

Eight Energies and Five Directions

T'ai Chi ch'uan

Level One

Section one

- **Gather Chi with Three Circles**
 - **Grasping Sparrow's Tail Right**
 - **Rollback Left**
 - **Press Left**
 - **Hands Ride the Ocean Waves**
 - **The Monkey Retreats Right**
 - **Brush Knee Left**
 - **Pluck the Harp Right**
 - **Shoulder Strike Left**
- Repeat from Grasping Sparrow's Tail 3 times then close with Grasping sparrow's Tail and Cross Hands, or continue on with section two.

Section two

- **Grasping Sparrow's Tail Left**
 - **Rollback Right**
 - **Press Right**
 - **Hands Ride the Ocean wave**
 - **The Monkey Retreats Left**
 - **Brush Knee Right**
 - **Pluck the Harp Left**
 - **Shoulder Strike Right**
- Repeat from Grasping Sparrow's Tail 3 times then close with Grasping Sparrow's Tail and cross hands, or continue on to section Three.

Section three

- Perform section one to diagonal direction 4 times then close with cross hands, or continue with section four.

Section four

- Perform section two to diagonal direction 4 times then close with cross hands.

EIGHT ENERGIES FIVE DIRECTION

LEVEL ONE

Stand with your feet together, your hands in front of your body. Cradle your right hand in your left hand.

➤ Gather Chi With Three Circles:

Separate your hands to lift outward from your sides. Move upward, forming a straight line with your shoulders. Continue to move up while turning palms upward. Circle hands above your head and gather chi down into your head. Continue to move hands down to pass in front of face, palms down. At chest level begin to bend knees. With hands in front of abdomen step with left foot to stand shoulder width, feet parallel. Hands move parallel to the floor, as you gather chi to the sides by slowly circling hands, scooping around the front and into your sides. Straighten legs. With hands at your sides, face palms back. Let your hands begin to float up in front with your arms extended out. Your palms will be facing downward. Bring your arms to shoulder height. Drop your elbows to pull chi into your body. Then slowly lower your hands to your sides as you bend your knees.

➤ Grasping Sparrow's Tail Right:

Shift your weight to your left as you hold a ball on your left side, with left hand on top. Step towards the right. As you shift weight to grasp sparrows tail, rotate your hips and square to the right, turning back foot to 45 degrees. Left fingers will move to the right wrist and arms at 45 degrees toward an extended center.

➤ Rollback Left:

Rotate hands to turn right palm down and left palm up. Slowly shift weight back, as you turn hips left and extend arms downward for the rollback. Continue to circle arms up and behind to shoulder height. Your arms are parallel to the ground, and pointing behind. Weight is on left leg.

➤ Press Left:

Drop left elbow toward side and place left palm on right wrist. Rotate right, and face forward as you shift your weight forward onto right leg and press outward with hands. Hips are square to the front and right arm is parallel to the ground with palm toward centerline of body.

- Hands Ride the Ocean Waves:
Separate hands and extend arms forward with palms down. Sit back slowly while dropping elbows to bring hands in, then shift weight forward while extending arms out again to create an ocean wave pattern.
- Monkey Retreats Right:
Turn palms up and sit back while pulling elbows into your sides. Step behind with your right foot and continue to pull right hand down next to hip while turning left palm forward and moving hand out half way from left shoulder along shoulder line.
- Brush knee Left:
Rotate waist to the right and move hands out in opposite direction to be parallel with ground and in a straight line with shoulders. Turn palms up. Fold your arms to bring both hands to right shoulder. Rotate forward and sit down on your hips. Re-step with left foot. Shift your weight forward while brushing left hand above knee to circle around next to left hip. At the same time you will extend right hand halfway forward from shoulder line with palm facing forward. You are standing in a shoulder width forward stance with your left leg forward.
- Pluck the Harp Right:
Extend your right hand forward with your palm facing left. Take a half a step up with your back foot. As you sit back on to your right leg, pull your right hand back, as if strumming a harp, until your elbow is at your side. Pick up your left foot and set it down on the heel as you reach out and strum with your left hand, letting the movement complete with the left elbow across from the right hand.
- Shoulder Strike Left:
Step forward with your left foot and it turn inward 45 degrees. Drop your left hand in front of groin area and shift your weight to the left side, leading with your left shoulder. While shifting, rotate your hips to a 45 degrees angle.
- Grasp Sparrow's Tail Right:
Pick up right foot and step forwards (90 degrees. from the pluck harp position). Move hands together, outward along centerline, with left fingers on right wrist, as you shift your weight forward. You are standing in a shoulder width forward stance with your back foot at 45 degrees.

- *Turn Left Cross Hands:*
Separate hands and turn your palms down. Extend your arms forward. As you shift your weight onto your left leg, turn 90 degrees to the left. Shift your weight back onto your right leg and circle both arms outward in wide circles. Cross your hands in front of body at chest level, and then bring left foot back next to right foot. Drop your hands to your sides and straighten your legs.
- *Grasping Sparrow's Tail Left:*
 Hold a ball on the right side with your right hand on top. Step 90 degrees towards the left. As you shift weight to grasp sparrows tail, rotate your hips and square to the left, turning back foot to 45 degrees. Right fingers will move to the left wrist and arms at 45 degrees toward an extended center.
- *Rollback Right:*
 Rotate hands to turn left palm down and right palm up. Slowly shift weight back as you turn hips right, then extend arms downward for the rollback. Continue to circle arms up and behind to shoulder height. Your arms are parallel to the ground, and pointing behind. Weight is on right leg.
- *Press Right:*
 Drop right elbow toward side and place right palm on left wrist. Rotate left to face forward. As you shift your weight forward onto left leg, press outward with hands. Hips are square to the front and left arm is parallel to the ground with palm toward centerline of body.
- *Hands Ride the Ocean Waves:*
 Separate hands and extend arms forward with palms down. Sit back slowly while dropping elbows to bring hands in, then shift weight forward while extending arms out again to create an ocean wave pattern.
- *Monkey Retreats Left:*
 Turn palms up and sit back while pulling elbows into your sides. Step behind with your left foot and continue to pull left hand down next to hip while turning right palm forward and moving hand out half way from right shoulder along shoulder line.

Note: Instructions in italic format are for use when practicing the first section only (without the mirror image).

- **Brush knee Right:**
 Rotate waist to the left and move hands out in opposite direction to be parallel with ground and in a straight line with shoulders. Turn palms up. Fold your arms to bring both hands to the left shoulder. Rotate forward and sit down on your hips. Re-step with the right foot. Shift your weight forward while brushing right hand above knee to circle around next to right hip. At the same time you will extend left hand halfway forward from shoulder line with palm facing forward. You are standing in a shoulder width forward stance with your right leg forward.
- **Pluck the Harp left:**
 Extend your left hand forward with your palm facing right. Take a half a step up with your back foot. As you sit back on to your left leg, pull your left hand back, as if strumming a harp, until your elbow is at your side. Pick up your right foot and set it down on the heel as you reach out and strum with your right hand, letting the movement complete with the right elbow across from the left hand.
- **Shoulder Strike Right:**
 Step forwards with your right foot and turn it inward 45 degrees. Drop your right hand in front of groin area and shift your weight to the right side, leading with your right shoulder. While shifting, rotate your hips to a 45 degrees. angle.
- **Grasp Sparrow's Tail Left:**
 Pick up left foot, then step forwards (90 degrees. from the pluck harp position). Move hands together, outward along centerline, with right fingers on left wrist, as you shift your weight forward. You are standing in a shoulder width forward stance with your back foot at 45 degrees
- **Cross Hands:**
 Separate hands to shoulder width with palms down. Circle hands outwards as you shift your weight onto right leg. Cross your hands at chest level while bringing left foot next to right foot. Straighten legs and bring your hands to your sides.

This instruction sheet and companion CD is intended for use in conjunction with workshops and classes.

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