TAI CHI BASIC TRAINING

Bow step - most common

One foot and knee faces front, back foot 45 degrees diagonally.
One leg bent like a bow, other leg straight like an arrow
Legs roughly shoulder-width apart
70/30 weight
Should be able to see edge of our shoe (knee cap between 1st and 2nd or 3rd toes)
Body upright

- Practise with Tai Chi walking
- Add grasp pigeon's tail or ward off or parting the wild horse's mane

Empty step

Stand on one leg, like almost sitting (tuck your tailbone)
Raise the other heel and place it lightly in front, to form a T-step.
The ball of the "empty" step remains on the floor (heel raised)
Most of the weight is on the back leg.
Keep your pelvis tucked.
Hips facing forward.
Sometimes we land on the heel of our front foot (play guitar/Chinese Lute)
This is a very agile step and used as a transition from one form to the next form

- Practise moving forward and backwards
- Practise with empty foot heel raised, then heel down

Crouch step

Squat on one leg, while the other leg is stretched out

Horse step

Take a step wider than shoulder width
Feet parallel to each other
Body upright
Weight distributed on both legs evenly

Tai Chi Palm

A very relaxed palm.
Imagine your are opening your palm and spreading your fingers about a balloon.
Consider the static sensation of the balloon sticking to your hand

Tai Chi Fist

The first joint of the thumb rests on the second joint of the index finger and the middle finger
Do not hold too tightly.

Tai Chi Hook

Put all five fingers together and imagine you are dangling a piece of string with all five fingers