

FIRST SET T'AI CHI

1.) Beginning

- A. Open up by shifting the weight to the right foot and lightly drawing a semi-circle in front with the left foot. Think of each part of the left foot (toes, ball of the foot, instep, and heel) as you put it down and shift your weight to the middle.
- B. Lift both arms in front to shoulder height and continue up and back in a circular motion and then allowing the palms to drop down (facing the ground) along the sides of the body while bending the knees.
- C. Relax both wrists to slowly drop the fingertips while straightening the knees.

2.) Grasp The Sparrow's Tail

- A. Lift the right arm to shoulder height. Turn the hips to the right shifting the weight to the left leg (bending the left knee). As you do this be aware of a connection between your right fingers and right toes moving them together as one unit.
- B. Bring the left palm to about 12 inches below the right palm forming a relaxed ball. Then shift the weight from the left leg to the right leg. Next move the left foot to form a cat stance.

3.) Diagonal Flying

- A. Step with the left foot. When the heel touches the ground, shift the weight to the left leg and at the same time separate 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.

4.) Grasp The Sparrow's Tail

- A. Slowly turn the left palm down and at the same time bring the right palm to about 12 inches below the left palm forming a relaxed ball. Next bring the right foot over to form a cat stance.

5.) Ward Off

- A. Step with the right foot. When the heel touches the ground, shift the weight to the right leg and at the same time carry the ball to the front. The arms and weight shift stop at the same time.

6.) Roll Back

- A. With a relaxed motion turn the ball over (right hand is now on top). Then shift your weight back onto your left leg as you bring the ball back to your body.

7.) Press

- A. Rotate your right forearm forward and place the fingers of your left hand behind your right wrist. At the same time that you shift your weight forward onto your right leg also move your right forearm forward to just beyond a 90° angle.

8.) Push

- A. Let your arms float out to the front with palms down and wrists relaxed. Bring the palms back, going up and down in a circular motion coming back to about the level of the shoulders as you shift your weight back on to the left leg. Shift your weight forward onto the right leg as your palms push gently forward. The arms and weight shift stop at the same time.

9.) Sweep Hands

- A. Turn your hips to the left 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 left and then to the right.

10.) Single Whip

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

11.) Low Lady Strums The Lute

- A. Turn your hips to the right as you shift your weight to the middle and cross your arms low. The arms continue up close to the body as if hugging yourself until they separate arching over your head.
- B. Turn the left foot out and then shift the weight onto the left foot as the arms continue down and around. Then as if connected, the right arm and right foot move to the center front and finish in a cat stance with the arms in the “Low Lady Strums The Lute” pose.

12.) Crane Spreads It’s Wings

- A. Scoop forward and down with the right fingertips then the left.
- B. Step with the right foot. While shifting the weight onto the right leg turn the right foot 90° to the inside. At the same time the left arm blocks low in front and the right wrist rises to the side of the right ear. The body should end up in a left cat stance facing the opposite direction from where it started.

13.) Pick Up The Golden Bowl

- A. Still in a left cat stance turn the body to the right and form a large circle with your two arms.
- B. Turning the body back to the front split the large circle into two half circles. The right arm is high and the left arm is low. When viewed from the side the arms should form an “S” like the one that divides the T’ai Chi diagram.

14.) Brush Knee And Push

- A. As you step with the left leg block across high to low in front with your left arm. At the same time move your right palm in a circular motion down, to the back, and then up. When the left heel touches the ground shift the weight forward and complete the arm movement by pushing forward with the right palm and bringing the left arm back along the left side of the body.

15.) Lady Strums The Lute

- 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 right foot moves up slightly.
- C. When the left arm extends past the right fingertips, move both hands up and down while shifting the weight back into a left cat stance and finishing in the “Lady Strums The Lute” pose.

16.) Cross Hands Low

- A. Turning the body to the right move the left palm past your right leg. At the same time bring your right palm back and then down. Both arms finish at the same time with the wrists crossed (right over left), the left palm facing out, and the right palm facing toward you.

17.) Diagonal Flying

- A. Step with the left foot. When the heel touches the ground, shift the weight to the left leg and at the same time separate 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.

18.) Step, Parry, And Punch

- A. Bring both the right arm and right foot forward. The right hand forms a loose fist. The back of the right fist comes up toward the chin and then forward and down. At the same time the right foot steps out at a 45° angle and then the weight shifts to the right leg. Next, the right fist moves around and up on the right side of the body (like a piston attached to the wheel of a locomotive) as the left foot steps forward. When the left heel touches the ground the weight shifts onto the left leg as the right fist punches down.

19.) Seal Tightly And Push

- A. 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 right foot moves up slightly. When the left arm extends past the right 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, going 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.

20.) 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 right shifting the weight onto your right 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 left arm and left 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.