

Tai Chi Section II steps 1-12

1. **Carry Tiger to Mountain**– From high cross hands, shift your weight left. Slowly start turning your body to the right. Step wide with your right foot 90° from the left. Lower your right hand to your right side and let your left hand start to circle down and out to your left side, heart high. Shift your weight to your right leg while you are still turning your hips right, pull your left hand in front of your heart palm out. As you finish turning your hips right, turn your left foot right to 45° and roll your right hand around to face forward as if both hands are fending off a large ball.

2. **Grasp the Bird's Tail** – Reach your right hand out 45° from your right shoulder, palm down and bring the left hand up in front of your throat palm down and elbow high.

3. **Diagonal Single Whip** – Turn your right hand on edge. Shift your weight and turn your hips to the left sweeping your right hand left to close to a half circle in front of your heart with your elbow high. The left-hand circles down and out to the left side to heart high. Shift your weight and turn your hips back to the right and go into the press with your hands lightly touching, right hand facing towards you and the left hand facing away, and you have made a triangle between your hands and your elbows and your hands are throat high.

Separate your hands and put them in front of your shoulders, palms facing forward. Leaving your hands in space, back away from them onto your left leg. Pull your hands back in front of your shoulders. Move your body forward onto your right leg and when your right knee is over your right toes, stop your body and let your hands drift out into a push. Float your hands and your hips to the left and shift your weight to the left pulling your right toes around to face your left toes. Shift your weight to your right leg and hold a big ball with a claw on top on your right side.

Step shallow to the left so that your left foot is lined up with the right heel and at 45° to the right foot. Reach out with the right claw 45° out from your right shoulder. Shift your weight and turn your hips to the left and rotate your left forearm up to put the left hand in front of your face and then slowly turn the hand to face away from you.

4. **Fist Under Elbow**– Shift your weight back to your right leg and move your left foot slightly further to the left. Turn your hips a little right and open your arms wide with the left hand slightly down and the right hand slightly up. Start shifting your weight left swinging your arms around as you turn your hips to the left. Part way through the turn, step forward at 45° with your right foot. Start shifting your weight to your right leg while still turning left. When your hips can not turn any further left, pull your left hand up to the on-guard position in front of your left shoulder and roll your righthand fist down and over to underneath your left elbow. Turn your hips to the right and step straight forward with your left foot. Shift your weight forward onto your left leg.

5. **Repulse the Monkey 3X** – Shift your weight back to your right leg as you turn your hips to the right, opening your arms wide with the palms down. Roll your hands over palms up.

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Turning your hips to the left pull your right hand up to your right temple palm facing forward. Step back with your left foot and slowly shift your weight back onto your left leg as you pull your left-hand back palm up and push your righthand forward palm outward. Turn your right foot to parallel the left foot.

Roll your left hand up to your left temple facing forward as you roll your extended right hand over palm up. Step back with your right foot and slowly shifting your weight back on to the right foot, pull your right hand back, palm up, and push your left hand forward, palm facing out. Bring your right hand to your temple facing forward and roll your left hand over palm up.

Step back with your left foot and slowly shift your weight back onto it while pulling your left hand back and pushing your right hand out, palm forward, and continue circling the right hand down to the left hip, palm up while the left hand rolls over and up to the left shoulder to form a large ball in front of the left side.

6. **Slant Flying**– Turn your hips right as you step wide to the right 90° from the left foot and start shifting your weight to the right. While still turning your hips, your hands slide past each other and turn outwards. Your left foot turns to 45°. As your hips settle all the way right, your right hand will come up facing you in front of your face and your left hand is floating outside your left hip.

7. **Cloud Hands 3X**– As you pull your left hand into a half circle in front of your heart, lower down on your right leg and take a two shoulder width step to the left with your left foot, parallel to the right foot. Start shifting your weight left and turning your hips left following your heart with your hand. Turn your right hand down and sweep it down and over to the left hip, palm up. The left-hand rolls back to the left shoulder to hold a large ball on the left. Come up on your left leg to pull the right leg to one shoulder width, parallel to the right foot.

Bring your right hand into a half circle in front of your heart elbow high. Start shifting your weight and turning your hips to the right, following your heart with your hand. The left-hand circles down and swings over to the right hip, palm up and the righthand rolls back to the shoulder, palm down to form a large ball on the right.

7. **Cloud Hands** (continued) - Bring your left hand in a half circle in front of your heart. Lower down and take a two-shoulder width step to the left. Shift your weight and turn your hips to the left following your heart with your left hand. Come up on the left leg pulling the right leg to one shoulder width from the left as the righthand circles down to the left hip and the left-hand rolls back to form a large ball on the left side.

Bring your right hand to a half circle in front of your heart. Shift your weight and turn your hips to the right following your heart with your right hand. Your left-hand circles down and over to the right hip while the righthand rolls back to the shoulder to form a large ball on the right side.

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Bring your left hand up to form a half circle in front of your heart. Lower down on your right leg and take a two-shoulder width step to the left with your feet parallel. Shift your weight and turn your hips to the left as the righthand sweeps down and over to the left hip. The left-hand rolls back to the shoulder to form a large ball on the left. Coming up on the left leg, pull the right leg over to one shoulder width and then step forward a short step. As you shift your weight and turn your hips to the right, roll your hands around in a circle in front of you to end up with a large ball on the right side forming a claw with the right hand.

8. Single Whip – With your weight still on your right leg, turn your body to the left and reach out 45° with your right claw, elbow high, as you step out to the left with your left foot still at 45° from your right foot. Shift your weight and turn your hips to your left, your left arm arcs up vertically to place the left hand in front of your face palm facing you and then slowly turn the palm away to look over the top of your left fingers.

9. Snake Creeps Down to Golden Pheasant on One Leg – Shift your weight back slightly to your right leg turning your hips slightly right. Lower yourself down dropping the left hand, on edge to the inside on your left thigh. Shifting your weight forward to your left leg, turning your hips to the left, scoop up with your left hand up to waist high in front of your left side and then roll it over palm down. As you push down with the left hand, come up on the left leg. Pull the right hand up to on guard in front of the right shoulder and then lift the right knee up to touch the right elbow. Put the right leg back down behind at 45° and shift your weight back to the right leg.

Push down with your right hand as you bring your left hand to on guard. Pull your left knee up to touch your left elbow. When you lower your left leg, step wide to the left at 90° from the right foot. With the left hand still at on guard shift your weight left and reach through the crook of your left arm with your right hand. Turning to the left your arms should be at cross arms with the right arm in front, hands facing away from each other.

10. Three Kick Sequence – Pull the right toes up to the left heel un-weighted. Draw the eyebrows, two arcs, head high, starting in the center and curving outward with the right hand slightly higher than the left. At the same time kick the right leg out 45° to the right. Pull the right leg and left hand back down with the right toes at the left heel un-weighted. Step out 90° wide to the right. As you turn and shift your weight right, the righthand circles down to meet the left in a 'low cross hands'. As the hands come up to a high cross hands with the left arm in front the left toe comes un-weighted to the right heel.

Draw the eyebrows up head high with the left hand slightly higher as you kick your left leg out 45° to the left. Bring the left leg back down to the right heel un-weighted. Cross your heart with your left forearm reach your right arm out to the right side. Throw your right arm hard to the left to spin on the ball of your right foot 180° to the left. Pull your hands apart and kick your left leg straight out to your left side. Bring your left leg and left hand back down with the left toes to the right heel unweighted.

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11. **Brush Knee Low Punch** - Step straight forward with your left foot, with a 45° angle to the right foot, and the left-hand rests on the left knee. Shifting your weight forward to your left leg and turning your hips left, let your left hand fall off your left knee and push your right hand around in front of your heart, palm facing forward. Turn your right hand on edge and shift your weight back to your right leg.

Shifting your weight forward to your left leg, push down with the right hand as you step forward with the right leg at 45° and brush the right knee with the right hand. The left-hand circles out to the side and then comes around in front of your heart, palm facing forward. Turn the left hand on edge and shift your weight back to your right leg.

Shifting your weight forward again, push down with the left hand and pull the right hand into a fist at the right hip. Shift your weight forward to the left leg and give a small twist of the hips to the left to throw a low punch directly in front of you by bending over slightly. When you straighten up your right hand is hanging in front of you, your left hand is hanging by your left thigh and your weight is back on your right leg.

12. **Grasp the Bird's Tail to Single Whip**— Hold a large ball on your left with your left hand on top and shift your weight forward to your left leg. Pivot your body to the right and step wide to the right 90°. Shifting your weight forward to your right leg, turning the left foot to 45°, pull your right hand to a half circle in front of heart and the left is held behind the right to hold the small ball. This is 'Ward Off Right'. Reach out 45° to 'Grasp the Bird's Tail' on the right.

12. **Grasp the Bird's Tail to Single Whip** (continued) - Turn the right hand on edge and shifting your weight and turning your body left, pull the right hand to a half circle in front of your heart and the left hand circles down and out to your left side to heart high.

Turn and shift your weight back to the right move your hands into the press with the hands lightly touching in front of your heart, right in front facing you, left hand behind facing forward and making a triangle between the hands and elbows. Separate your hands and put them in front of your shoulders, palms facing forward. Back away from your hands first and then pull them back to your shoulders. Shift your weight forward and when your right knee is over your toes, stop your body and let your hands drift out to a push.

Shift your weight and turn your body to the left, floating your hands to the left, shoulder high and turning the right toes to face the left toes. Shift your weight right and hold a large ball on your right side with the claw on top. Turning your body left pivoting on the ball of your left foot, reach out with your right hand 45°. Step wide to the left maintaining the 45° with your right foot. As you shift your weight forward to your left leg let your left hand come up in front of your face with your left elbow down. Slowly turn the left hand away to look over the back of your left fingers.