

THIRD SET T'AI CHI

1.) Diagonal Flying

- A. Turn the body to the left shifting the weight to the left leg and at the same time separating the arms on a diagonal with the left arm finishing in front and the right arm finishing in back and slightly to the side. The arms and weight shift stop at the same time.

2.) Wave Hands Like Clouds

- A. Move the right hand forward and up and the left hand down until the arms form a ball (both palms face the abdomen) and at the same time slide the right foot forward to just behind the left heel.
- B. Turn the body to the right separating the arms on a diagonal with the right arm finishing in front and the left arm in back and slightly to the side (the feet don't move).
- C. Move the left hand forward and up and the right hand down until the arms form a ball (both palms face the abdomen) and at the same time step back with the left foot and place the heel down.
- D. Turn the body to the left separating the arms on a diagonal with the left arm finishing in front and the right arm in back and slightly to the side and at the same time turn the left foot and shift the weight onto the left leg.
- E. Repeat A, B, C, and D two more times.

3.) Double Palm Lift

- A. Move the right hand forward and up and the left hand down until the arms form a ball (both palms face the abdomen).
- B. Circle the fingertips down, towards the body, and then forward with the palms facing up.
- C. Lift both palms up.

4.) Single Whip

- A. Move the right hand down to the right side. Form a crane's beak with the right hand and leading with the back of the hand move it up and out to the right side.

5.) Snake Creeps Down

- A. Step back slightly with the right foot.
- B. Turn the hips to the right shifting the weight onto the right leg. At the same time move the left knife hand back (edge leading, palm towards you) in a circular motion from high to low. Turn the hips back to the left with the weight still on the right leg (left leg is straight). Shift the weight onto the left leg as you strike forward with the left knife hand (edge leading).

6.) Golden Rooster Stands On One Leg

- A. Bring the right foot up to about even with the left foot as the right hand opens (no longer a crane's beak) and moves down to the right side.

- B. Step back with the right foot and then lift the left knee up as the right hand does a circle block up to the left in front, then over to the right (finishing with the palms facing you and the fingers pointing up) and the left palm moves under the right armpit with the palm facing down.
- C. Step forward with the left foot and then lift the right knee up as the left hand does a circle block up to the right in front, then over to the left (finishing with the palms facing you and the fingers pointing up) and the right palm moves under the left armpit with the palm facing down.

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

- A. As both hands move down in front of the body and then to the sides, step with the right foot to the left front at a 45° angle and shift the weight forward onto the right leg. Form T'ai Chi fists with both hands and extend them out and up to either side of the body (back of the fists facing up) while stepping forward with the left foot. 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.

8.) Forward Kick

- A. Release the T'ai Chi fists and shift the weight back onto the right leg and slide the left foot back into a cat stance as the arms circle around and down to the outsides and then move up to let the forearms cross each other in front of the chest (palms face the chest).
- B. 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 leg extends to kick.

9.) Offset Fists Left Over Right (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 (back of the fists still facing up) as if striking an opponent's head and jaw from the sides with the left fist high and the right fist low. The arms and weight shift stop at the same time.

10. Rollback

- A. Release the T'ai Chi fists and turn the right palm up to form a ball.
- B. Bring the ball back to the body while shifting the weight back onto the right leg.

11.) Press

- A. Rotate the left forearm forward and place the fingers of the right hand behind the left wrist.
- B. Shift the weight forward onto the left leg and at the same time move the left forearm forward to just beyond a 90° angle.

12.) Seal Tightly and Push

- A. Move the left arm down in front to a 45° angle and 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 right foot moves up slightly. When the back of the right palm extends past the left fingertips, let both palms float out to the front at shoulder height as the weight shifts back into a left cat stance.
- C. Bring the palms back, moving them up and down in a circular motion coming back to about the level of the shoulders as you step forward with the left leg. When the left heel touches the ground, shift your weight forward onto the left leg as your palms push gently forward. The arms and weight shift stop at the same time.

13.) Press

- A. Form a ball by turning the left palm down and moving the right palm around and underneath the left palm as the right foot comes forward to make a cat stance.
- B. Step forward with the right foot and move the right forearm up and rotate it forward while placing the fingers of the left hand behind the right wrist. When the right heel touches the ground shift the weight onto the right leg and at the same time move the right forearm forward to just beyond a 90° angle.

14.) Seal Tightly And Push

- A. Move the right arm down in front to a 45° angle and turn the right palm up. At the same time move the back of the left hand up under the right armpit.
- B. Move the back of the left hand down along the underside of the right arm as the left foot moves up slightly. When the back of the left palm extends past the right 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, moving them 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.

15.) Forward Kick

- A. Shift the weight back onto the left leg and slide the right foot back into a cat stance as the arms circle around and down to the outsides and then move up to let the forearms cross each other in front of the chest (palms face the chest).
- B. Lift the right knee as the left palm moves toward the left shoulder and the right palm moves toward the right shoulder. Turn the palms out and extend them out to the sides as the lower leg extends to kick.

16.) Offset Fists Right Over Left (Double Hook Punch)

- A. Form T'ai Chi fists with both hands (back of the fists facing up) while lowering the right heel to the ground. When the heel touches the ground shift the weight forward onto the right leg and move the fists forward (back of the fists still facing up) from outside to inside finishing with the right fist over the left elbow and the left fist under the right elbow. The arms and weight shift stop at the same time.
- B. With the arms in the same position turn the body 90° to the left finishing with the weight evenly distributed on both legs.