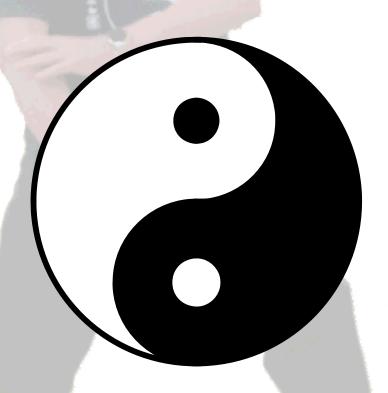
TAI CHI

CHUAN

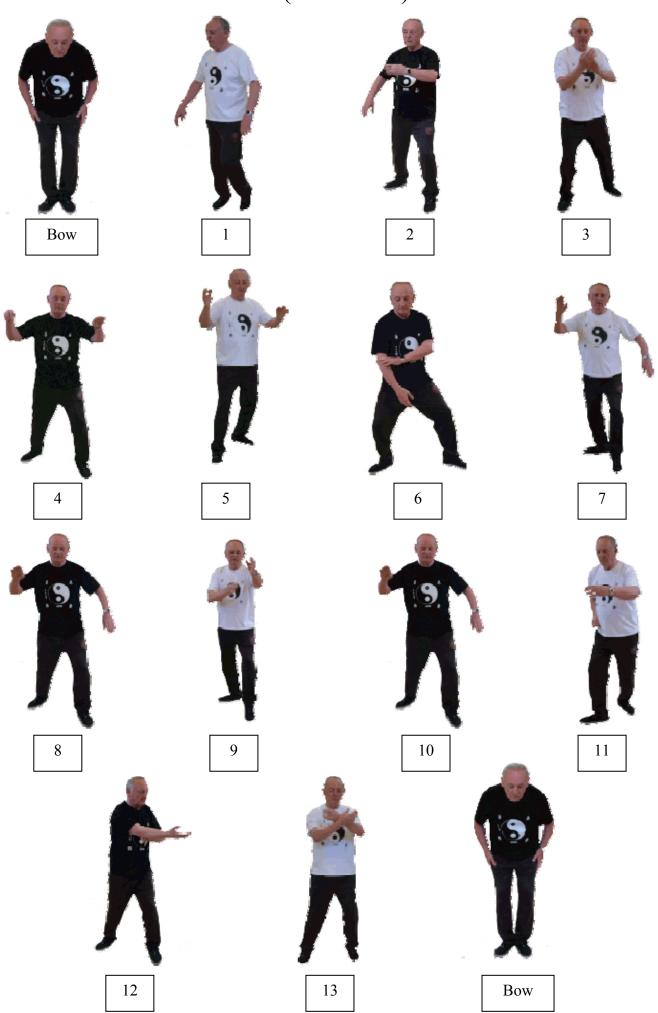
PROMOTING HEALTH & FITNESS IN MIND, BODY & SPIRIT.

BASED ON THE CHENG MAN CHING SOLO FORM.



10 WEEK INTRODUCTORY COURSE PRODUCED BY JOHN BOWLES

The Tai Chi Form (Module 1)



The Form

1. Begin Form 25) Golden Pheasant Stands On Right Leg 2. Left Ward Off 26) Diagonal Right Toe Kick Μ 3. Grasp The Sparrows Tail 27) Diagonal Left Toe Kick 0 4. Single Whip 28) Heel Kick d 5. Lift Hands 29) Brush Knee Twist Step Left u 6. Shoulder 30) Brush Knee twist Step Right 1 7. White Crane Spreads Wings 31) Low Punch е 8. Brush Knee twist Step 32) Grasp The Sparrows Tail 9. Strum Lute 33) Single Whip 0 10. Brush knee Twist step 34) Fair Lady Plays Shuttle In Four Corners n 11. Step Parry Punch 35) Left Ward Off e 12. Apparent Close Up 36) Grasp The Sparrows Tail 13. Cross Hands 37) Long Step Single Whip 14. Embrace Tiger Return To Mountains 38) Snake Creeps Down 15. Diagonal Grasp The Sparrows tail 39) Step Up To Seven Stars 16. Diagonal Single Whip 40) Ride The Tiger 17. Fist Under Elbow 41) Lotus Kick 18. Step Back Repulse Monkey (3 Times) 42) Bend Bow Shoot Tiger 19. Diagonal Flying 43) Part Wild Horses Mane 20. Cloud Hands (3 Times) 44) Step Parry Punch 21. Right Ward Off 45) Apparent Close Up 22. Long Step Single Whip 46) Cross Hands 23. Snake Creeps Down 47) End Form

24. Golden Pheasant Stands On Left Leg

TAI CHI CHUAN

BENEFITS

Students should with practice, notice overall improvements in balance and posture.

They should feel stronger, firmer on their feet and should feel more relaxed especially after completing the form.

Circulation should improve, joints become more mobile and overall state of health should strengthen.

TAI CHI WALKING

STAND WITH FEET SHOULDER WIDTH APART.

- 1. Shift weight to left leg
- 2. Turn out right foot
- 3. Shift weight to right foot
- 4. Step forward with left foot
- 5. Shift weight to left foot
- 6. Turn right foot in

TO CONTINUE

- 1. Shift weight to back foot
- 2. Turn out front foot
- 3. Shift weight to front foot
- 4. Step forwards with back foot
- 5. Shift weight to front foot
- 6. Turn back foot in

CONTINUE WALKING FOLLOWING SECOND SET OF 6 MOVES

MENTAL CHECK LIST

- 1. The head feels as if suspended from above.
- 2. The eyes relax and look naturally forward but you are also able to use your peripheral vision.
- 3. The facial muscles relax.
- 4. The mouth is held in a relax manner "not open or closed".
- 5. The tip of the tongue is placed on the roof of the mouth.
- 6. The shoulders are relaxed and naturally rounded.
- 7. The back is naturally rounded and the chest naturally hollowed.
- 8. There is an awareness of a slight space under the armpits.
- 9. The elbow joints are relaxed and rounded.
- 10. The fingers are open "not straight and not bent".
- 11. The tiger's mouth (the area between the thumb and the index finger) feels slightly stretched.
- 12. The waist feels relaxed and supple.
- 13. The backside is tucked under so the spine "hangs" naturally.
- 14. The knees are kept slightly bent.
- 15. The whole of the sole of the foot feels firmly connected to the floor.
- 16. The weight falls naturally through the front part of the foot corresponding to the yong quan point in acupuncture.

Begin Form

Heels together, Hands by the side and bow. Bend at the knees and turn out the hands (palms facing backwards). Come up onto left toes, turn to right hand corner, turn back to face front. Step out sideways with left foot, heel down first, to shoulder width apart. Straighten out left foot to face it forward. Shift weight to left foot, turn right foot to face forward. Shift weight to balance on both feet.