

## FOURTH SET T'AI CHI

### 1.) Sweep With Lotus Leg

- A. Move both arms to the right side of the body as the weight shifts onto the right leg and the left foot pulls in to form a cat stance.
- B. Move the left leg across to the right and at the same time move both arms (palms leading) in a circular motion up over the head and to the left finishing with the palms facing the ground at the solar plexus level and the left palm ahead of the right.
- C. Move the arms to the right (parallel to the ground) and then returning back to the position they were in after step A. At the same time the left leg moves up in the air in an arc from right to left with the left heel touching down at a 45° angle to the front. Both of these movements end at the same time.
- D. Move both arms (palms leading) in a circular motion up over the head and to the left finishing with the palms facing the ground at the solar plexus level and the left palm ahead of the right (same arm motion as step B.) and at the same time shift the weight onto the left leg.

### 2.) Shoot Tiger With Bow

- A. Move both palms toward the lower abdomen until they are a few inches away.
- B. Form a T'ai Chi fist with the right hand and punch from the right hip perpendicular to the body at the level of the solar plexus. At the same time the left arm does a rising block to the front.

### 3.) Forward Kick

- A. Turn the left foot to the right and with the weight still on the left leg and slide the right foot over into a cat stance facing 135° to the right from before. At the same time release the right T'ai Chi fist and circle the arms around and down to the outsides and then move them up to let the forearms cross each other in front of the chest (palms face the chest).
- B. Lift the right knee as the right palm moves toward the right shoulder and the left palm moves toward the left shoulder. Turn the palms out and extend them out to the sides as the lower right leg extends to kick.

### 4.) Forward Kick With Low And High Block

- A. Lower the right heel to the ground, then shift the weight onto the right leg, and then slide the left foot over into a cat stance facing 90° to the left from before. At the same time circle the arms down and cross them low in front.
- B. The arms continue up close to the body as if hugging yourself until they separate, arching over your head, and circle around and down to the outsides and then up until the forearms cross each other in front of the chest (palms face the chest).
- C. Lift the left knee as the right palm moves toward the right shoulder and the left palm moves toward the left shoulder. Turn the palms out and extend them out to the sides as the lower left leg extends to kick.

5.) Double Fists To Ears (Double Hook Punch)

- A. Form T'ai Chi fists with both hands (back of the fists facing up) while lowering the left heel to the ground. When the heel touches the ground shift the weight forward onto the left leg and move the fists forward as if striking an opponent's ears (back of the fists still facing up). The arms and weight shift stop at the same time.
- B. Release the T'ai Chi fists and drop the elbows so the palms face out with the fingertips pointing up and arms extended at shoulder height.

6.) Sweep Hands

- A. Turn your hips to the right as you shift your weight to the middle with your palms still out to the front of your body. The palms and shoulders (but not the hips) move to the right and then to the left.

7.) Single Whip

- A. Extend your left arm up and to the left with the fingers forming a relaxed beak as the right palm floats up to about 12 inches in front of the face. At the same time the weight shifts to the left leg to form a cat stance. The arms and weight shift all start and stop at the same time.
- B. Step to the left front at a 45° angle with the right foot. When the heel touches the ground, shift the weight to the right leg and at the same time gently push out with the right palm at shoulder height. The right arm and the weight shift stop at the same time.

8.) High Pat On The Horse

- A. Move the left foot forward slightly as the left palm moves over to touch the right shoulder and the right palm turns up with the right arm still extended to the front.
- B. Shift the weight back onto the left leg (forming a cat stance) as the left palm moves to the front along the top of the right arm and the right palm draws back to the right hip. The right palm finishes pointing up with the fingers pointing forward and the left palm finishes extended forward at chest level with the fingers pointing to the right.
- C. Take a step forward with the right foot. When the heel touches the ground shift the weight onto the right leg. At the same time the back of the left palm moves under the right armpit (not touching) and the right palm moves up (to the front) at a 45° angle with the fingertips leading. The arms and weight shift finish at the same time.

9.) Carry The Ball Over

- A. Move the right hand (palm leading) in a large circular motion over the head then down in front (to the level of the solar plexus) as you turn the body 180° and pull the left foot in to form a cat stance. At the same time move the left hand (back of the hand leading) in a smaller circular motion (to the level of the lower abdomen) to form a ball with the hands.

10.) Fair Lady Weaves The Shuttle

- A. Step with the left foot. At the same time move the right palm to the right hip (palm pointing forward) and move the left arm to the right with the palm up. When the left foot touches the ground shift the weight forward onto the left leg and at the same time the left arm does a rising block as the right palm gently strikes forward. The fingers of both hands should point to the right. The arms and weight shift all finish at the same time.

11.) Fist Under Elbow

- A. Bring the right foot across into a Seven Star stance (like a cat stance except the heel of the front foot touches the ground) with the body facing 90° to the right from before. At the same time bring the left T'ai Chi fist to the left hip and bring the right forearm to the left across the front with the palm facing you.
- B. Gently punch the left fist under the right forearm.

12.) Back Fist With Palm Press

- A. Turn the right foot to the inside while shifting the weight onto the right foot and then the left foot draws back into a cat stance. At the same time let both arms float down to the right side of the body finishing with the fingertips facing down. Pause to feel the blood rush to your fingertips.
- B. Take a step with the left foot as the left T'ai Chi fist moves up (back of the fist leading). When the left heel touches the ground shift the weight onto the right leg as the left fist continues up and then down to the front. When the weight shift is complete, move your right palm in a circular motion to the back, and then up. Then gently push the right palm forward (fingers pointing up) as you draw the left fist back to the left hip (back of the left fist pointing down).

14.) Step Forward And Punch Down

- A. Turn the left foot to the outside.
- B. Move the left fist in a circular motion down, back, and then up on the left side of the body (like a piston attached to a locomotive) and step forward with the right leg at the same time. When the right heel touches the ground the left fist punches down as you shift the weight onto the right leg. The arms and weight shift all finish at the same time.

15.) Protect High And Low

- A. Shift the weight back onto the left leg to form a cat stance as the right palm lowers to protect the groin and the left arm does a rising block.
- B. Step back with the right leg, then turn the body 90° to the right, shifting the weight to the middle finishing with the left palm (facing down) over the right elbow and the right palm (facing down) under the left elbow.

16.) Sweep With Lotus Leg

- A. Move both arms to the left side of the body as the weight shifts onto the left leg and the right foot pulls in to form a cat stance.
- B. Move the right leg across to the left and at the same time move both arms (palms leading) in a circular motion up over the head and to the right finishing with the palms facing the ground at the solar plexus level and the right palm ahead of the right.
- C. Move the arms to the left (parallel to the ground) and then returning back to the position they were in after step A. At the same time the right leg moves up in the air in an arc from left to right with the right heel touching down at a 90° angle to the front. Both of these movements end at the same time.
- D. Move both arms (palms leading) in a circular motion up over the head and to the right finishing with the palms facing the ground at the solar plexus level and the right palm ahead of the left (same arm motion as step B.) and at the same time shift the weight onto the right leg.

17.) Shoot Tiger With Bow

- A. Move both palms toward the lower abdomen until they are a few inches away.
- B. Form a T'ai Chi fist with the left hand and punch from the left hip perpendicular to the body at the level of the solar plexus. At the same time the right arm does a rising block to the front.

18.) Back Fist With Palm Press

- A. Turn the right foot to the inside.
- B. Let both arms float down to the right side of the body finishing with the fingertips facing down as the left foot draws back into a cat stance.
- C. Take a step with the left foot as the left T'ai Chi fist moves up (back of the fist leading). When the left heel touches the ground shift the weight onto the right leg as the left fist continues up and then down to the front. When the weight shift is complete, move your right palm in a circular motion to the back, and then up. Then gently push the right palm forward (fingers pointing up) as you draw the left fist back to the left hip (back of the left fist pointing down).

19.) Step Forward And Punch Down

- A. Turn the left foot to the outside.
- B. Move the left fist in a circular motion down, back, and then up on the left side of the body (like a piston attached to a locomotive) and step forward with the right leg at the same time. When the right heel touches the ground the left fist punches down as you shift the weight onto the right leg. The arms and weight shift all finish at the same time.

20.) Seal Tightly And Push

- A. Turn the left palm up. At the same time move the back of the right hand up under the left armpit.

- B. Move the back of the right hand down along the underside of the left arm as the left foot moves up slightly. When the right arm extends past the left fingertips, let both palms float out to the front at shoulder height as the weight shifts back into a right cat stance.
- C. Bring the palms back, going up and down in a circular motion coming back to about the level of the shoulders as you step forward with the right leg. When the right heel touches the ground, shift your weight forward onto the right leg as your palms push gently forward. The arms and weight shift stop at the same time.

21.) Embrace Tiger And Return To Mountain

- A. Bring both palms over your head in the shape of an arch as you turn your body 135° to the left shifting the weight onto your left leg. The arms and weight shift stop at the same time.
- B. The arms move down to the outside and around. Then as if connected, the right arm and right foot move to the front (the feet are next to each other at this point). Then the arms continue up and cross at the level of the chest as the knees straighten.
- C. The palms move down as the knees bend. They continue up and around to the outsides of the body with the elbows fairly close to the body and the knees still bent. Then the palms float down to the level of the waist (facing the ground) as the knees straighten. Lastly, the wrists relax slowly as the arms totally relax at the sides of the body.