

T'ai Chi Ch'uan

Yang Style Form - Section 1

Be Still As a Mountain...

1. *Preparation, beginning*
2. *Grasping sparrow's tail, ward off left*
3. *Grasping sparrow's tail, ward off right*
4. *Grasping sparrow's tail, roll back*
5. *Grasping sparrow's tail, press*
6. *Grasping sparrow's tail, push*
7. *Single whip*
8. *Lift hands and advance*
9. *Shoulder strike transition*
10. *White crane spreads its wings*
11. *Brush knee, twist step left*
12. *Playing the lute*
13. *Brush knee, twist step left*
14. *Brush knee, twist step right*
15. *Brush knee, twist step left*
16. *Playing the lute*
17. *Step forward, side deflection, parry, and punch*
18. *Apparent closure*
19. *Cross hands*

*The motion should be rooted in the feet,
released through the legs,
controlled by the waist,
and manifested through the fingers.*

*The feet, legs, and waist
must act together simultaneously,
so that while stepping forward or back,
the timing and position are correct.*

*If the timing and position are not correct,
the body becomes disordered,
and the defect must be sought
in the legs and waist.*

...Move Like A Great River

** CHING by Chang feng San- From the T'AI CHI CH'UANG*