

Tai Ch'i Notes

"a formal series of flowing, graceful, slow-motion movements designed to harmonize the circulation of energy (ch'i) around the body. Like yoga, tai chi is a good method of stress reduction and relaxation, and it also promotes flexibility, balance, and good body awareness."

-- Natural Health, Natural Medicine by Andrew Weil

First Section

Warm up... step out on your X (knees bent, back straight)... like water flowing as you shift your weight slowly front and back... normally all of your weight is going to be on one leg (centered as you shift and move to next position)... concentrate on your breathing, slowly from the belly, coordinated with movement especially the opening sequence.

* Opening sequence

inhalation as hands float upward then exhalation slowly down

* Circle hands

turn the rt foot out slightly as the hands move from lt to rt

* Step left

left hand curls slowly over lt leg and hold

* Stroke birds tail

rt hand circular movement over rt leg then joins lt to fore..

* Tai ch'i ball

you can feel the energy of this position...

* Turn lt ankle and step right

lt foot stays, weight is shifted first to rt as...

* Grasp sparrows tail

lt hand over inside forearm of rt, rt hand palm up, fingers lightly touching (rt hand)

* Take down sequence (Li, Chi, An)

turn both hands over, shift weight to lt...rt hand at shoulder height, press left palm to rt wrist across lt to rt...extend hands while exhale, inhale while bringing energy in

* Single whip

as bring hands over, shifting wt lt, turn rt foot in and hold

* First section turn

rt hand crane's beak, lt hand held like a mirror in front of face

* Turn rt and play P'ipa

rt hand, rt toes up (rt foot raised on heel)

* Turn left and strike with shoulder

rt hand swings down and finish holding a loaf of bread (waist high)

* White stork cools wings

rt hand up high, bend lt knee while on toes (lightly, lt foot

* Brush knee left

block (lt) & strike (rt)

* Strum lute

lt hand up, lt ft up (opposite of play P'ipa)

* Brush knee left (again)

* Brush knee right

as rt hand extends out from strike (rt), pause then circle lt hand back, rt hand palm over lt shoulder then block with rt, strike lt

* Brush knee left

* Strum lute

* Punch down and parry

turn lt ft out then step rt with fist over to rt hip

* Step left, parry and punch

slowly as lt hand parry, rt punch comes through as lt passes in front of rt fist (loosely held fist)

* Apparent closeness

open fist, lt hand under rt wrist then extends out, then drawn in with the breath, then slowly push out

* Turn right and feel the wall

palms out, hands lightly crossing fingertips, elevate slowly as move rt, then separate with wide arc (all encompassing)

* Step back (double weighted)

as arms come down then palms in, hands cross as go up...

* Closing sequence

separate hands as pass over the face and head, palms out then slowly lowered to thighs, then turn in touching thighs

* Bow from the waist

Second Section

* From the close of sect. 1, Turn lt ankle, step rt, and Carry tiger to the mountain

* Turn palms up and push through

* small hit (circle rt hand) over rt shoulder

* Take-down sequence (Li, Chi, An)

* Single whip

* Section two turn

at the end of single whip, turn lt palm up, then down again before horizontal motion begins (lt arm leads rt 90 deg)

* Half-step and fist under elbow

lt hand straight up center of body, rt fist under lt elbow

* Turn palms up, step back and repulse monkey (5 times)

step back on X, lt hand palm up hz front of belly, rt slow knocks off whatever it is your holding onto just as the wt is shifted to lt leg (rt arm in wide circular motion, head is turned to follow the hand)

* Carry tiger to the mountain

left arm outstretched angles behind the shoulder, rt arm to the gnd

cloud from lt to right...over while lt follows hz (palm dn) then lt up & rt dn follows...

* 1st section turn (out of cloud hands)

* High pat on horse's head

shift wt to rt leg, lt on toes, lt hand in near chest, rt circles wide over head, pll to gnd rt over lt then rt moves under to form block (wrist X, palms in)

* Step left, block, Toe kick (rt leg)

rt toes up as kick (movement is like knee reflex), keep leg up

* Step right, block, toe kick (lt leg)

* Reach behind w/ lt toe & turn 180 deg

* Block & heel kick (lt leg)

kick out with heel of foot, wt on rt leg, then lt toes lightly touch gnd as lower arms and begin turn rt, circle arm ...

* Brush knee left (block & strike)

* Brush knee right

straight away from outstretched rt arm...

* Pat tiger's head (2 times)

circle motion w/ rt hand

* Step lt & heavy down

swing both arms over head slowly, feel the wt come down on lt side

* Fan thru back

turn lt ankle in (can shift wt to rt, turn ankle in, wt back to lt) and step rt... fan with open back hand strike

* Step left, parry & punch

* Turn lt ankle out & block over lt knee

palms in, wrist X, rt outside lt inside then raise and separate

* Lateral kick

rt leg extended out, rt arm also out

* Feet parallel, double weighted, arms rt

* Step left and shoot tiger

turn lt ankle out and then shift wt to lt leg while rt loose fist is across chest, left hand circles wide then forms loose fist, thumbs almost touching as shift wt to rt leg, then turn on heel (lt ankle in) turn rt ankle out (also on heel) then ...

* Open rt hand, step rt & shoot tiger (rt ft. on X ^dir...pos kick)

open rt hand wide circle then loose fist joins left with thumbs almost touching as before... moving lt, wt still on rt leg turn lt ankle out wide then shift wt lt

* Turn left and feel the wall

lt leg is out front, wide circle both hands

* Block & heel kick right (keep up)

* Turn 180 deg

wt on lt leg, turn sharply to the rt, then lower rt leg (in front)

* Lower arms & foot and box ears (loose fists)

* Block & heel kick left, then 270 deg turn

prior to block, circle arms up over head, after kick, place lt foot down on X, turn ankle out, then turn to rt on rt heel, then step rt to complete the 270 deg turn (on X, rotate left ankle around to prepare for ...

* Block & heel kick right

* Lower rt leg and arm

* Small circle of arms, punch down & parry

* Step left, parry & punch

* Apparent closeness

* Turn rt and feel the wall

* Step back (double weighted)

* Closing sequence

* Bow from the waist