

At all times

Raise the spirit – Relax the sternum – Relax the hip – Relax your shoulders – Smile!

WC = Weight Centered, WL = Weight Left, WR = Weight Right

Tai Chi - A 36 movement form of the Yang style

WC - Starting position

1. Begin
 - a. Sink
 - b. Spread
2. Right defense
 - a. WL - Hold the ball
 - b. WR - Grasp the sparrow's tail
3. Pull and press
 - a. WL - Pull (Loi)
 - b. WR - Press (Chai)
4. Set back and push
 - a. WL - Set back
 - b. WR - Push (On)
5. Play the pipa (left)
 - a. WL - Left arm turns downward
 - b. Small stance, Arms in parallel
6. Brush knee, push (right)
 - a. Extend arm
 - b. Hand to the shoulder, Broad stance
 - c. WR - Brush knee and push
7. Hammer blow (left)
 - a. Raise hands
 - b. WL - Hammer blow, pull and push
8. Left defense and punch
 - a. Defense
 - b. WR - punch
9. Spread and push
 - a. WL - Spread
 - b. WR - Push (On)
10. Turn to left defense
 - a. WL - Turn
 - b. WR - Hold the ball
 - c. WL - Grasp the sparrow's tail
11. Pull and press
 - a. WR - Pull (Loi)
 - b. WL - Press (Chai)

12. Set back and push
 - a. WR - Set back
 - b. WL - Push (On)
13. Play the pipa (right)
 - a. WR - Left arm turns downward
 - b. Small stance, Arms in parallel
14. Brush knee, push (left)
 - a. Extend arm
 - b. Hand to the shoulder, Broad stance
 - c. WL - Brush knee and push
15. Brush knee, push (right) – As 7
16. Brush knee, push (left) – As 15
17. Hammer blow (right)
 - a. Raise hands
 - b. WR - Hammer blow, pull and push
18. Right defense and punch
 - a. Defense
 - b. WL - punch
19. Diagonal flight (left)
 - a. WR - Hands apart
 - b. WL - Diagonal flight
20. Right kick
 - a. Cross hands, close legs
 - b. Spread arms, kick
21. Left kick
 - a. Set down foot
 - b. WR - Cross hands, close legs
 - c. Spread arms, kick
22. Turn to left kick
 - a. Cross hands, set down foot
 - b. Turn
 - c. Spread arms, kick
23. Defend to brush knee, push (left)
 - a. Sink to defend
 - b. Set down foot
 - c. WL - Brush knee and push

24. Brush knee, push (right) – As 7
25. Low defense and punch
 - a. Turn out right foot, low defense
 - b. WL - Brush knee and low punch
26. Turn to right hammer blow
 - a. WR - Turn
 - b. WL - High defense
 - c. WR - Hammer blow (foot straight)
27. Right defense and punch – As 19
28. Backwards-stepping monkey (right)
 - a. WR - Spread
 - b. WL - Step back, pull and push
29. Backwards-stepping monkey (left)
 - a. Spread
 - b. WR - Step back, pull and push
30. Turn to left defense
 - a. Hold the ball
 - b. Turn and sink
 - c. WL - Pan
31. Cloud hands (right)
 - a. Center hands
 - b. Feet in parallel
 - c. WR - Step, Cloud hand
32. Cloud hands (left and right)
 - a. WL - Cloud hand
 - b. Foot diagonal
 - c. WR - Step, Cloud hand
33. Lotus kick (right)
 - a. WL - Lateral defense
 - b. Circle right foot
 - c. Lotus kick
34. Lotus kick (left) to corner punch
 - a. WR - Lateral defense
 - b. Circle left foot
 - c. Lotus kick
 - d. Feet in parallel, defense
35. Cross the hands
 - a. WL - Right foot in
 - b. WR - Feet in parallel, Cross hands
 - c. WC - Spread
36. Finish
 - a. Return to starting position
 - b. Rise