

Tai Chi Chuan – Yang Style - 24 Step Short Form

Stances

Bow Stance – 70% of the weight on the front leg hips at shoulder width and rotated slightly forward. Front knee not beyond the toe back knee slightly relaxed and the toe at 45 degrees to the front.

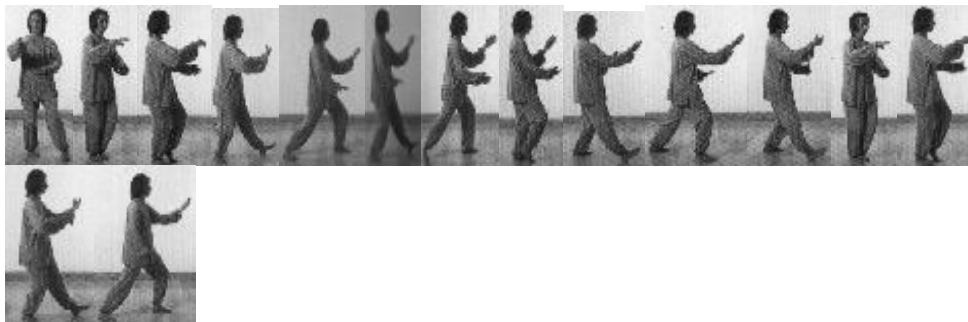
Empty Stance – Weight on the back leg, hips pointing forward and rotated slightly forward, back straight. Front leg slightly relaxed so that the knee is just bent, front foot usually has the heel slightly raised, but could have the heel on the ground and the toe raise as in Lady Plays Guitar.

The Form

1. Opening – Stand feet together shift weight to the right foot step out with the left to shoulder width, raise hands forward to shoulder height and rotate in over as the hands come down.



2. Parting Wild Horses Main – Bring left foot to right foot left foot pointed toe hand in hold ball right on top. First Parting Horses Main step to the left side with the left foot in bow stance, left shoulder forward rotate left arm out continuing to rotate until the arm is at 45 degrees. Start the next parting horses main shifting weight to the right foot turning left foot out hold ball left hand on top, step in with the right foot and out into bow stance with the right foot in front, right shoulder forward then rotate the right arm out to 45 degrees. Start the last parting horses main by sinking weight to the left foot and turning the right foot out, stepping forward into left bow stance and repeating Parting Horses Main to the left.



3. White Crane Cools Wings – Shift weight back and come into empty stance with the left leg forward. Hold ball left hand on top turn to the right 45 degrees, take the right hand up and the left hand down as you rotate to the front.



4. Brush Knee And Push – Hold ball to the front left hand on top, turn to the right taking right hand behind, left leg steps in, step out with the left leg forward into bow stance at the same time left hand comes down passing the knee ending to the side palm down, the right hand comes forward palm facing the ground then at the last moment the hand comes back so as the palm is facing away from your body. Weight shifts to the right leg and the left foot comes to the heel and turns outward, stepping together the left hand comes up to the shoulder with the hips facing left, you then step forward with the right leg into bow stance right hand brushes past the right knee and comes to the side palm down, left hand comes over and forward palm facing the ground and at the last moment turns so that the palm faces away. Brush knee and push is repeated as in the first part.

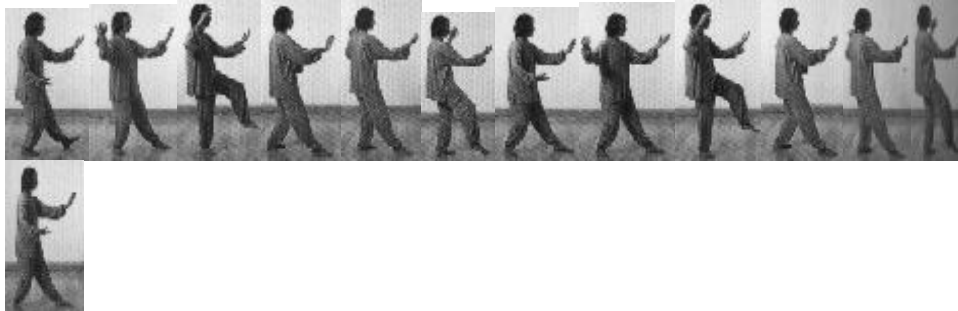


5. Lady Plays Guitar – With the weight on the left/front leg move the right foot in and sit down into empty stance with the heel on the ground, at the same time both hands circle around until the left hand is slightly above the right palms facing away from the body the hands then lift very slightly.



6. Repulse Monkey – Left foot steps out slightly to the left with the heel off the ground at the same time left arm is lowered until parallel with the floor with the palm up. The right hand comes behind as you look at it, it then bends at the elbow until the thumb is near to the right ear, then as

you step back the right hand comes forward and the left comes back to the hip right hand has palm down left hand palm up, front foot turns on the heel until it points forward. You are now in empty stance with the right foot forward. It is repeated to the right side then the left and the right again.



7. Ward Off & Grasping Sparrow's Tail Left – Ward off - Step in with the left foot as you turn the hips to the front hold ball with right hand on top. Step out to the left side into bow stance left arm comes up palm facing the chest right arm comes down to hip height with the palm down. Grasping sparrow's tail left - Turn 45 degrees to the left, left hand uppermost right slightly below it left palm facing up right palm facing down. Both palms turn over, the weight shifts to the right leg as you sink into empty stance at the same time the hands come down until they are in line with the right knee (this is called roll back). Next the right hand comes behind, left hand turns with the palm facing the body, right hand then comes to the left wrist and the weight shifts forward as you move into bow stance, this move is press. The weight shifts back as you sink onto the right leg left foot comes to heel, elbows sink as the hands come up palms facing away from the body as the body shifts in to bow stance the hands rotate slightly down then up as they push out. Weight shifts to the right leg left arms stays to the left and right arm moves to the right all as the hips turn to the front, left foot turns 45 degrees forward.



8. Ward Off & Grasping Sparrows Tail Right - Ward off - Step in with the right foot as you turn the hips to the front hold ball with left hand on top. Step out to the right side into bow stance, right arm comes up palm facing the chest, left arm comes down to hip height with the palm down. Grasping sparrow's tail right - Turn 45 degrees to the right, right hand uppermost left slightly below it right palm facing up left palm facing down. Both palms turn over the weight shifts to the left leg as you sink into empty stance, at the same time the hands come down until they are in line with the left knee (this is called roll back). Next the left hand comes, behind right hand turns with the palm facing the body

left hand then comes to the right wrist and the weight shifts forward as you move into bow stance, this move is press. The weight shifts back as you sink onto the left leg right foot comes to heel elbows sink as the hands come up palms facing away from the body as the body shifts in to bow stance the hands rotate slightly down then up as they push out. Weight shifts to the left leg then back to the right leg as you turn left, arms come across the chest pushing out slightly to the left, and the elbows sink as the hands lift slightly.



9. Single Whip – The weight is on the right leg the right arm comes out to the side, the hand forms a downward hook, the left hand comes across the body then pushes away as you turn into bow stance, left leg forward, the right arm moves back until it is about 45 degrees behind the body.



10. Waving Hands In The Clouds – the body turns to the front as the right hand comes down as the body turn to the right the right hand continues to circle around until both hands are facing right with the right hand on top, right leg comes to left leg. The right hand blocks down left palm turns so that the palm faces behind as the right hand cones down the Tigers Jaw (gap between thumb and first finger) passes the left fingers, weight is on the right foot, you step to the left shoulder, comes in first then weight shifts to the left leg as the body turns to the left. Left hand blocks behind then forward passing the Tigers jaw across the right fingers at the same time right foot comes to left foot. The sequence is then repeated twice more.



11. Single Whip – Hold ball left hand on top, the right arm comes out to the side, the hand forms a downward hook, the left hand comes across the body then pushes away as you turn into bow stance, left leg forward, the right arm moves back until it is about 45 degrees behind the body.



12. High Pat on Horse – Weight stays on the left foot as the right foot comes in and you sink into empty stance at the same time the left hand comes down to left hip palm is up, right hand comes across the chest and pushes forward palm away from you, the fingers point to the left.



13. Right Heel Kick – Step out at 45 degrees to the left, left leg forward cross hands, hands come over the top as you step together, the hands return to cross hands. Weight shifts to the left foot turn hips to the right and heel kick with the right foot to 45 degrees, as the hands come over the top.



14. Box Tigers Ears – Draw the right knee in and step forward, hand come in to the chest and punch to the opponent's temples.



15. Left Heel Kick – Turn to the left in empty stance left leg forward, cross hands and heel kick with the left as the hands come over the top.



16. Snake Creeps Down Right & Golden Rooster Stands On One Leg Right – Snake Creeps Down – Right hand forms a downward hook, keeping the

weight on the right leg step out and behind with the left foot at the same time turn the right foot on the heel by 45 degrees forward, sink the weight down as the left hand follows the left leg. Right hand follows the body around and strikes with the fingers upward. Moving into Golden Rooster, the weight slides forward until you are standing on the left leg right knee comes up to the right elbow, left hand turns palm down at hip height. Right knee and arm turn to the right 45 degrees then turn back and step down.



17. Shake Creeps Down Left & Golden Rooster Stands On One Leg Left - Snake Creeps Down – Left hand forms a downward hook, keeping the weight on the left leg step out and forward with the right foot at the same time turn the left foot on the heel by 45 degrees behind, sink the weight down as the right hand follows the right leg. Left hand follows the body around and strikes with the fingers upward. Moving into Golden Rooster, the weight slides forward until you are standing on the right leg left knee comes up to the left elbow, right hand turns palm down at hip height. Left knee and arm turn to the left 45 degrees and step down.



18. Playing The Shuttles Right & Left – Step together right leg comes to left leg, hold ball left hand on top, step out with the right foot into bow stance right hand sweeps up to block above the head left hand palm strikes to the chest. Turn left into empty stance left leg forward, hold ball right hand on top turn hips and shoulder slightly right as the left foot comes to the right foot, step out with the left foot into bow stance left hand sweeps up to block above the head right hand palm strikes to the chest.



19. Needle At Sea Bottom - Right foot turns on the toe to 45 degrees left foot steps in, weight sinks into empty stance, hands come up in front of the body palms facing to either side. The right hand comes up and over the left hand and then continues down as the body sinks on the back leg.



20. Fan Through Back – Weight comes up stepping forward with the left leg into bow stance with the hips and body turned to the right side, both hands come around into cross hands in front of the chest palms facing the body. Arms open up and out with the palms facing away from the body just above shoulder height. This is an energy release.



21. Turn Body, Deflect, Parry And Punch – The body turns to the right as the right hand blocks over the top and continues around creating a fist, at the same time the right foot turns into a small instep kick it then steps down, the right hand continues to circle around and uses a back fist strike just after the left hand has blocked forward in a half circle. At the same time step through with the left leg into bow stance, right hand draws back to the hip ready to punch.



22. Apparently Closed – Punch using a standing punch with the right fist left fingers come to right wrist, left hand is then placed under the elbow and the body shifts weight back to the right leg, left hand stays still as the right arm is drawn back over it. Hands turn over, hips are at 45 degrees, body turns into bow stance left leg forward, both hands rotate down and push out.



23. Cross Hands – Turning right to face the front the hands come over the top into cross hands in front of the chest.



24. Closing – Both arms move forward at shoulder height palms face up then are turned over as the arms come down to either side of the body. Left leg steps to the right until both feet are together, this finishes the form.

