

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)



Bow



1



2



3



4



5



6



7



8



9



10



11



12



13



Bow

The Form

- | | | |
|---|--|---|
| M | 1. Begin Form | 25) Golden Pheasant Stands On Right Leg |
| o | 2. Left Ward Off | 26) Diagonal Right Toe Kick |
| d | 3. Grasp The Sparrows Tail | 27) Diagonal Left Toe Kick |
| u | 4. Single Whip | 28) Heel Kick |
| l | 5. Lift Hands | 29) Brush Knee Twist Step Left |
| e | 6. Shoulder | 30) Brush Knee twist Step Right |
| - | 7. White Crane Spreads Wings | 31) Low Punch |
| O | 8. Brush Knee twist Step | 32) Grasp The Sparrows Tail |
| n | 9. Strum Lute | 33) Single Whip |
| e | 10. Brush knee Twist step | 34) Fair Lady Plays Shuttle In Four Corners |
| | 11. Step Parry Punch | 35) Left Ward Off |
| | 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 | |

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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.