

Yang Style Tai Chi Form

<https://youtu.be/KTWtES4tuxI>

1. Commencement of Tai Chi
2. Grasp birds tail left
3. Grasp birds tail right
4. Pull back
5. Press forward
6. Push
7. Single whip
8. Raise hands
9. Stork spreads it's wings
10. Left brush knee and twist step
11. Play the fiddle
12. Left brush knee
13. Step forward parry and punch
14. Apparent close up
15. Cross hands
16. Carry tiger to mountain
17. Fist under elbow
18. Step back and repulse monkey (right, left, right)
19. Slanting flying
20. Left brush knee and twist step
21. Needle at sea bottom
22. Fan through the back
23. Turn and white snake spits out tongue
24. Single whip
25. Clouds hands
26. Single whip
27. Snake creeps down
28. Golden cock stands on one leg (left, right)
29. Separation of right foot kick
30. Separation of left foot kick
31. Left foot kicks with sole
32. Left brush knee
33. Right brush knee
34. Step forward and punch down ward
35. Grasp birds tail left
36. Step forward grasp birds tail right
37. Pull back
38. Press forward
39. Push
40. Single whip
41. Fair lady works at shuttles
42. Grasp birds tail left
43. Grasp birds tail right
44. Pull back
45. Press forward
46. Push
47. Single whip
48. Snake creeps down
49. Step up to form 7 stars
50. Retreat to ride tiger
51. Left brush knee
52. Step forward, parry and punch
53. Apparent close up
54. Conclusion of Tai Chi

Tai Chi Exercise Progression

Basic exercises:

Catching Chi (knife-hand and ridge-hand)
Scooping water
Pulling the sky
Clouds hands
Brush Knees

Horizontal figure 8 (knife-hand and ridge-hand)
Both hands figure 8 following (knife-hand and ridge-hand)
Both hands figure 8 opposite (knife-hand and ridge-hand)

Vertical figure 8 (knife-hand and ridge-hand)
Both hands figure 8 following (knife-hand and ridge-hand)
Both hands figure 8 opposite (knife-hand and ridge-hand)

Yin Yang pattern (knife-hand and ridge-hand)
Both hands following (knife-hand and ridge-hand)
Both hands opposite (knife-hand and ridge-hand)

Lazy Dragon
Lazy Dragon 2 hands
Lazy Waiter
Lazy Waiter 2 hands
Lazy Dragon + Lazy waiter

Six direction power training (forward,back,up,down,L,R)

Waist training: side to side, Eagle snatches chicken, farmer thrashes wheat, Carry the moon,

Push Hands:

Push and pull
One hand horizontal circle
Two hand horizontal circle
Cat Washes Face Push Hands pattern
Basic Push Hands pattern
Free form Push Hands

Chi Kung:

Meditation breathing

Gather from earth
Gather from sky
Gather earth and sky

Catching Chi (knife-hand and ridge-hand)
Scooping water
Pulling sky

Gather at hands
Chi massage
Circulate Chi through arms
Circulating Chi through feet
Embracing the tree
Pressing Mountain

Tai Chi From
Meditation breathing
Pat down

Power Stretches

https://youtu.be/WkHoGIpF_PA

Legs: Keep the hips tilted forward and up to create a forward c-shaped curve to the lower back.

1. Horse Stance (Inner Thigh)- Feet just outside shoulder width apart. Knees bent and turned out. Hips tilted up.
2. Right Dragon Stance (Front of Left Thigh)- Feet shoulder width apart. Right foot forward, knee bent. Left leg strait, hips tilted.
3. Left Dragon Stance (Front of Right Thigh)- Feet shoulder width apart. Left foot forward, knee bent. Right leg strait, hips tilted.
4. Crane Stretch (Back of Thighs)- Feet together, legs straight. Bend at the waist, looking forward to keep the back straight. Bend the knees when done, then stand.

Arms: Keep the shoulders pressed down (away from ears) and forward (trying to touch in front) to round the back at the shoulders.

1. Eagle Spreads its Wings (Shoulders & Arms)- Feet shoulder width apart. Press the hands forward at belt level palm down. Keeping the shoulders forward, draw the hands to the side pressing the palms to the floor and the fingers extending away. Deep breath. Turn the palms forward then point fingers back to extend the stretch to the palms. Exhale and bring the hands together, keeping them and belt level and extending the palms away. When the stretch disappears, turn the fingers to point toward each other and draw the hands back, keeping them at belt level and extending the palms away. Repeat.
2. Holding The Earth (Shoulders & Back of Arms)- Feet shoulder width apart. Press the palms together in a prayer position. Hold the 90° angle to the wrist and elbow, turn the palms to face the earth. While keeping the shoulders pressed down and forward, turn the middle fingers to point at the belly-button to extend the stretch around the “funny bone” to the pinky-finger.
3. Cat Stretch (Back and Shoulders)- Feet just outside shoulder width apart. Holding the hands at belt level, palms up, extend the fingertips forward while pushing the spine back (keeping the hips and shoulders tilted forward, head and shoulders above the hips). After a few deep breaths, rotate the arms, extend the right hand down and forward then draw it back while extending the left hand down and forward. Repeat this motion moving the stretch between the shoulder-blades.
4. Set Position [Back Elbows] (Front of Shoulders and Chest)- Keeping the shoulders pressed down and tilted forward, draw the elbows back at the side (pulling the fists to the shoulders). Pressing the elbows together in the back while pressing the shoulders together in the front will extend the stretch across the chest.
5. Drawing The Bow (Chest, Shoulders & Arms)- Feet together. Hold the right fist, palm facing forward, at the center of the chest with the first finger and thumb extending to make an L. The left fist sits in the L of the right hand. Keeping the shoulders pressed down and forward, extend the hands above the head and then draw them to the side, extending the palm to the wall and drawing the left fist to the shoulder, elbow extending away as if drawing a bow. Focus on the 90° angle to the right wrist and keeping the L open while pressing the shoulders down and forward, holding the bow in front. Turn the head to point the nose at the bent elbow. Repeat on the other side holding the left fist, palm facing forward at the center of the chest with the first finger and thumb extended to make an L, and the right fist sitting in the L of the left hand.

Spine: Keep the back strait (head and shoulders over the hips). Return to a neutral position before continuing to the next stretch.

1. Neck- Feet shoulder width.
 - 1) Press the left ear to the left shoulder (keeping shoulder down). Gently rock the head forward and back while keeping the ear above the shoulder. Bring the neck to neutral (looking forward). Repeat with the right ear pressing to the right shoulder.
 - 2) Return to neutral (looking forward). Look left, hold for a few deep breaths then return to neutral and look right for a few deep breaths. Repeat.
 - 3) Return to neutral (looking forward). Look up, extending the chin to the sky. Hold for a few deep breaths, then look down, pressing the chin to the chest and hold for a few deep breaths. Repeat.
 - 4) Return to neutral (looking forward). Press the left ear to the left shoulder, then roll the head forward (chin to the chest) bringing the right ear to the right shoulder. Repeat. DO NOT roll to the back, this can damage vertebrae.
2. Coiling Serpent (Lower Back)- Feet together with hands locked at forehead (keeps neck aligned with shoulders). Turn the shoulders left and the hips right, then slowly turn the shoulders right and the hips left. Repeat.
3. Cat Drinks Water (Whole Spine)- From Left Dragon Stance, exhale and extend the chin forward bending at the waist and curving the lower back. Pull the chin to the belly-button curving the rest of the spine, then inhale, slowly straiten one vertebrae at a time from the lower back to the neck, lifting the head to the sky. Repeat.
4. Horse Drinks Water (Whole Spine)- From Right Dragon Stance, exhale and press the chin to the chest, curving the neck. Lower the chin to the belly-button curving the rest of the spine, then inhale and extend the head forward and slowly straiten one vertebrae at a time from the neck to the lower back, lifting the head to the sky. Repeat.

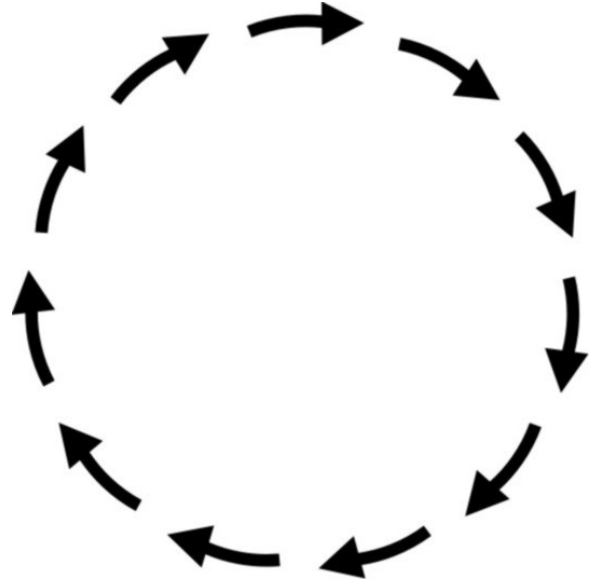
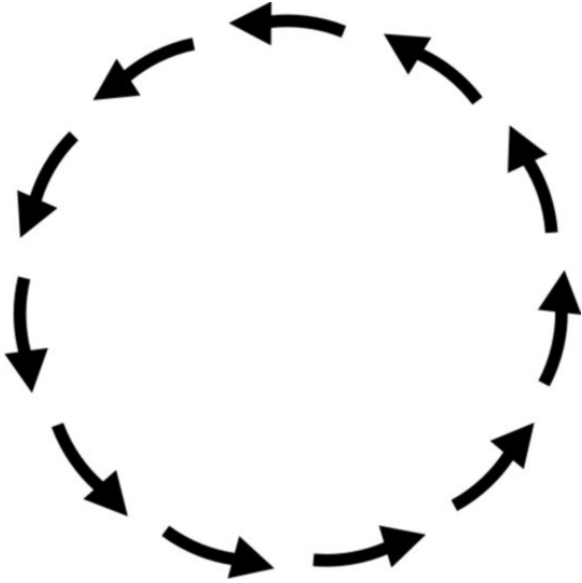
Single Movement Exercises

Catching Chi:

Left Hand

Right Hand

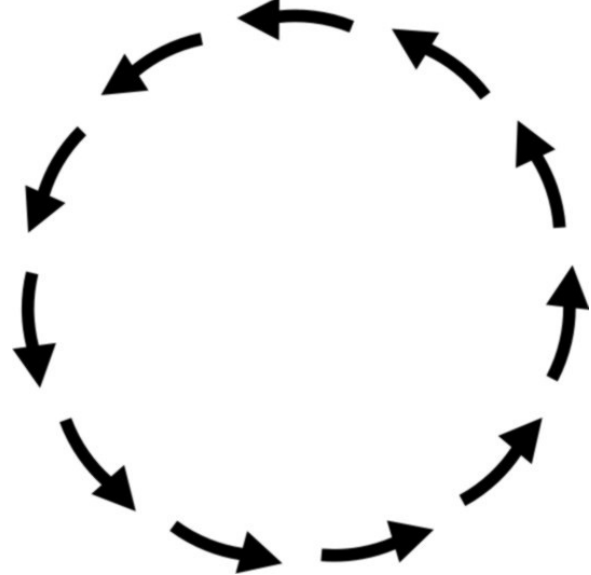
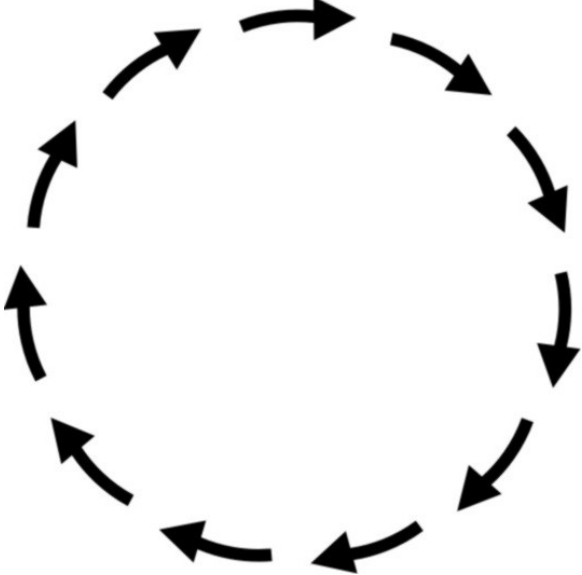
Outside Circle- Lead with Knife-Hand (pinky finger)



Progression:

1. Right hand only
2. Left hand only
3. Left and Right together (Scooping Water)
4. Left and Right hand alternating (Cloud Hands)

Inside Circle- Lead with Ridge-Hand (thumb)



Progression:

1. Right hand only
2. Left hand only
3. Left and Right together (Pulling Clouds)
4. Left and Right hand alternating (Brush Knees)

**** Brain Teaser:** Left hand outside circle, right hand inside circle.
Left hand inside circle, Right hand outside circle.

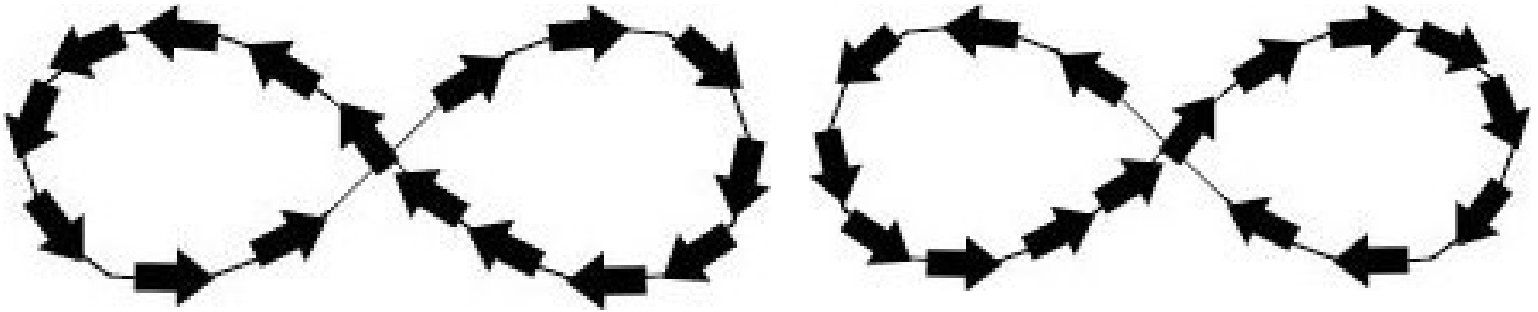
Single Movement Exercises

Horizontal Figure 8:

Left Hand

Right Hand

Outside Figure 8- Lead with Knife-Hand (pinky finger)

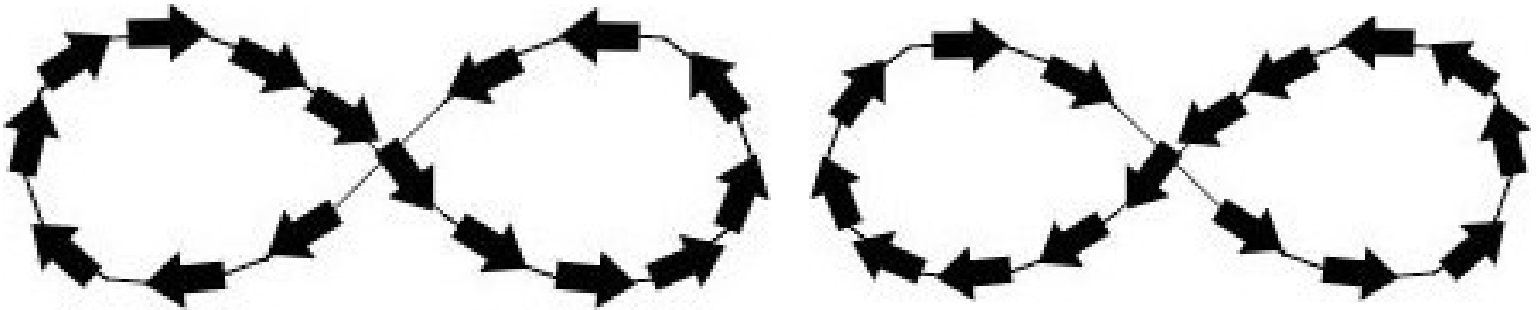


Progression:

1. Right hand only
2. Left hand only
3. Left and Right together (Following)

****Brain Teaser:** Left and Right together (Opposite)

Inside Figure 8- Lead with Ridge-Hand (thumb)



Progression:

1. Right hand only
2. Left hand only
3. Left and Right together (Following)

****Brain Teaser:** Left and Right together (Opposite)

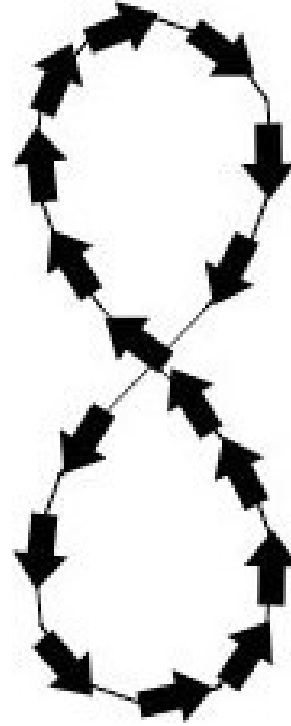
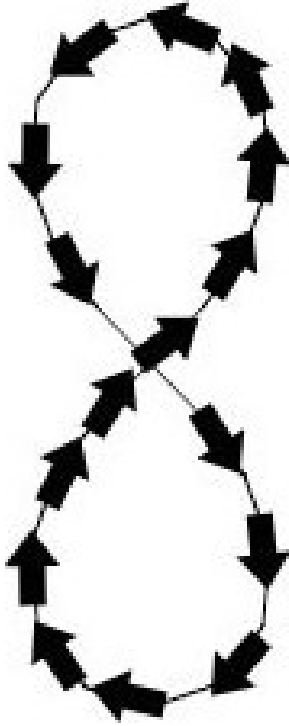
Single Movement Exercises

Vertical Figure 8:

Left Hand

Right Hand

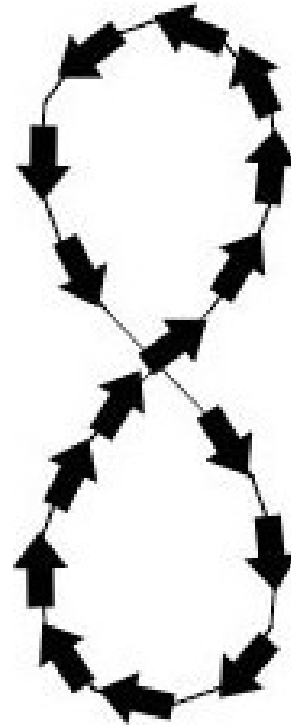
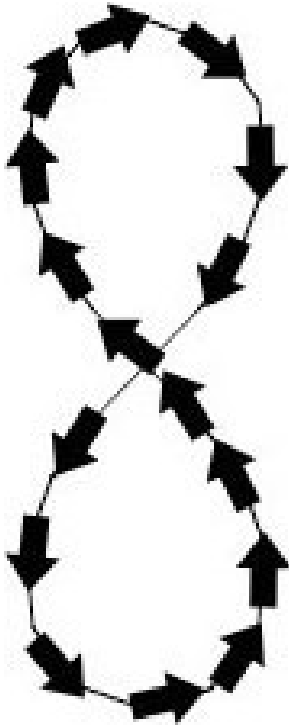
Outside Figure 8- Lead with with Knife-Hand (pinky finger)



Progression:

1. Right hand only
2. Left hand only
3. Left and Right together (Following)
4. Left and Right together (Opposite)

Inside Figure 8- Lead with Ridge-Hand (thumb)



Progression:

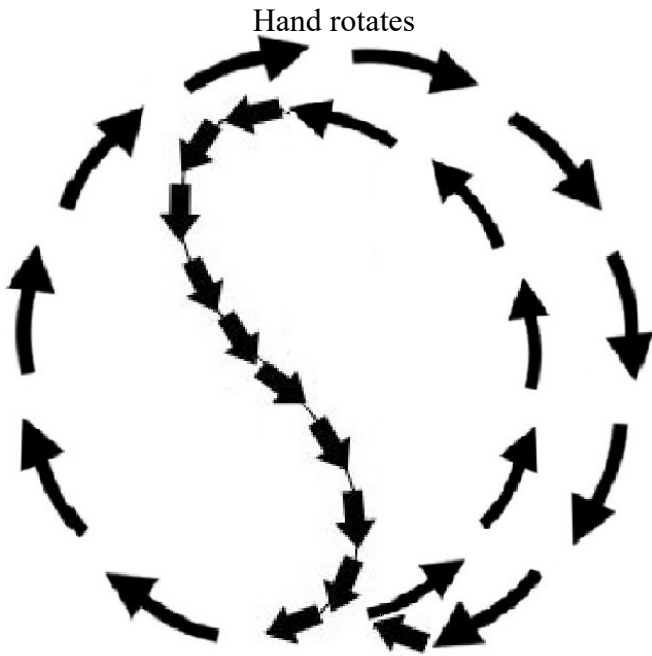
1. Right hand only
2. Left hand only
3. Left and Right together (Following)
4. Left and Right together (Opposite)

****Brain Teasers:**

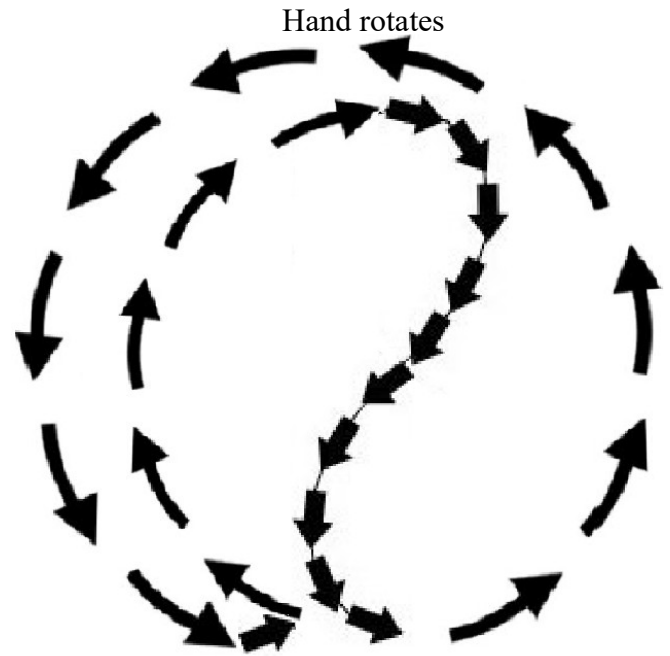
1. Left hand leads with Ridge-Hand while Right hand leads with Knife-Hand
2. Left hand leads with Knife-Hand while Right hand leads with Ridge-Hand

Left Hand

Outside Figure 8- Lead with with Knife-Hand (pinky finger)



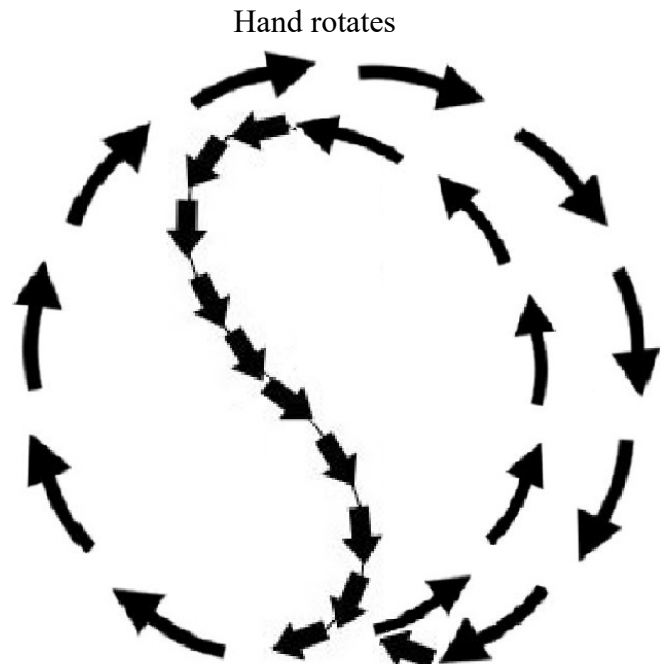
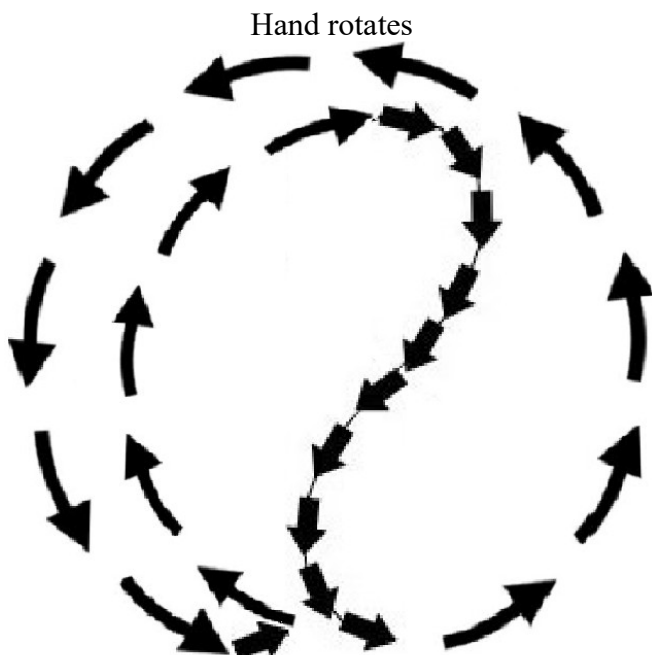
Right Hand



Progression:

1. Right hand only
2. Left hand only
3. Left and Right together (Following)
4. Left and Right together (Opposite)

Inside Figure 8- Lead with Ridge-Hand (thumb)































Progression:

1. Right hand only
2. Left hand only
3. Left and Right together (Following)
4. Left and Right together (Opposite)

****Brain Teasers:**

1. Left hand leads with Ridge-Hand while Right hand leads with Knife-Hand
2. Left hand leads with Knife-Hand while Right hand leads with Ridge-Hand

| | | | | | | |
|---|---|---|---|--|---|---|
|  |  |  |  |  |  |  |
| Starting. | Parting The Wild Horse's Mane. 3 times. | White Crane Spreads It's Wings. | Brush Knee, Push. 3 times. | Playing The Guitar/Lute/Pipa. | Repulse Monkey. 4 times. | Hold The Ball, Ward Off. |
|  |  |  |  |  |  |  |
| Grasp The Bird's Tail | Press, Sit Back. | Open up and Push. Repeat the last 4 moves, going right. | Single Whip. | Cloud Hands, going left. | Single Whip again, High Pat on Horse. | Right Heel Kick. |
|  |  |  |  |  |  |  |
| Carry The Tiger Over The Mountain. | Turn. | Left Heel Kick. | Snake Creeps Through The Grass. | Stand on one leg. Repeat on Right side. | Shuttle Back And Forth. | Needle At Bottom Of The Sea. |
|  |  |  |  |  |  |  |
| Fan Through The Back. | Turn. | Right Back Fist. | Parry and Punch. | Apparent Closing. | Cross Hands. | Close. |

Commencing (Qishi), Preparation, Beginning

1. Part the Wild Horse's Mane (Yéma Fenzong)
2. White Crane Spreads Its Wings (Báih L anchē), Stork/Crane Cools Its Wings
3. Brush Knee and Step Forward (Louxi ob), Brush Knee and Twist Step
4. Playing the Lute (Shouhui Pípa), Strum the Lute, Play Guitar
5. Reverse Reeling Forearm (Daojuan Gong), Step Back and Drive Monkey Away
6. Left Grasp Sparrow's Tail (Zuo Lan Quewei), Grasp the Bird's Tail
 - (a) Ward Off (Peng)
 - (b) Rollback (Lu)
 - (c) Press (Ji)
 - (d) Push (An)
7. Right Grasp Sparrow's Tail (You Lan Quewei)
8. Single Whip (Danbian)
9. Wave Hands Like Clouds (Yunshou), Cloud Hands, Cloud Built Hands, Wave Hands in Clouds
10. Single Whip (Danbian)
11. High Pat on Horse (Gao Tan Ma), Step Up to Examine Horse
12. Right Heel Kick (You Dengjiao), Separate Right Foot, Kick with Right Foot
13. Strike to Ears with Both Fists (Shuangfeng Guaner)
14. Turn Body and Left Heel Kick (Zhuanshen Zuo Dengjiao)
15. Left Lower Body and Stand on One Leg (Zuo Xiashi Duli)
 - (a) Single Whip Squatting Down, Snake Creeps Down,
 - (b) Golden Rooster Stands on One Leg, Golden Bird Standing Alone
16. Right Lower Body and Bird Stand on One Leg (You Xiashi Duli)
17. Shuttle Back and Forth (Yunu Chuansuo), Fair Lady Works with Shuttles, (Walking Wood), Four Corners
18. Needle at Sea Bottom (Haidi Zhen)
19. Fan Through Back (Shan Tong Bei), Fan Penetrates Back
20. Turn Body, Deflect, Parry, and Punch (Zhuanshen Banlanchui)
21. Appears Closed (Rufeng Sibi), Withdraw and Push, as if Closing a Door
22. Cross Hands (Shizishou)
23. Closing (Shoushi)