

Tai Chi Chuan Form

Opening - Wu ji - Stillness standing

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3. Ward Off Left
4. Ward Off Right
5. Rollback
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8. Single Whip

Section II

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14. Brush Knee
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Section III

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42. Rollback
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Section V

46. Fair Lady Works Shuttles NE
47. Fair Lady Works Shuttles NW
48. Fair Lady Works Shuttles SW
49. Fair Lady Works Shuttles SE
50. Ward Off Left
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54. Withdraw and Push
55. Single Whip

Section VI

56. Snake Creeps Down
 57. Seven Stars
 58. Step Back and Ride Tiger
 59. Lotus Kick
 60. Bend Bow and Shoot Arrow
 61. Step forward Parry and Punch
 62. Withdraw and Push
 63. Cross Hands
 64. Close Tai Chi
- Wuji

Short Yang Tai Chi Chuan

Note: We will use north, south, east, and west in our descriptions with the beginning of the form facing north for our standard direction reference. What will not be described in the movements is every sink or rise. Most of the sinks will be mentioned but fewer rises. Also the principle of turn left to go right and turn right to go left will not be mentioned most of the time. In addition, silk reeling is very near impossible to describe in a way that most people could follow. It has always been the case that one needs to have good teacher in person to get everything right. Having written material and video is the next best thing.

Opening

Many teachers do not teach this movement until later after finishing the form. I have thought that the reason may be because the movement is difficult enough that I can understand why one would want to skip this movement. At any rate it is used in Chen style and Yang style by many teachers.

¹Begin by standing with feet together touching at the heels and forming a fifteen degree angle with each foot facing north. Sink the weight into the right leg and foot. As the weight becomes heavy the left heel comes off the ground. ²Also as the right foot becomes heavy turn the body to the right which will cause the hip all the way down to the left foot to turn which will line up the left foot to face straight north. ³Step with the left foot to the left touching with the toe. As the foot touches it will still be lined up to face north. Sink into the right leg and shift the weight to the left foot. While sinking into the right foot begin to lift the hands a small distance upward. This movement is a double inward circle. The left hand moves clockwise and the right hand is moving counter clockwise simultaneously. Lift both arms as high as the solar plexus and then down. The palms turn upward as the hands rise and turn over as the palms descend. ⁴When the weight of the body gets to the left foot, turn the body left causing the right foot to turn on the heel to line up parallel to the left foot. Now the body shifts back to the center as one begins to raise and the hands finish their descent. Hands end at the side of the body and one is in a traditional Wu ji posture. One can do Wu Ji for however long a time before beginning the movements.

Some do a “Quiet Standing” in the opening position before stepping out. Teachers differ on their emphasis on Wu Ji. There are some great teachers that emphasize a lot or very little. At the least one should prepare the mind and body for the form. One wants to be in the upper half empty lower half full body state. One wants to get away from the worries of the day and focus simply on Tai Chi.

1. Beginning

¹The body sinks slightly initiating as always in the middle of the body. Remain at the 50/50 weight distribution as the arms begin to rise. The arms are relaxed not allowing the shoulders to lift and having a natural bend in the elbows. Even though relaxed, extend the arms outward as they lift. The wrist is slightly bent. As the wrist come to shoulder height, ²the wrist straighten and the fingers stretch completely unfolding from the original position. This action beginning with the wrist straightening is done in a flow or chain reaction straightening every joint in the finger if possible. At the moment that that the fingers are completely extended, ³the wrist move backwards toward the shoulders as the elbows sink naturally. When the wrist get a few inches from the body, ⁴the hands begin to sink straight downward as the wrist will be moving and bending gradually. This downward movement is initiated by the body moving back upward as you move back into the Wu Ji posture. As soon as the hands move to the sides of the leg, ⁵the body relaxes as the palms turn to face the rear.

2. Ward Off Right

¹As the body relaxes from the end of the last movement, the sinking begins to shift to the left leg as the waist is turning right. This waist movement causes the arms to move. The right arm swings around clockwise and the hand lifts to about shoulder height as the left arm swings low and forms a palm up position. The right and left arm appear to be holding a ball the side of a basketball to beach ball. The elbows are relaxed. ²Before this arm movement is totally finished, the body relaxes into the left leg and then shifts to the right. The body is turning to the right the entire movement. As the weight gets heavy in the right leg, the left heel will come off the ground. Try to keep the arch between the legs

during the end of this movement so that the left knee does not cut inward.

3. Ward Off Left

¹Step forward with the left foot. Step with the left foot directly forward to the north paying careful attention not to step inward to the right. In order to step correctly make sure you have the strength to hold your weight in the right leg, otherwise, it will be difficult to softly step as described. ²Sink into the right leg and the arms will move toward each other. Begin to shift to the left leg as the arms pull apart. The left will move forward at solar plexus height facing the left back-of-hand to the front, and the right will move downward and to the rear with the right palm facing the rear. ³When the weight is fully on the left foot, the right side of the body will turn, pivoting on the right heel. The right foot will turn from due east to northeast or 45 degrees right of north. The body will nearly be square to the front in a left forward stance.

4. Right Ward Off

¹Pivot 90 degrees to the right on your right toe. The body is primarily facing east. The arms turn a little naturally as the body turns. ²Step with the right foot lightly a few inches to the east touching first with the heel. As you step both arms drop and swing as a pendulum right to left toward your rear left side. Keeping the kua open, the body turns left. ³Sink on left turning left as the hands rise pulling toward your chest. ⁴Shift into right foot as the body turns right and the hands begin to move at chest level out away from the body toward the east. The stance is close to a right forward stance and the hands end with the right ahead of the left with the right hand horizontal palm toward you and the left behind the right in a vertical palm facing out. The last part of the movement has the palms moving as if a volleyball is between them. ⁵As your weight gets into the right foot, the left heel and body will pivot to the right. The technique projects toward the east. Any projection does not overpower the up and down balance and vertical sink that is present throughout all the movement.

5. Rollback

¹Remaining in the right forward stance, the waist turns right about 25 degrees. Your arms rotate (right one turns counter clockwise and palm facing out and left hand rotating counter clockwise) moving right under the right elbow. Body is projecting toward 25 degrees to the right of due east. ²Sink into right leg and shift to the left leg as the right arm bends to a vertical position and the left arm stays under the elbow as the body turns left. ³Toward the end of the turn and shift, the left arm drops in a pendulum swing toward the rear left.

6. Press

¹Sink on left leg as the left arm folds at the elbow and rises moving closer to your center chest meeting the right arm. ²Shift to right leg turning the body right as the palms touch at the palm heels. ³Press forward in this position toward the east.

7. Withdraw and Push

¹Sink on right leg shifting into the left leg turning the body to the left. The hands and arms separate during this shift to the left leg. The hands are rotating so that the back of your hands face outward close to your chest and apart about eight or ten inches. ²Sink on Left leg and shift to the right leg turning right and sending both hands out in front toward the east with a double palm out push.

8. Single Whip

¹Sink on right and turn left shifting to the left leg. The arms move across parallel to each other and to the ground from right to left. ²Sink on left leg and shift to right turning to the right. The left arm drops during this shift and the right wrist hook pulls in close to chest. Be sure to keep shoulder and elbow down. ³Stay on the right leg with the weight and turn the body left sending the right hand outward toward the northeast. As you make this turn left to send the wrist hook outward, pivot on the left ball of foot and the left arm stays near the right hip palm up. ⁴Step

with the left foot toward the west touching down lightly with the left heel. Sink keeping the weight about 60/40 turning right. This makes the left arm begin a counter clockwise large circle moving from right to left in front of the face. After this sink and during the left circle, shift to left leg. It will feel a little like you are backing in ahead of the left arm moving across the face. When the weight in the left leg heavy, the entire body turns left as the right foot pivots on the heel taking the right foot to the northwest or 45 degrees. The body in in a left forward stance facing the west. The turn of the body causes the right arm to move around with the body so that it ends still extended out from the body facing the north at the end of the movement palm down in wrist hook position. The left arm ends in a more vertical position with the left elbow nearly bent 90 degrees and the left palm is facing the west. The arm is sitting on the left perimeter. Perimeter refers to the vertical should width lines of the body.