

Anchor Taffy

This exercise is checking heel placement on the anchor step. Begin like "width of stance" exercise. Prepare for the forward weight shift, placing the front foot down and pigeon toed. Keeping the heel in place, pick up the ball of the foot and rotate the toes forward, as they would be in a regular front/back weight shift. This exercise is to see if the leg/foot is traveling inward when winding up and stepping forward. The heel should be in the same place as when doing a regular front/back weight shift but the ball of the foot will be over the string.

Working the Pulley

Need four strings and a partner

Lay two strings on the floor, one on either side of the feet about 6 inches away from heels, running front to back. Tie strings to both wrists so they hang close to the floor when the wrists are about two inches below the waist. Do several repetitions of Working the Pulley and have a partner check to see that the strings on the wrists follow the strings on the floor. This exercise gives feedback to check that the top hand is moving straight forward and is not crossing the body in front, and as the lower hand moves back it does not flair out to the side but stays close to the body. The wrist strings do not have to follow the floor strings exactly but should be in the general ballpark.

Passing Clouds

Three strings/one partner

Carry the Ball to the Side

Lay a string on the floor a few inches in front of the toes. The string is perpendicular to the body. Tie strings to both wrists so that they hang almost to the floor when hands move through the lowest part of the movement. Do the movements and have a partner check that the wrist strings follow the string on the floor. This exercise will point out if there is too much upper body rotation in the shoulders, i.e. the shoulders are turning more than the tan t'ien.