

Be Still As A Mountain...

T'ai Chi Ch'uan

Yang style form - Section three


- *Embrace tiger and return to the mountain*
- *Grasping sparrow's tail, ward off right, roll back, press, and push*
- *Single whip variation*
- *Parting the wild horses mane - three*
- *Grasping sparrow's tail, ward off right, roll back, press, and push*
- *Single whip*
- *Transition*
- *Fair lady working the shuttle*
- *Grasping sparrow's tail, ward off right, roll back, press, and push*
- *Single whip*
- *Wave hands like clouds - seven*
- *Single whip*
- *Snake creeps down*
- *Golden cock stands on one leg, right, left*
- *Repulse Monkey - five*
- *Diagonal flight*
- *Lift hands and advance*
- *Shoulder strike transition*
- *White crane spreads its wing*
- *Brush knee, twist step left*
- *Picking up the needle at the sea bottom*
- *Fanning across the back*
- *Turn with swinging blow - back fist*
- *Downward punch with one and one half twist up*
- *Side deflection, parry, and punch*
- *Stepping up, grasping sparrow's tail, ward off right, roll back, press, and push*
- *Single whip*
- *Wave hands like clouds - three*
- *Single whip*
- *Pat the high horse - feed the high horse*
- *Penetration palm*
- *Turn and kick with right heel*
- *Turn with swinging blow - back fist, sitting low*
- *Step up and punch the groin*
- *Step up, grasping sparrow's tail, ward off right, roll back, press, and push*
- *Single whip*
- *Snake creeps down*

Move Like A Great River

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- *Stepping up to seven stars*
- *Sitting back to ride the tiger*
- *Turn and sweep with the lotus kick*
- *Bending the bow to shoot the tiger*
- *Side deflection, parry, and punch*
- *Apparent closure*
- *Cross hands, conclusion*



*Insubstantial and substantial
should be clearly differentiated.*

*One place
has insubstantiality and substantiality;
every place
has the same insubstantiality and substantiality.*

*All parts of the body are strung together
without the slightest break.*

** from the TAI CHI CHUAN CHING by Chang Saa-feng*

...Move Like A Great River