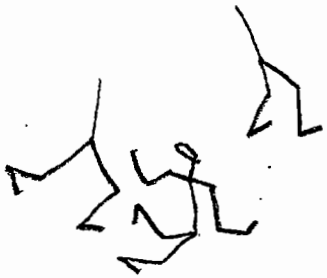
LET KNEES SLOWLY SINK, HOLDING THE TORSO UPRIGHT IN A RELAXED VERTICAL POSITION, AS IF ABOUT TO SIT

GRASP BIRD'S TAIL RIGHT

AND SUGGESTION BELOW & ASIDE L& FROM WRITING)







3/79

③

LEFT ARM [illegible] (PALM DOWN).

RIGHT ARM [illegible] (RIGHT PALM UP)

WEIGHT SHIFTS TO LEFT FOOT

RIGHT FOOT PIVOTS

GRASP BIRD'S TAIL RIGHT

WEIGHT SHIFTS TO LEFT FOOT & RIGHT FOOT TURNS ON HEEL TO EAST (RIGHT)

LEFT ELBOW & HAND RISES & RIGHT HAND TURNS PALM UP UNDER LEFT HAND TO FORM BALL (THE SIZE OF BASKETBALL) AT WAIST

BODY TURNS FULLY TO EAST (RIGHT)

RIGHT FOOT STEPS EAST

RIGHT KNEE BENDING & WEIGHT SHIFTS TO RIGHT FOOT LEFT LEG SLIGHTLY BENT

RIGHT HAND RISES CHIN HIGH OVER RIGHT KNEE, PALM FACING IN

LEFT HAND DESCENDS TO SIDE OF LEFT LEG, PALM FACING BACK

EYES LOOK AT RAISED RIGHT HAND

NOTE P.73

④

GRASP BIRD'S TAIL LEFT

LEFT HAND MOVES UNDER RIGHT ELBOW, PALM FACING UP

RIGHT ARM TURNS NORTH, RIGHT PALM DOWN

LEFT FOOT STEPS NORTH, LEFT HEEL AT RIGHT ANGLE TO RIGHT HEEL, LEFT KNEE BENDING

BODY TURNS FULLY TO NORTH (LEFT)

AS WEIGHT SHIFTS TO LEFT FOOT, RIGHT HAND DESCENDS TO THE SIDE OF RIGHT LEG, PALM FACING BACK

LEFT HAND RISES CHIN HIGH OVER LEFT KNEE, PALM FACING IN

EYES LOOK AT RAISED LEFT HAND

POSE UP

PUSH UP

BODY TURNS EAST AT SAME TIME

WEIGHT SHIFTS TO RIGHT FOOT

AS LEFT FOOT TURNS ON HEEL TO EAST

HANDS FORM SMALL BALL IN FRONT OF BODY, WAIST HIGH, LEFT HAND ON TOP

WEIGHT SHIFTS TO LEFT FOOT

RIGHT FOOT PIVOTS ON TOE & STEPS TO SOUTHEAST

HANDS PUSH BALL SLANTING UPWARD TO THE SOUTHEAST

RIGHT KNEE BENDS & WEIGHT SHIFTS TO RIGHT FOOT AS PULL IS PUSHED UPWARD TO SOUTHEAST

LEFT LEG IS SLIGHTLY BENT

PULL BACK

NOTE

(6)

PULL BACK

AT REAR AS BALL IS POSHED UPWARD HANDS REVERSE TO RIGHT OVER LEFT

ARMS DRAW DOWN & BACK TOWARD LEFT SIDE (STILL HOLDING BALL, WITH RIGHT HAND NOW OVER LEFT)

BODY POLLS BACK & WEIGHT SHIFTS TO LEFT FOOT

HANDS MOVE BALL DOWN TO LEFT SIDE & CLOSE TOGETHER TO ALMOST FORM FISTS

PRESS FORWARD

7

PRESS FORWARD

BOTH HANDS CIRCLE BACK & SPREAD WIDE TO FORM FULL CIRCLE

HANDS CLOSE CIRCLE IN FRONT OF CHEST (STILL FORMING WIDE CIRCLE)

RIGHT PALM FACES IN AT CHEST LEVEL

LEFT PALM READY TO PUSH OUT AGAINST RIGHT WRIST

LEFT FINGERS PUSH RIGHT WRIST FORWARD AT HEART LEVEL

WEIGHT SHIFTS TO RIGHT FOOT

SEPARATE HANDS & POSIT...

(8)

SEPARATE HANDS & PUSH

HANDS SEPARATE OUTWARD, LEFT PASSING OVER RIGHT

HANDS POLL BACK TOWARD CHEST BY DROPPING ELBOWS

PALMS FACE OUTWARD

WEIGHT SHIFTS TO LEFT FOOT

HANDS PUSH FORWARD & SLIGHTLY DOWNWARD (FEEL & THINK OF FORCE PUSHING, BUT DON'T EXERT PRESSURE)

WEIGHT SHIFTS TO RIGHT FOOT, KNEE BENDING

TURN BODY TO SINGLE WHIP

(9)

NOTE P81

TURN BODY TO SINGLE WHIP

HEAD TURNS NORTH

RIGHT FOOT TURNS LEFTWARD ON HEEL TO NORTHWEST

WEIGHT SHIFTS TO RIGHT FOOT AS ARMS TURN TO NORTHWEST & DRAW IN

LEFT FOOT TURNS & STEPS SOUTHWEST

RAISE HANDS & STEP UP

BODY PULLS BACK

WEIGHT SHIFTS TO LEFT FOOT

BODY TURNS AT SAME TIME

ARMS ARE HELD OUT AT SHOULDER HEIGHT & SHOULDER WIDTH APART

HANDS ARE LIMP CURVED SLIGHTLY DOWNWARD

(A) RIGHT HAND DRAWS IN TOWARD CHEST THEN OUT TO NORTHEAST OVER RIGHT LEG FINGERS PINCHED TOGETHER, POINTING DOWN, RIGHT ELBOW BENT

(B) LEFT HAND CURVES INWARD TOWARD WAIST, THEN UPWARD TOWARD RIGHT SIDE OF CHEST THEN STRETCHES SOUTHWEST, PALM TOWARDS FACE

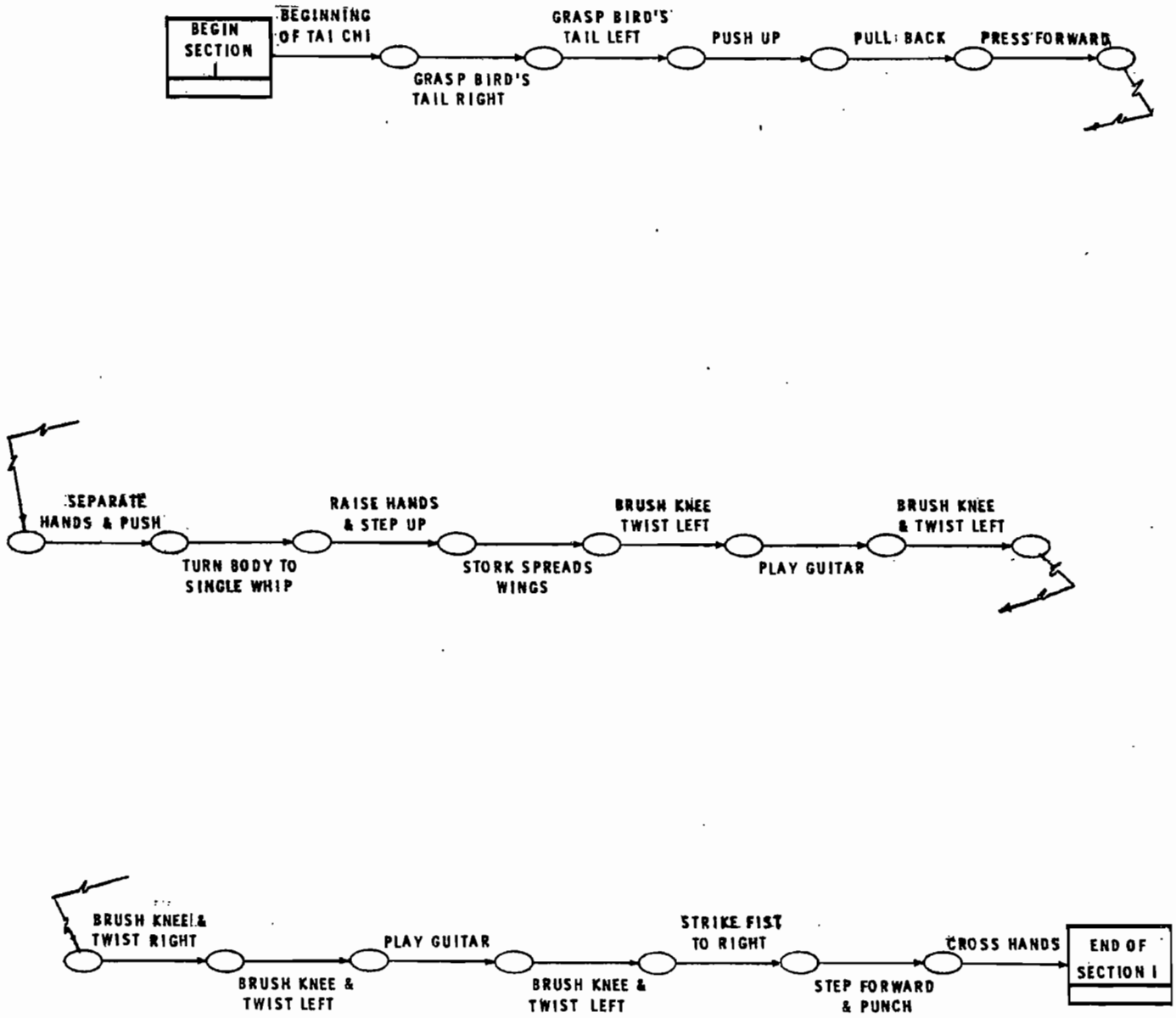
LEFT PALM TURNS OUT & DOWN

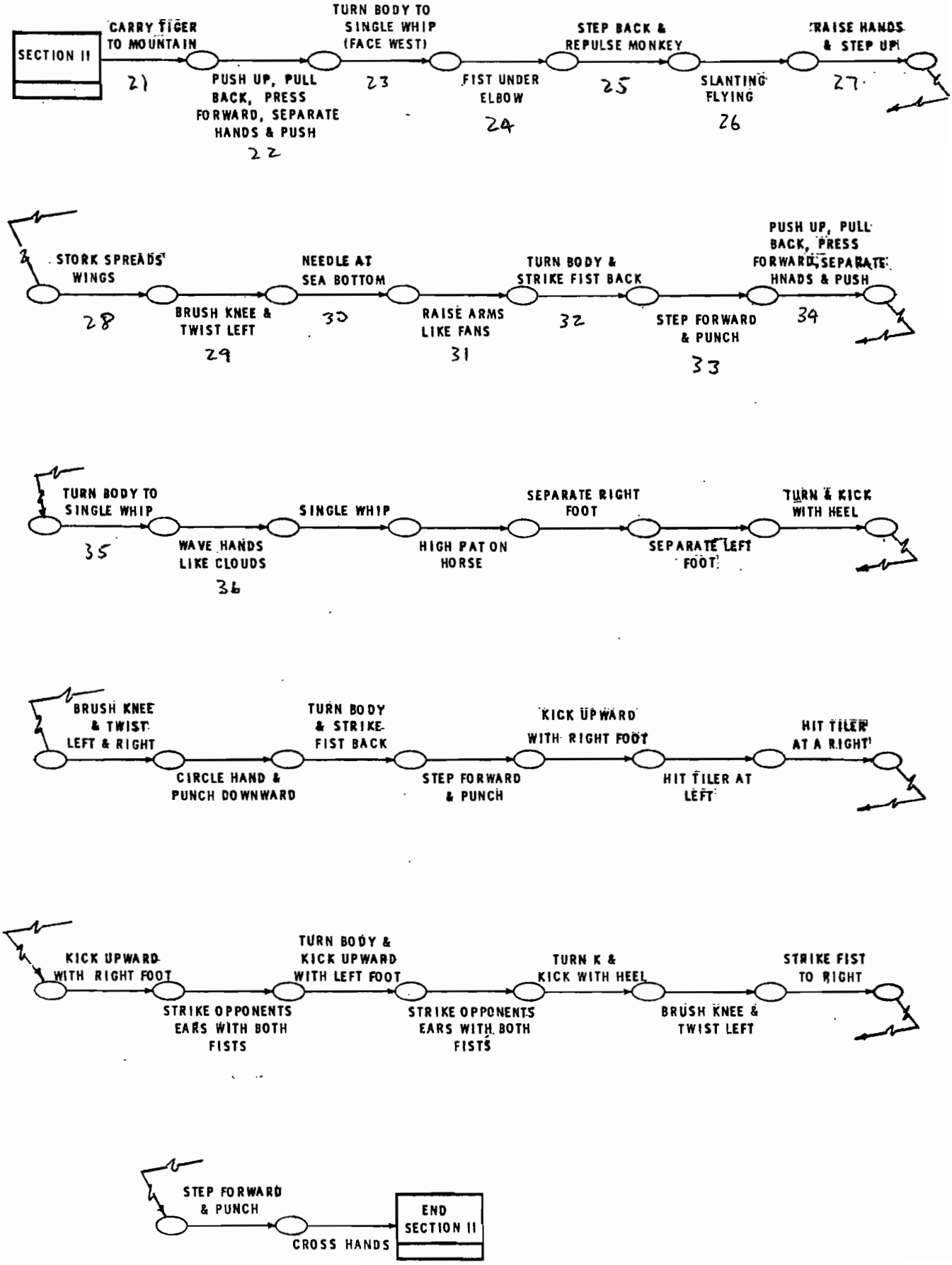
LEFT KNEE BENDS AS WEIGHT SHIFTS TO LEFT FOOT

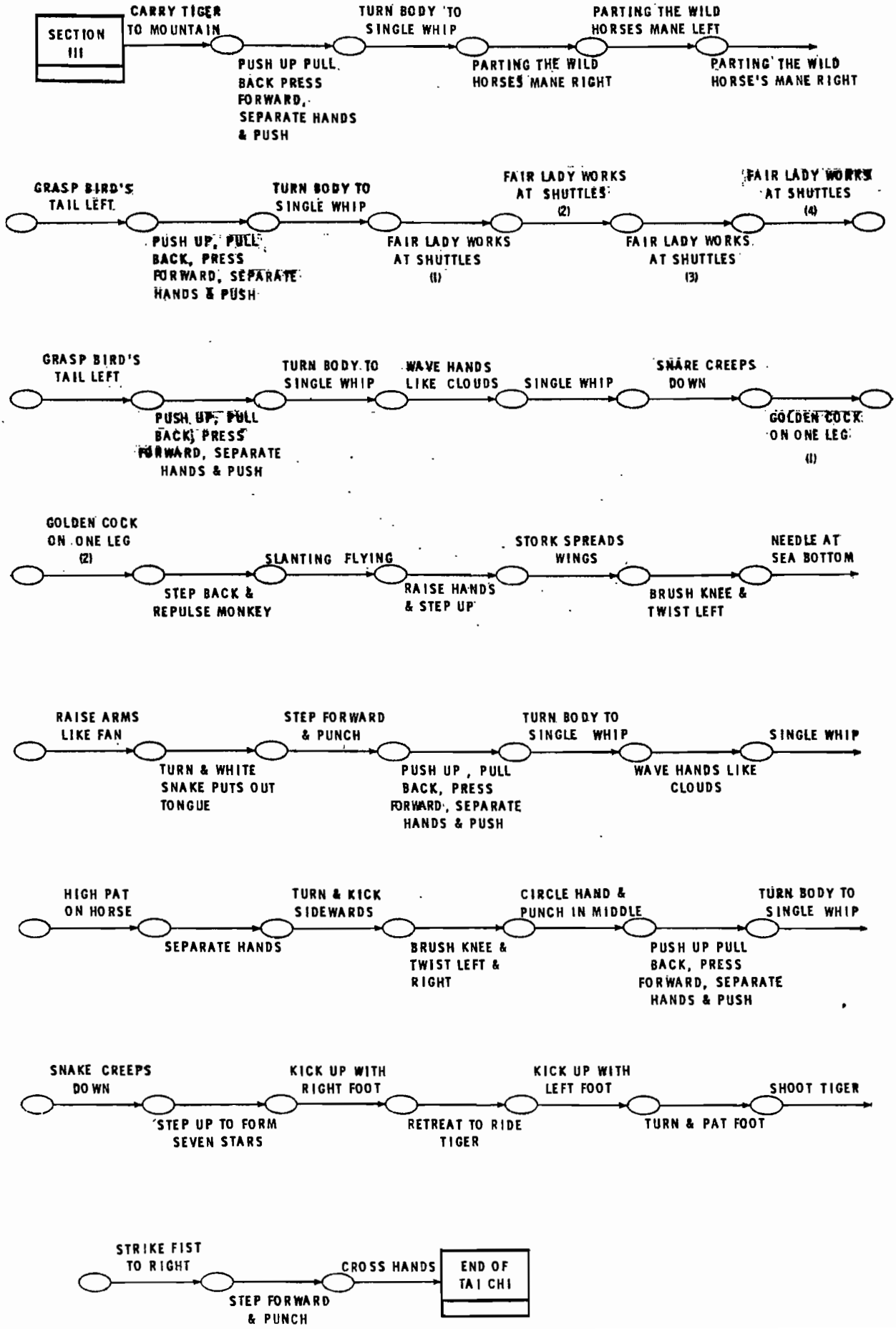
(10)

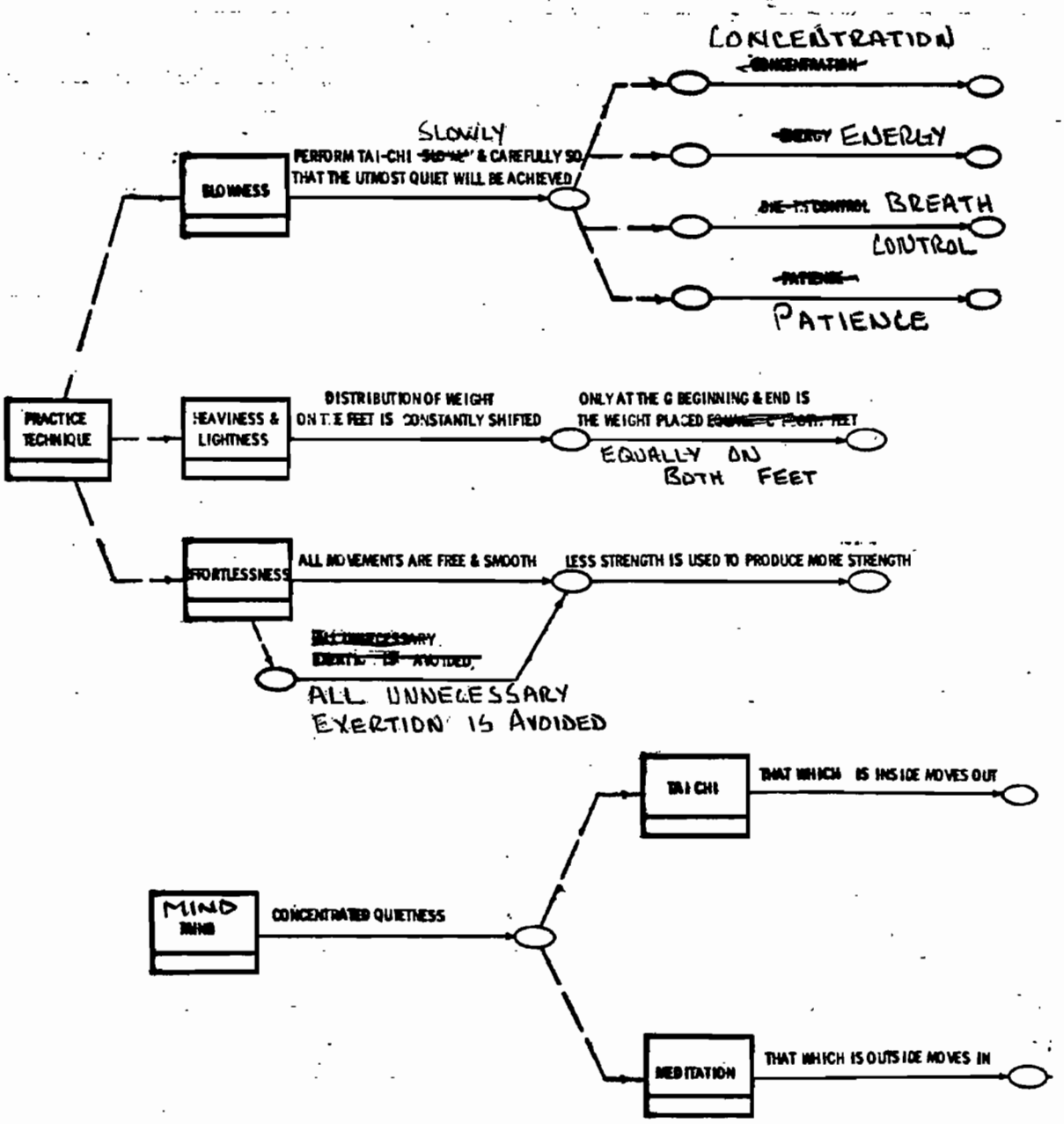
NOTE P.84

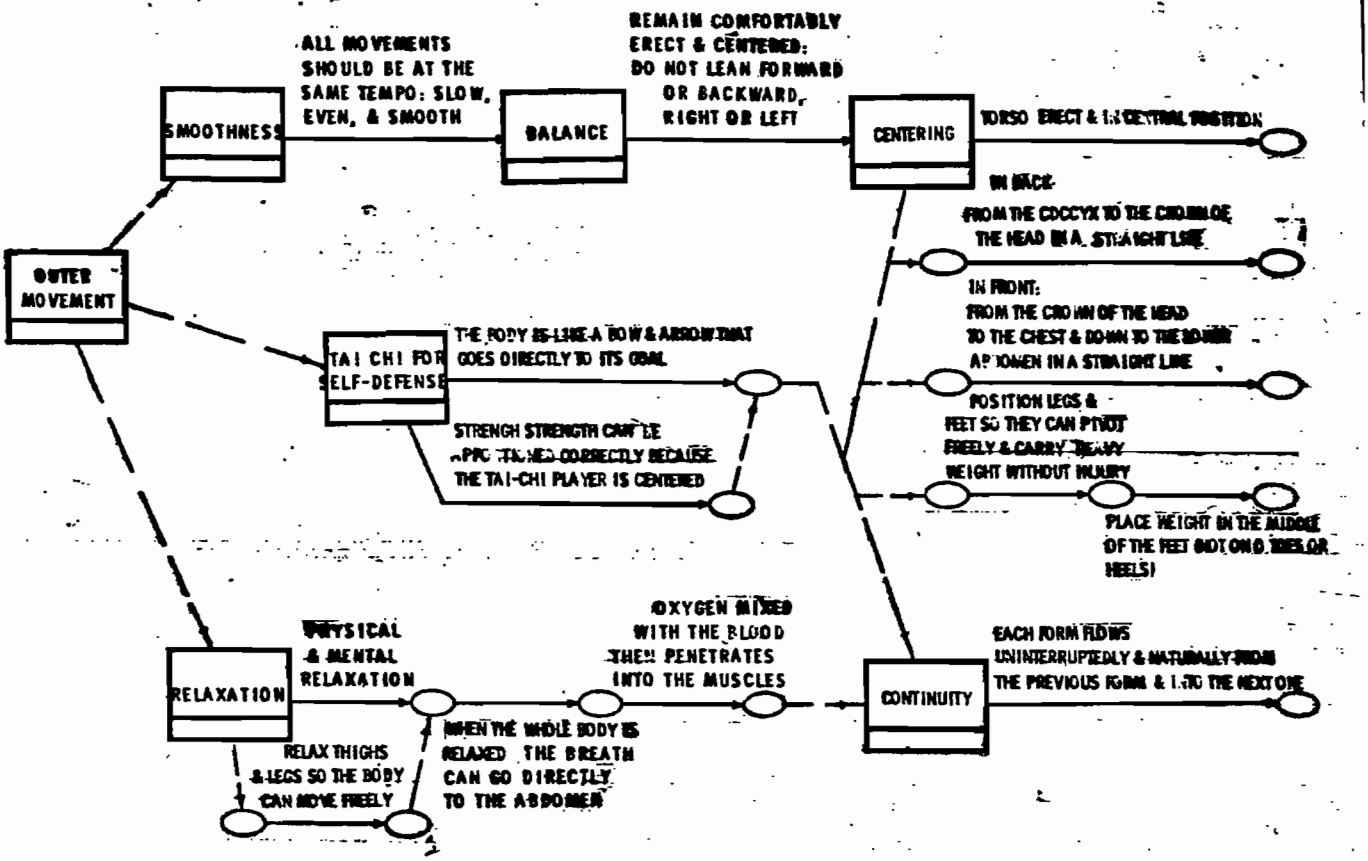
RAISE HANDS & STEP UP	WEIGHT SHIFTS TO RIGHT FOOT	LEFT FOOT TURNS ON HEEL SLIGHTLY TO WEST	WEIGHT SHIFTS TO LEFT FOOT RIGHT FOOT TURNS ON SOLE OF FOOT TO NORTH, HEEL RAISED	PALMS OPEN & ARMS OPEN WIDE	RIGHT FOOT STEPS NORTH HEEL TOUCHING FLOOR, TOE RAISED ARMS CLOSE IN, LEFT HAND COMING TO A POINT BETWEEN RIGHT WRIST & ELBOW, NOT QUITE TOUCHING RIGHT ARM (LEFT PALM FACES RIGHT & RIGHT PALM FACES LEFT)	ARMS PULL BACK & DOWN TOWARD LEFT SIDE RIGHT FOOT DRAWS BACK TO LEFT FOOT. RIGHT TOE ONLY TOUCHING FLOOR (WEIGHT REMANS ON LEFT FOOT, LEG STRAIGHT)	LEFT HAND CONTINUES BACKWARD, THEN CIRCLES FORWARD TO REST LEFT PALM ON INSIDE OF RIGHT ARM BETWEEN WRIST & ELBOW (CLOSER TO WRIST)	RIGHT FOOT STEPS SLIGHTLY TO THE LEFT OF NORTH

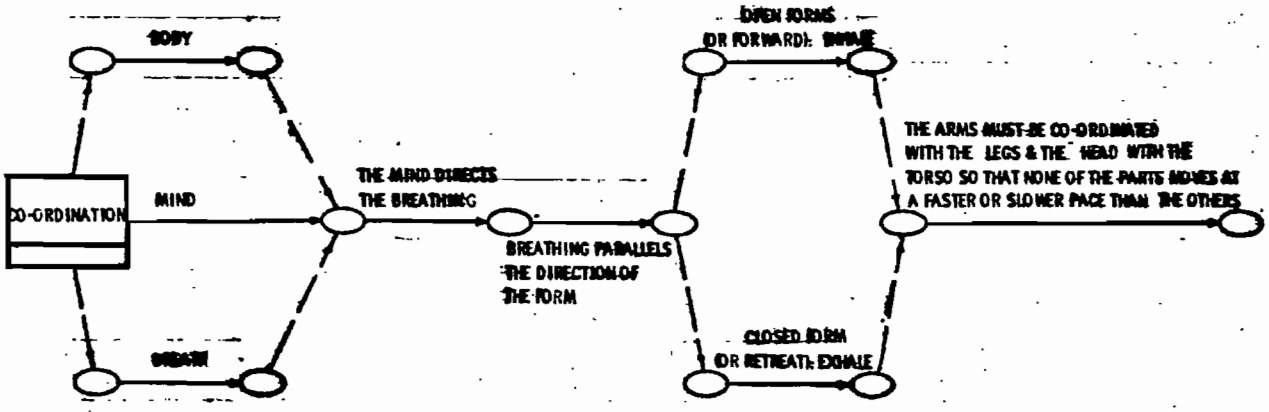

BEGIN SECTION
BEGINNING OF TAI CHI
GRASP BIRD'S TAIL RIGHT
GRASP BIRD'S TAIL LEFT
PUSH UP
PULL BACK
PRESS FORWARD
SEPARATE HANDS & PUSH
TURN BODY TO SINGLE WHIP
RAISE HANDS & STEP UP
STORK SPREADS WINGS
BRUSH KNEE TWIST LEFT
PLAY GUITAR
BRUSH KNEE & TWIST LEFT
BRUSH KNEE & TWIST RIGHT
BRUSH KNEE & TWIST LEFT
PLAY GUITAR
BRUSH KNEE & TWIST LEFT
STRIKE FIST TO RIGHT
STEP FORWARD & PUNCH
CROSS HANDS
END OF SECTION I

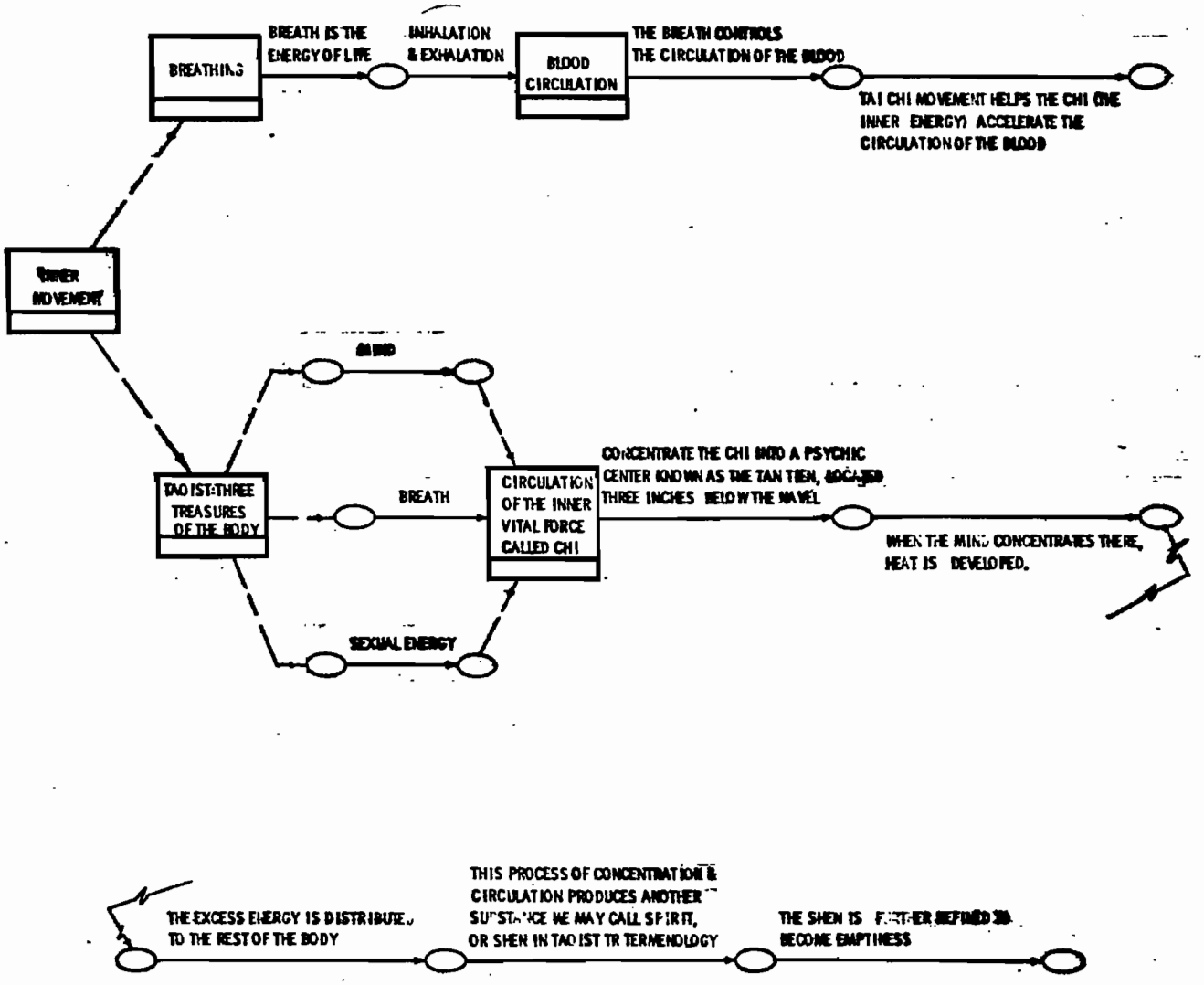

SECTION II
CARRY TIGER TO MOUNTAIN
21
PUSH UP, PULL BACK, PRESS FORWARD, SEPARATE HANDS & PUSH
22
TURN BODY TO SINGLE WHIP (FACE WEST)
23
FIST UNDER ELBOW
24
STEP BACK & REPULSE MONKEY
25
SLANTING FLYING
26
RAISE HANDS & STEP UP
27
STORK SPREADS WINGS
28
BRUSH KNEE & TWIST LEFT
29
NEEDLE AT SEA BOTTOM
30
RAISE ARMS LIKE FANS
31
TURN BODY & STRIKE FIST BACK
32
STEP FORWARD & PUNCH
33
PUSH UP, PULL BACK, PRESS FORWARD, SEPARATE HNADS & PUSH
34
TURN BODY TO SINGLE WHIP
35
WAVE HANDS LIKE CLOUDS
36
SINGLE WHIP
HIGH PAT ON HORSE
SEPARATE RIGHT FOOT
SEPARATE LEFT FOOT
TURN & KICK WITH HEEL
BRUSH KNEE & TWIST LEFT & RIGHT
CIRCLE HAND & PUNCH DOWNWARD
TURN BODY & STRIKE FIST BACK
STEP FORWARD & PUNCH
KICK UPWARD WITH RIGHT FOOT
HIT TILER AT LEFT
HIT TILER AT A RIGHT
KICK UPWARD WITH RIGHT FOOT
STRIKE OPPONENTS EARS WITH BOTH FISTS
TURN BODY & KICK UPWARD WITH LEFT FOOT
STRIKE OPPONENTS EARS WITH BOTH FISTS
TURN K & KICK WITH HEEL
BRUSH KNEE & TWIST LEFT
STRIKE FIST TO RIGHT
STEP FORWARD & PUNCH
CROSS HANDS
END SECTION II


SECTION III
CARRY TIGER TO MOUNTAIN
PUSH UP PULL BACK PRESS FORWARD, SEPARATE HANDS & PUSH
TURN BODY TO SINGLE WHIP
PARTING THE WILD HORSES MANE LEFT
PARTING THE WILD HORSES MANE RIGHT
PARTING THE WILD HORSE'S MANE RIGHT
GRASP BIRD'S TAIL LEFT
PUSH UP, PULL BACK, PRESS FORWARD, SEPARATE HANDS & PUSH
TURN BODY TO SINGLE WHIP
FAIR LADY WORKS AT SHUTTLES (1)
FAIR LADY WORKS AT SHUTTLES (2)
FAIR LADY WORKS AT SHUTTLES (3)
FAIR LADY WORKS AT SHUTTLES (4)
GRASP BIRD'S TAIL LEFT
PUSH UP, PULL BACK, PRESS FORWARD, SEPARATE HANDS & PUSH
TURN BODY TO SINGLE WHIP
WAVE HANDS LIKE CLOUDS
SINGLE WHIP
SNAKE CREEPS DOWN
GOLDEN COCK ON ONE LEG (1)
GOLDEN COCK ON ONE LEG (2)
STEP BACK & REPULSE MONKEY
SLANTING FLYING
RAISE HANDS & STEP UP
STORK SPREADS WINGS
BRUSH KNEE & TWIST LEFT
NEEDLE AT SEA BOTTOM
RAISE ARMS LIKE FAN
TURN & WHITE SNAKE PUTS OUT TONGUE
STEP FORWARD & PUNCH
PUSH UP , PULL BACK, PRESS FORWARD, SEPARATE HANDS & PUSH
TURN BODY TO SINGLE WHIP
WAVE HANDS LIKE CLOUDS
SINGLE WHIP
HIGH PAT ON HORSE
SEPARATE HANDS
TURN & KICK SIDEWARDS
BRUSH KNEE & TWIST LEFT & RIGHT
CIRCLE HAND & PUNCH IN MIDDLE
PUSH UP PULL BACK, PRESS FORWARD, SEPARATE HANDS & PUSH
TURN BODY TO SINGLE WHIP
SNAKE CREEPS DOWN
STEP UP TO FORM SEVEN STARS
KICK UP WITH RIGHT FOOT
RETREAT TO RIDE TIGER
KICK UP WITH LEFT FOOT
TURN & PAT FOOT
SHOOT TIGER
STRIKE FIST TO RIGHT
STEP FORWARD & PUNCH
CROSS HANDS
END OF TAI CHI




OUTER MOVEMENT
SMOOTHNESS
ALL MOVEMENTS SHOULD BE AT THE SAME TEMPO: SLOW, EVEN, & SMOOTH
BALANCE
REMAIN COMFORTABLY ERECT & CENTERED: DO NOT LEAN FORWARD OR BACKWARD, RIGHT OR LEFT
CENTERING
TORSO ERECT & IN CENTRAL POSITION
IN BACK: FROM THE COCCYX TO THE CROWN OF THE HEAD IN A STRAIGHT LINE
IN FRONT: FROM THE CROWN OF THE HEAD TO THE CHEST & DOWN TO THE LOWER ABDOMEN IN A STRAIGHT LINE
POSITION LEGS & FEET SO THEY CAN PIVOT FREELY & CARRY HEAVY WEIGHT WITHOUT INJURY
PLACE WEIGHT IN THE MIDDLE OF THE FEET (NOT ON THE TOES OR HEELS)
TAI CHI FOR SELF-DEFENSE
THE BODY IS LIKE A BOW & ARROW THAT GOES DIRECTLY TO ITS GOAL
STRENGTH STRENGTH CAN BE APPLIED CORRECTLY BECAUSE THE TAI-CHI PLAYER IS CENTERED
RELAXATION
PHYSICAL & MENTAL RELAXATION
RELAX THIGHS & LEGS SO THE BODY CAN MOVE FREELY
WHEN THE WHOLE BODY IS RELAXED THE BREATH CAN GO DIRECTLY TO THE ABDOMEN
OXYGEN MIXED WITH THE BLOOD THEN PENETRATES INTO THE MUSCLES
CONTINUITY
EACH FORM FLOWS UNINTERRUPTEDLY & NATURALLY FROM THE PREVIOUS FORM & INTO THE NEXT ONE


CO-ORDINATION
BODY
MIND
BREATH
THE MIND DIRECTS THE BREATHING
BREATHING PARALLELS THE DIRECTION OF THE FORM
OPEN FORMS (OR FORWARD): INHALE
CLOSED FORM (OR RETREAT): EXHALE
THE ARMS MUST BE CO-ORDINATED WITH THE LEGS & THE HEAD WITH THE TORSO SO THAT NONE OF THE PARTS MOVES AT A FASTER OR SLOWER PACE THAN THE OTHERS


BREATHING
BREATH IS THE ENERGY OF LIFE
INHALATION & EXHALATION
BLOOD CIRCULATION
THE BREATH CONTROLS THE CIRCULATION OF THE BLOOD
TAI CHI MOVEMENT HELPS THE CHI (THE INNER ENERGY) ACCELERATE THE CIRCULATION OF THE BLOOD
INNER MOVEMENT
MIND
TAO IST: THREE TREASURES OF THE BODY
BREATH
CIRCULATION OF THE INNER VITAL FORCE CALLED CHI
CONCENTRATE THE CHI INTO A PSYCHIC CENTER KNOWN AS THE TAN TIEN, LOCATED THREE INCHES BELOW THE NAVEL
WHEN THE MIND CONCENTRATES THERE, HEAT IS DEVELOPED.
SEXUAL ENERGY
THE EXCESS ENERGY IS DISTRIBUTED TO THE REST OF THE BODY
THIS PROCESS OF CONCENTRATION & CIRCULATION PRODUCES ANOTHER SUBSTANCE WE MAY CALL SPIRIT, OR SHEN IN TAO IST TERMENOLOGY
THE SHEN IS FURTHER REFINED TO BECOME EMPTINESS