

1. **Fair Lady Works the Shuttle** – From single whip, shift your weight to the center as you start to turn your hips to the right. Turn your left foot to the right until it is parallel to your right foot then shift your weight back to the left and finish the turn on your right heel until it is at 90° to your left foot. Keeping your weight on your left foot as you make this turn your righthand claw comes to on guard in front of your right shoulder and the left-hand rolls down to touch the inside of your right elbow, palm up. Open your righthand claw to on-guard and you have ‘Cradle the Baby’ on the right.

Step wide to the right, turn and shift your weight right, turning the right heel inward and then step out with your left foot to 90° from your right foot. Turn and shift your weight back to your left leg and do a swoon. The left hand rolls out in front and up to a few inches in front of your forehead, palm facing forward, and your right hand is pushed out in front of your heart. Shift your weight straight back to your right leg and ‘Cradle the Baby’ on the left with the left hand on-guard in front of the left shoulder and the right fingers touching the inside of the left elbow, palm up.

Start turning your hips to the right, pulling the left foot around to parallel your right foot. Shift your weight left and step wide to the right, turn and shift your weight right, turning your right heel inward and then step out with your left foot to 90° from your right foot. Turn and shift your weight back to your left leg and do a swoon with the right hand a few inches in front of your forehead facing forward and the left hand is in a push in front of your heart. Shift your weight straight back to your right foot and ‘Cradle the Baby’ on the right.

Start turning your hips right, turning your left foot to parallel the right foot then shift your weight left and step wide to the right. Continue turning right and shift your weight right and then step out with your left foot to 90° from your right foot. Turn and shift your weight back to your left leg and do a swoon with the left hand a few inches in front of your forehead facing forward and the right hand in a push in front of your heart. Shift your weight straight back and ‘Cradle the Baby’ on the left.

Start turning your hips right, turning your left foot to parallel your right foot and step wide to the right. Continue turning and shift your weight right and then step out with your left foot to 90° from your right foot. Turn and shift your weight back to your left leg and do a swoon with the right hand a few inches in front of your forehead facing forward and the left hand in a push in front of your heart.

2. **Ward Off Left** – Shift your weight back to your right leg and hold a big ball on your right side with the right hand on top by your shoulder and the left hand in front of the right hip. Step wide with your left foot 90° from your right foot and as you shift your weight forward to your left leg, roll your left arm in a half circle up in front of your heart, elbow high. The right floats down to outside the right thigh, palm down.

# Tai Chi Section III

Steps 1 – 12

3. **Ward Off Right** – Hold a big ball on your left side by rolling the left hand back to your left shoulder and the right-hand circles down and over to the left hip palm up. Pivot your body to the right, pick up your right foot and put it in front of your left heel at 90°. Shift your weight to your right leg. The right arm arcs up to a half circle in front of your heart. Drop the left elbow to your side to point your left fingers up and move the left palm, facing forward, in behind the right hand to hold the small ball. Pull your left foot around to 45°.

Page  
2

4. **Grasp the Bird's Tail to Single Whip** – Reach out with your right hand 45° to the right, palm facing down. The left forearm flattens by lifting the elbow and facing the palm down in front of your throat. Turn your right hand on edge. As you shift your weight and turn your hips left sweep your right hand, heart high to the left to close to a half circle in front of your heart and your left hand circles down and out to your left side, heart high.

Turning and shifting your weight back to the right, pull your left hand in behind your right hand into the press forming the triangle between your elbows and your hands. Back away from your hands putting your weight on your left leg. Pull your hands back to in front of your shoulders and then shift your weight forward back to your right leg. When your right knee is over your toes, stop your body and let your hands drift forward into a push.

Turn your hips, hands, and weight to the left as you pull your right toes around to point at your left toes. Shift your weight to your right leg and hold a big ball in front of right hip with a claw on top in your right hand. Step wide to the left maintaining the 45° to your right foot. Start turning and shifting your weight left as you reach out 45° with the right claw and swing your left hand up in front of your face palm facing you and then slowly turning away.

5. **Snake Creeps Down Through Step Up to Seven Stars** – Turn your hips slightly right, center your weight and turn your right foot far to the right. Drop your left hand down inside your left thigh facing forward. Start to lower down shifting your weight slightly to the right then shift your weight and start to turn your hips to the left. As you come up on your left leg, make a fist with your left hand and cross your heart with your left forearm. Still turning your hips left un-weights your right foot. Swing your right-hand claw down and make a fist to cross in front of the left arm. With your hips all the way to the left, come up on the left leg pulling your right toes past your left foot. Make a fake step forward at 45° with your right foot.

6. **Retreat and Ride the Tiger** - Sweep the toes around behind your left heel at a 90° angle. Shift your weight back to your right leg, separate your hands pulling the right hand up to your right temple facing forward and the left hand is outside your left thigh facing back.

7. **Turn and Horizontal Kick** – Reach left with both hands to grasp the bird's tail at heart high. Slowly start to swing them out and to the right. As they pass in front of you start to turn your body to the right with your hands. Part way through the turn step the left foot around in front of the right toes at 90° and right away shift your weight to your left leg and finish turning right on the heel of your right foot. Pull your un-weighted right toes back to your left foot. Using

# Tai Chi Section III

Steps 1 – 12

your right toes draw a clockwise circle out in front of you and then pull the right toes back to your left foot.

8. **Shoot Tiger with Bow** – Step out 90° with your right foot, make fist with both hands and twist them a quarter turn to the left. Shift your weight forward to your right leg as you pull your right fist back to your right temple and your left fist move out in front of your heart. Turn your left foot to 45°.

9. **Deflect, Intercept and Punch** – While your left hand is still in front of your heart, open it up to face you and pull your left foot halfway to your right foot. Roll the right fist down to touch the inside of the left elbow. Twist your hips to the left and reach up the left side with both hands up to head high. The right hand catches up with the left hand. Turn your hips to the right following with your hands across the top and then down the right side with right hand again as low as the left elbow. Turn your hips back to the left and again touch the inside of the left elbow with your right fist.

Pull the left hand to on-guard in front of your left shoulder. Twist your hips to the right, pulling the right fist to your right hip and step straight forward with your left foot. Shift your weight forward on to your left leg, twist your hips slightly left and throw a short punch with your right fist in front of your mid-line. Open the right hand, palm facing left.

10. **Withdraw and Push** – Drop your left wrist under your right elbow and as you shift your weight back to your right leg, saw across the left wrist with your right forearm. Pull your hands up in front of your shoulders facing forward. Shift your weight forward to your left leg and when your knee is over your left toes stop your body and left your hands drift out into a push.

11. **Cross Hands** – Shift your weight to your right leg, turn your hips right and pull your left toes over to the right. At the same time circle your hands out and wide, then lower them to a low cross hands. Shift your weight left and straighten the right foot to shoulder width and parallel to the left foot, (the box shape). Bring your weight to the center and your hands up to a high cross hands in front of your throat.

12. **Tai Chi Ending** – Shift your weight left, lower your hands to your sides and pull your right heel in to the left. Shift your weight right and pull your left heel in to the right. Bring your weight back to the center and fully stand up.

**This concludes the Tai Chi Yang short form**