

# Tai Chi Section I

steps 1-14

**Breathing Meditation** – Stand relaxed, hands over your chi and take some deep breaths.

1. **Tai Chi Beginning**– Lower your hands to your sides. Shift weight to right leg, step left with your left toe, turn your left heel out. Shift weight left and pull your right toe in. Center your weight and look to your feet for shoulder width on the outside with the inside parallel. Taking a deep breath let your arms rise in front to shoulder high palms down. Start your exhale pulling your hands back towards your shoulders and curving down to your hips stopping 45° from the ground.

2. **Ward Off Left** – Shift your weight left and pivot your hips to the right as you step 90° to the right. Let your righthand float up to your right shoulder and your left hand moves to your right hip to hold a large ball. Shift your weight forward to your right leg. Look over your left shoulder and step straight out with your left foot. Shift your weight left as you turn your body left. Your left arm floats up to a half circle in front of your heart, elbow high, your right hand is outside your right thigh pushing down and your right foot moves to 45°.

3. **Ward Off Right**– Move your right hand to your left hip and roll your left hand back to your left shoulder to hold a large ball on the left side. Turn your body right and step your right foot to the right 90°. Shift your weight over your right leg. Right arm floats up to a half circle with the hand in front of your heart elbow high. Lower your left elbow to point the left fingers up and move the left hand in behind the right to hold the small ball.

4. **Grasp the Bird's Tail**– Reach out your right hand 45° from the shoulder palm down, elbow high but relaxed. The left-hand rolls over, palm up in front of your throat.

5. **Single Whip** – Shift your weight and turn your body left as your right hand closes to a half circle in front of your heart, palm facing you, and the left hand sweeps down and circles out to the left, heart high. Turn and shift your weight back to the right leg. The hand moves in behind the right to gently touch forming the press, making a triangle between your elbows and hands.

Separate your hands and put them in front of your shoulders, palms facing forward. Shift your weight straight back to your left leg, leaving your hands where they are in space. Pull your hands back to your shoulders palms still facing out. Shift your weight forward and when your right knee is over your right toes stop your body and let your hands continue forward to a gentle push. Shift your weight and turn your body to the left floating your hands to the left and turn your right toes left to face your left toes. Shift your weight to your right leg and hold a large ball on your right side with a claw on the top hand. The claw is formed with your fingers pointed down gently touching each other. Step wide with your left foot maintaining 45° between your feet. Shift your weight forward to your left leg, extend the right hand claw out

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45° from your shoulder and twist your left forearm with the hand in front of your face elbow down then slowly turn your left palm away until your looking over the back of your left fingers.

6. **Lifting Hands**– With your weight on your left foot turn your body to the right and put your right foot in front of your left foot unweighted. Close your hands in front of you to lifting hands to make two diagonal lines that meet in front of you with your right arm extended and the left hand only as far away from you as your right elbow. Page  
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7. **Shoulder Stroke**– Lower your hands and pull your right foot back to you left heel. Step forward again with your right foot and as you move your weight forward to your right leg, your left-hand floats up in front of your heart, palm down and elbow high.

8. **Crane Spreads Wings**– With your weight on your right leg, turn your body to the left and move your left foot out and in front of your right heel at 90°. Let your righthand float up to your right temple palm forward and your left-hand floats down to outside your left thigh palm facing back.

9. **Brush Knee Left** – Pull the left hand up to on guard, on edge in front of the left shoulder and the righthand circles down palm up to touch the inside of the left elbow. With weight still on the right leg twist your hips right and grasp the bird's tail with both palms facing down this time. Turn back to the left and shift all your weight to the left leg. Let the left hand drop to your left side brushing the left knee and the right hand comes up to your right temple palm facing forward.

10. **Play Guitar** – Come up on your left leg lifting the right leg up. Set the right leg back down and shift all your weight back on to it. Bring your arms up to play guitar making two diagonal lines out in front of you with the right hand only as far out as your left elbow.

11. **Brush Knee Left** – Pull your hands back to cradle the baby on the left, left hand on guard and righthand palm up touching the inside of the left elbow. Pivot your body to the right and grasp the bird's tail. Turn your body left and shift all your weight left. Left hand drops to the left side brushing the left knee and the right hand comes up to the right temple palm forward.

12. **Deflect, Intercept and Punch** – As the right hand passes the temple, make a fist, and swing it down and over to the left hip. Step forward at 45° with the right foot, pull your left hand up to on guard and move your weight forward to right leg twisting your hips right pulling the right fist to the right hip. Step forward with the left foot and shift your weight forward to your left leg. As you shift your forward, twist your hips left and throw a short punch with your right hand in front of your center line.

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13. **Withdraw and Push** – Move your left wrist, palm up under your right elbow. As you shift your weight back to your right leg, saw across your left wrist with your right forearm pulling your right arm back.

14. **Cross Hands**– when your hands clear of each other pull them in front of your shoulders facing front. Shift your weight forward to your left leg and when your left knee is over your left toes, stop your body and let your arms continue forward in a push. Shift your weight to your right leg and turn your body to the right opening your arms palms forward. Twist your left foot to the right 45°. Shift your weight left and circle your arms down to a low cross hands and straighten your right foot to parallel with the left and at shoulder width. As your center your weight bring your hands up to cross hands, crossed at the wrists, palms facing you and in front of your throat.