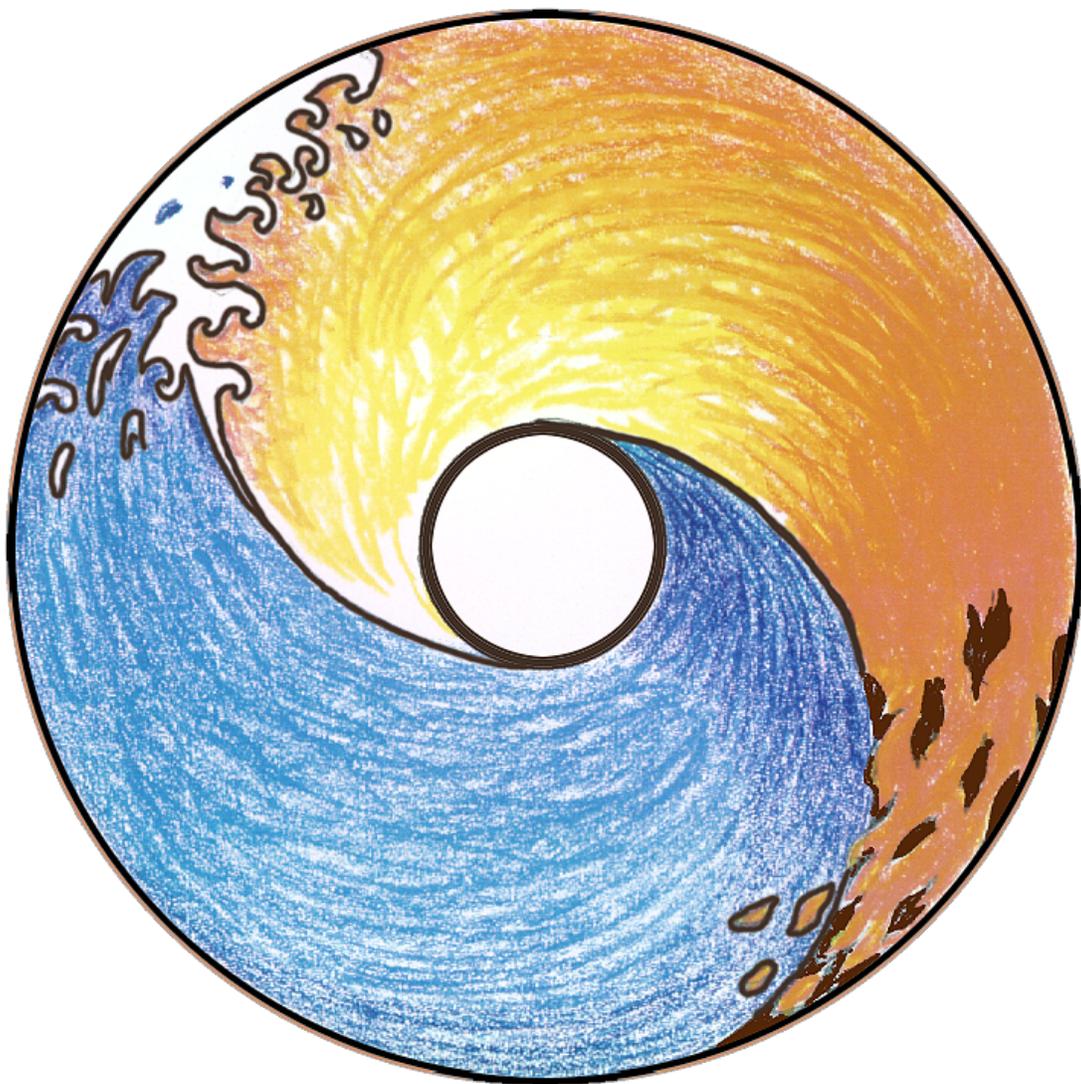


Tai Chi Basic Notes for Chen Style Classes



Tai Chi Classes

I - General

A - Definition - Tai Chi translates as “grand ultimate” and refers to the balance of major forces such as Yin and Yang. To balance the body properly and avoid extremes is the basis of Tai Chi meaning in regards to the health benefits. Sometimes you will see the term Tai Chi Chuan. Chuan refers to fist and gives reference to the fact that the creator of Tai Chi was a martial artist. You will also see the art spelled Taiji or Taijiquan.

B - History - We will not give the history of Tai Chi here, but will say that five Chinese families were involved heavily in the last 300 plus years of development. They were Chen, Yang, Wu, Wu/Hao and Sun Family. You will find that different groups will give the history in different ways. The arguments of who was first or who is best are not very helpful for anyone, because Tai Chi is a great art and the goal should be the discovery of what is good Tai Chi practice regardless of the style.

C - Benefits - Tai Chi has many benefits. On the health side *better circulation* may be the biggest. *Balance* is also a benefit. For Martial arts Tai Chi was a battlefield art that used weapons as well as empty hand technique. For those interested in a martial art that does not fight force and particular effective at close range, Tai Chi is an excellent art.

D - A Synthesis drawing from:

Chen Wang Ting, the founder combined:

- *Martial art* Movement from Ming Dynasty done slowly and smoothly.
- *Tao Yin* - which refers to exercises which leads and helps move the chi or energy
- Tuna (breathing exercise)
- *Chinese Medical Theory* - which teaches that energy flows through the body in circuits and things that help the energy flow are healing and things that don't are destructive. Therefore, Tai Chi focuses on keeping the body straight and relaxed so the circulation will be maximized.
- *Taoist Philosophy* - Taoist Philosophy encourages balance between Yin and Yang for harmony and unity and this general idea influenced the development of Tai Chi.
- *Silk Reeling Unitary Movement* - The whole body moves in a gentle spiraling action beginning at the Dan Tian or Ming Men point.

II - Basics

A - Fang Song - refers to loosening the body... We loosen the body through three methods. *Rotation, Static Stretching, and slinging or swinging*. Each method plays a role in loosening the body. When the body is loosened it is better for the

circulation of blood and chi. Sometimes we use a little massage to help the body loosen as well. Sometimes instead of our standard Tai Chi warmups we will do what is called a *Qi Gong* set. This term refers to many methods of exercises sequences which have been practiced for many centuries in China for the purpose of health. Tai Chi is one method of Qi Gong that happens to also be a martial art. Qi gong systems can be based on very simple exercises in order to stimulate Qi through the body.

The Qi Gong sets we use in the classes for warm up are: *Eight Pieces of Brocade*, *Master Li's sequence*, Zhu Tian Cai's Moving Tai Chi set, and Chen Bing's warm up sets. We use these from time to time to warm up in place of our usual fang song exercises.

B - Wuji - Wuji means empty, nothingness, no movement. It is the easiest place to develop the straight body that is required in Tai Chi. The stance is simple in that it is a shoulder width basic stance. It does have a number of requirements.

C - Turning - When one learns to sit in the legs fully in the Tai Chi postures, he/she will be able to turn the torso left and right without causing the knees to cut or turn in and out. This protection of the knees is essential for the health of the knees. The straight body and correct posture is the most important thing for a Tai Chi student.

D - Shifting Weight - Awareness of the body is an important basic and how to shift the weight from right leg to left and back *keeping the body straight*. After stepping lightly or empty, one sinks and establishes the foot. As you turn during the sink the body will naturally shift its center from one side to the next.

E - Stepping - In Tai Chi we take steps by placing the foot lightly with very little weight. Then we shift the weight or pour the weight into the foot that we stepped. We avoid dropping all the weight as the stepping foot touches the ground. When stepping forward touch with the heel and stepping backward is with the toe touching first. Sideways can vary between toe and heel.

F - Silk Reeling - Silk reeling or pulling silk is the core of the movement in Tai Chi. The entire body spirals with various rules or restrictions on certain parts of the body such as the knees. The spiral movement is created in the center or "dan dian" area and then like a wave it flows up and down from the center. The spiral twist in one direction and then reverses before reaching extreme states. This movement stimulates the circulation of blood and chi when done properly. There are many silk reeling exercises to develop this core movement.

G - Peng - Peng is the body tension state involving tension and relaxation. It is an inner flexibility created by a perfect mix of stretch and relax. Stretch, but don't go tense or rigid. Relax but don't go limp. One is always developing the Peng or proper body state and this should be maintained through the body during the Tai Chi exercise or form.

H - Breathing - The most basic instruction about breathing is to not hold your breath while you are practicing the warm ups or the Tai Chi basics. Next we want everyone to learn to breath using their mid-section muscles etc. We want to avoid just using the chest and upper body to breath. The purpose is that deep, soft, continuous belly breathing will help a lot in the goal to relax the body and mind. We start often with Natural Breathing which is expanding mid-section on the inhale and pulling the mid-section inward on the exhale. We also develop the opposite which is called Reverse Breathing. It is still using the mid section but on the inhale you pull the stomach inward and on the exhale you let the mid-section expand. Timing the breath with Tai Chi movements are not a priority but when one can move well enough, it is best to do the basic one arm silk reeling movement timed with the breath. It is not a hard rule, but in general one inhales when the arms go up or out and you exhale when the arms come down or inward. Timing the breath with movement or rather the movement with the breath can be done eventually but will take a while to develop.

III - Form

This is the sequence that throughout history was passed down in order to transmit the art. It contains choreographed movements that are practiced with the principles in order to achieve the many benefits of Tai Chi. There are many forms even within each style and there are many Tai Chi Styles that have there own sequence. The important thing is that one maintain the principles of Tai Chi. Which form or style pales in importance to learning what the basics and essence of Tai Chi is all about. Form is done slowly and smoothly and can take from 5 minutes to 1 hour to perform depending on the number of movements and the speed. Often the teacher will teach a mini-form before teaching a longer form. In Chen style we usually have two pre-forms before one attempts to do the long original form. So we have the Square Form, the 13 Form and then Laojia (Old Frame). The square form has 4 movements repeated for times for 16 movements altogether. The 13 form has 12 unique movements and Laojia has 72 movements. In Yang style we do the square form which is the first section done four directions. The main form is 64 movement. There is a longer original Yang form. We practice the 64 as we feel it has all the ingredients and of course it can be repeated for longer practice. There are also many weapon forms in Tai Chi as well. None of these are necessary to know Tai Chi. The most important thing is good alignment and then training the basics.

IV - Breakdown Of Each Area

Class Preparation

Please come to class being fully nourished and hydrated. If you have high or low sugar issues make sure you have done what is necessary to be balanced as you come to class. Please do not skip a meal before coming as it is not best to work out when hungry or full. Please know that you can sit any time to rest during the class. We have

a brief break for water in class and some sit during Wuji which is restful, but at any time you are not feeling right or weak, please feel free to sit and watch for a few minutes. If you are new to the class and the hour is too much physically, you may certainly rest during portions of the class.

Warm Up

Loosening the body is critical for all internal arts. There are three types of loosening exercises. The first is **Rotation**. Rotation controls the movement and normally uses a circular motion designed to find a pattern of stretch which does not go to the extreme in any direction. A wise pattern is selected and then repetition is done to help warm and loosen the body. The second kind of loosening is **static**. This is when you stretch a muscle and just hold it while stretching. This is best done when one is already warming up. The third type of loosening is **swinging or slinging**. This should be done gently and carefully and usually after warming a little bit.

All three types will work in different ways to help the process. In general Rotation is the safest at all times and the older the person, rotation will always work. Static is best after you are warm and swinging or slinging movement is best when you are warm. The latter two are higher risk of injury, but if done smartly will definitely enhance your body looseness. Looseness allows the chi to flow better through the body for health benefits.

The following warmups are only a few of many.

Wrist Circles - Clasp hands together fingers interlocking but loose. Keep wrist loose and form a smooth figure eight motion with one wrist higher while the other is lower. It is important to work toward a smooth round motion with the wrist.

Double Shoulder Circles start the fingers pivoting from an acupuncture point in the chest. This is called the zhong fu point in the chest. When you do this exercise try and have an equal arc to the rear of the body as you do to the front. This will determine the circle size. Remember not go to the extreme during the stretch.

Single Shoulder Swinging Motions - Depending on your shoulders condition you may do this a number of ways. If you have shoulder clicking or injuries, start with the circle in front of the body before gradually moving it to the side of the body. When your hand is at the top make sure you rotate your arm so that the thumb is facing down as it begins to descend. This is a very important point for this exercise. Build the stretch gradually. This exercise can be done as a rotation or as a slinging one if you drop your arm at the top with the speed of gravity.

If you are able to get your shoulders pretty much to the side, then you may want to develop this exercise with both arms simultaneously. This one must follow the same general rule regarding the thumbs downward when descending. Make sure to turn the body when the arms move to one side. This exercise is good for loosening the chest once you have a free rotation.

Double Inward Circle is a rotation. It is a large Circle and will get the Circulation moving quickly. Put practically all your weight on your rear leg during this exercise.

Single Whip to Back is an exercise to do with caution. It is a swinging exercise. Extend an arm upward high in front of you before letting the elbow fold so the palm can slap the back. Be careful, but you will find yourself loosening nicely after a few days.

Double Whipping back and forth. This is a similar stretch but at a little different angle. Again be careful. This swinging exercise lets the arms fall down with gravity speed before swinging back up and around to the opposite shoulder.

Teacup is a famous movement belonging to many styles. It is good for the shoulder wrist and chest. Be careful learning the pattern and make sure you turn your waist with the movement at the right time. Focus on your shoulder so you will not take it to the extreme. You can reverse the pattern as well.

Double Teacup is a terrific stretch for your back. Do according to the shape you are in and allow all these exercises to build gradually.

Rolling Forward. This is a circular motion in front of the body. Keep the kua open and let the turning of the waist control the speed of the arms.

Reverse Rolling. This is the reverse exercise of the one above. Wrist are turning on the liver point in the opposite direction.

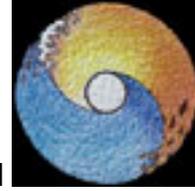
Outer Circles is used in about every art in some way. Focus on unitary movement. Start by keeping elbows close to body or a smaller circle.

Wuji

Why is Wuji So Important for Improving Health?

by Gaofei Yan and Jude Smallwood

I - In Chinese philosophy, Wuji means absolute quiet, void of any movement, thought or activity, complete nothingness? Wuji is the quiet before the very beginning or after the very end. Tai chi comes from Wuji and returns to Wuji and is represented by the center circle within the large circle of the Tai Chi symbol.



The Wuji is in the center part of the circle.

The exercise discussed in this article is based on this philosophy.

II - The Wuji exercise immediately reduces tension, even deep unconscious body tension which usually goes undetected. Often we are unaware of these “background” tensions but by the time we discover their unhealthy effect on us, it is too late. By then, they have contributed to minor discomforts like headaches, indigestion, high blood pressure and other ailments common in our high stress society. When these deep tensions continue unchecked, eventually they can result in serious illness, disease or injury.

Chinese Medicine teaches that tension (stress) will block the continuous smooth flow of chi. Because chi is the “leader of the blood, poor chi circulation will negatively influence the blood circulation causing the body to grow improperly. Without the nourishment provided by a strong chi/blood movement, our body becomes “dry” and stiff, unable to optimize organic performance. Good chi and blood flow enable the body’s systems to be “fluid” and soft in order to be successfully functional. Without good chi/blood circulation the total body, its organs, and its systems (nervous, circulatory, digestive, etc.), falls out of natural harmony resulting in sickness, weakness, systemic breakdowns, stress related illnesses and disorders. Chi flow stimulates blood flow which is vital for a good interchange of the internal energy necessary for good health.

When you develop the ability to relax completely and go into a deep “quiet,” in time, you will reduce and eventually reverse the damage produced by pressure and emotional or physical strain. Initially it may appear that nothing has changed outwardly but, in fact, much has changed internally. After practicing Wuji, many people discover that their face and hands become warm and red, and the flesh (as in the hands) appears more “puffy” and softer to the touch than usual. These traits are evidence of good “chi” circulation.

III - Today, we are more aware of how unhealthy emotions like anger, worry, fear, sadness and insecurity affect our physical well-being. Modern medicine emphasizes that stress and tension are the largest contributing factors for the alarming increase in heart disease, nervous disorders, weakness, mental failure, and general health breakdowns. The greatest killer in this country is stress and related illnesses or conditions.

According to the theory of Chinese Medicine, each emotion is directly related to a specific bodily function or organ, and that “quietness” or harmony helps the kidneys to heighten the hormonal system. It considers the kidney the most important organ of the body and directly connected to the hormone system. When the mind is quiet and

relaxed, the kidneys become stronger and more stable, and stimulate hormone production. Due to this increased hormonal surge, more energy/chi is manufactured. Then all bodily systems and organic material like bones, organs and skin in their turn feast on the chi and blood (refer to figure 3). If the kidney is denied quiet and stillness, energy decreases producing ill side effects like loss of strength. As a result, each organ and system, like the “domino effect” is adversely affected one after the other.

The “Domino Effect” of Stress On Our Health

Step 1 - Mind is Out of Harmony

Step 2 - Kidneys become Weak

Step 3 - Hormone Production Decreases

Step 4 - Less Energy/Chi Manufactured

Step 5 - The Entire Organic Body receives insufficient Nourishment from Chi and Blood

The Best Natural Way to Improve Health

Step 1 - Mind is Quiet and in Harmony

Step 2 - Kidneys become Stronger

Step 3 - Hormone Production Increases

Step 4 - More Energy/Chi is Manufactured

Step 5 - The Entire Organic Body Feasts on the Chi and the Blood

Step 6 - We become stronger from the inside to the outside

Popular and professional opinions unanimously agree that a nutritious diet, proper exercise, fresh air and correct sleeping habits are necessary to preserve good health. Physical exercises like body building, aerobics and yoga can draw chi to specific areas and also increase circulation. However, this represents a “short term” solution for long term health. This concept is better explained by the analogy of the ordinary battery.

When the battery’s circuit is properly connected and the voltage is increased, the tester bulb brightens. However, if the battery is not recharged or changed to a stronger one (represented by steps 1 through 4 from Figure 3), the bulb stays lit for a shorter period of time because the battery will be drained of power more quickly. Likewise, you can generate chi with exercise but if you do not include these steps, you are attempting to “light the bulb” without improving their battery. Based on this theory even people who

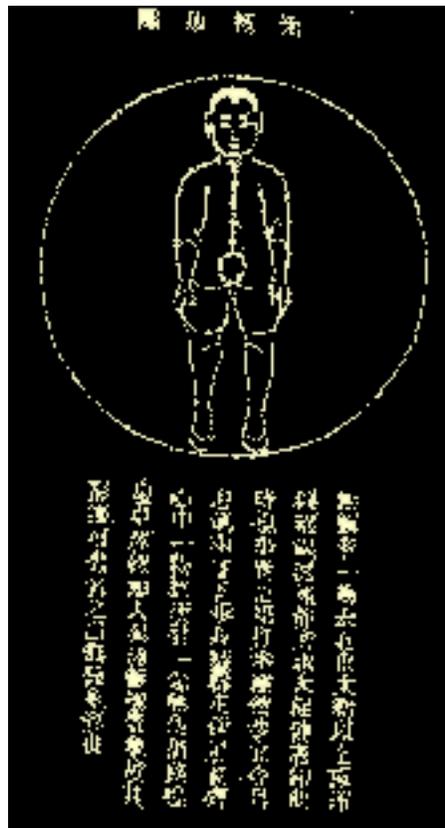
make absolutely no effort to maintain a long healthy life and are “just easy going” can actually out live the proverbial health fanatic. This is because the efforts of these health conscious people start after step five (5) and although they will burn their bulb brighter, it will burn for a shorter time with the same battery. An easy going person will burn his bulb at a consistently lower voltage for a longer period with the same battery (longer life.)

Everyday we witness many situations which define the critical role harmony plays in maintaining good health. We often hear of a person, who, in spite of making all the right choices to maintain good health, unexpectedly suffers a severe injury or crippling disease, or even dies prematurely. And yet, we observe the opposite where people survive to an old age even though they abused their body or had physical habits which would normally guarantee an early disease or even death. But somehow they live a long time with little or no suffering despite their poor living. Why? It is simple. Quite often the latter, for one reason or another, was able to give minimal attention to their stress and emotional challenges. Therefore, without realizing it, they were able to reduce or eliminate their worry and anxiety tremendously benefiting mental and physical health. People who can relax do not “empower” their daily tensions and are better able to nourish their “internal” body and physically resist the potential bad effects from such negative pressure. They automatically enjoy better health.

An old Chinese saying, “kind people have a long life”, has very sound physiological reasoning. By understanding the important role peace and quiet have on our health, we can see shy people in harmony (kind people) have a long life. They obviously and perhaps unknowingly, took good care of their peace of mind and were able to “let go” of internal obstructions. They experienced “quiet.”

IV - Wuji really is a simple exercise and you just have to follow the **steps** listed.

1. Stand naturally with the feet placed apart to the width of the shoulders. Place your hands to your side with the palms facing inwardly.
2. Close your eyes and smile a little. The tongue should naturally touch the roof of the mouth. Make certain that your body is straight with minimal or no muscle tension.
3. Imagine taking a shower inside your body, meaning that warm water at the top of the head would slowly trickle down while cleansing the whole body and exit from the bottom of the feet. Repeat this mental exercise three times.
4. Gently focus your mind on the lower abdomen (Dan tian) but do not force the attention. Visualize a calm, peaceful place like the middle of the ocean, top of a mountain or deep in the forest. Keep your focus there as long as you can.
5. Finish with the Wuji closing exercise.
6. Walk around for one or two minutes.



This exercise is a wonderful exercise! The goal is reach a state of nothingness, a calmness encountered only when you completely relax and release all tension and internal stress. The correct Wuji standing posture can be learned easily and with minimal daily exercise, it will soon benefit you mentally and physically. Good Wuji does not require a strict scheduling or special timing. You can start with three or five minutes at a time and do it as often as you can gradually increasing your practice time at your own pace. There is no rush to excel; the main objective is the quietude.

Successful meditation can help you gain tranquility but some styles of meditation do not really produce serenity as intended. They can consist of a series of complicated movements, imagination activity, visualization exercises, breath control techniques, and various other aversions. Most people need to relax deeply but are unable to and so they tend to pursue these meditations and exercises to help them. However, it is possible to be misled by technique which defeat the main purpose which is the attainment of peace and quiet. In addition, the extra expense and rescheduling might even contribute to their stress load.

V - Chinese Medicine has taught for thousands of years that, for all intents and purposes, proper exercise and nutrition are good but the most significant factor in good health is to first have peace and quiet, internal harmony. This is the key point

emphasized by Chen Xin, 16th generation Chen Family in his great works, Illustration of Chen Style Tai chi;

The mind is the director and control center of the body; the kidney is the source of life (the building and rejuvenating energy of the body.) We must clear our mind of all desires and distractions in order to build, protect and maintain a well developed foundation. When our foundation or root (mind and kidney is stable and strong, our body is also stable and strong like a well-rooted tree which produces flourishing leaves and healthy limbs. With a strong foundation, our body will perform well at anything we choose. This is the most important principal

No matter how many theories and concepts are practiced, there is none more important than clearing our minds of all distractions in order to build a good foundation. A good foundation increases Original Chi and is the source of our body's life force. As your body becomes stronger, your practice will develop much better than someone who doesn't understand and apply this primary principal.

When your mind is calm, you will experience conscious and unconscious changes. As you let go, you release muscle tension and distractions like pain and mental "chatter."

You then begin to enjoy the benefits of Wuji. Try it. See how deep into this quiet state you can go and what sensations you can experience.

Qi Gong - Qi refers to energy and Gong means exercise. This is a generic term that refers to all kinds of exercises that promote qi flow.

We practice four sets of Qi Gong - 1. *Eight Pieces of Brocade* 2. *Zhu Tian Cai's Set* 3. *Master Li Enjou's Set* and 4. *Chen Bing's Set*

Eight Pieces of Brocade

- 1) *Holding Heaven* - Improve digestion system. Good for weight control. Good for Heart (hands above head)
- 2) *Shooting A Bow* - Works on lung system. In traditional Chinese medicine theory, lung is related to skin. So it is good for keeping skin fresh and soft as well.
- 3) *Raising One Arm* - This exercise helps the spleen and stomach.
- 4) *Turning And Looking Backward* - Make people calm down and eliminate emotional problems.

- 5) Rotate The Body - Helps people recover from the overuse of their body.
- 6) Bending The Torso - It is good for kidney system. In traditional Chinese Medicine, kidney system includes reproduction and urinary systems.
- 7) Tightening Muscles - It will help you to build up strength.
- 8) Settling Down Whole Body - This is the finishing movement. Sink “qi” or “chi” - internal energy.

Zhu Tiancai’a Moving Tai Chi Set

1. Wuji Standing Pole Exercise
2. Supporting the Sky Exercise
3. Downward Pressing Palms Exercise
4. Grasping Qi Exercise
5. Spread Wings Exercise
6. Embrace the Ball Exercise
7. Opening and Closing Exercise
8. Turning the Waist Exercise
9. Beginning and Ending Exercise

Silk Reeling

Silk Reeling Exercises - The essence and Core of Tai Chi Chuan Silk Reeling has three components - 1. Turning (spiraling) 2. Stretch and 3. Relax. Peng in basics is stretched and relaxed and now by adding turning it becomes silk reeling. Silk reeling movement is suppose to produce internal energy in the body. The main silk reeling consist of the first two circles... outer and inner and then 4 combinations that can be done in reverse as well. Here are the main silk reeling exercises.

1. **Single Hand Outer on Top**
2. **Single Hand Inner on Top**

These two are combined in 4 combinations:

1. **Mirror** - Double Inward and Double Outward
2. **Cloud Hands and Reverse Cloud Hands**
3. **Chasing Hands and Reverse Chasing Hands**
4. **Open and Close and Reverse Open and Close**

SINGLE HAND CLOUD HANDS RIGHT HAND					
	Structure	Hand Height	Palm Facing	Body Facing	Weight Position
Position 1	<i>Body straight Left from top</i>	Dan Dian	Forward	25 D Right	Right Leg
Position 2	<i>Band at crease and knees Tongue touches palate Hips relaxed</i>	Dan Dian	Upward	Square	Left Leg
Position 3	<i>Balance on bubbling well Tees lightly grip Shoulders relaxed</i>	Shoulder	Down	30 D Left	Left Leg
Position 4	<i>Chest relaxed</i>	Shoulder	Outward	Square	Right Leg

Form

A - Square Form

The famous short square form (4 movements repeated 4 times)

Open Feet to Wuji Posture

Preparation

Three Breaths

1. Jing Gong

2. Lazy About Tying Coat

3. Six Sealing Four Closing

4. Single Whip

Repeat (1-4) 3 more times in 3 different directions

B - 13 Movement Form

Zhu Tiancai sequence taken from Lao Jia (Large Frame)

- Preparation
- Three Breaths
- Open Feet to Wuji

- 1. Jing Gong**
- 2. Lazy About Tying Coat**
- 3. Six Sealing Four Closing**
- 4. Single Whip**
- 5. Dragon on the Ground**
- 6. Golden Rooster Stands on One Leg**
- 7. Step Backward and Whirl Arms**
- 8. White Crane Spreads Wings**
- 9. Walk Obliquely**
- 10. Hidden Fist**
- 11. Double Lotus Kick**
- 12. Double Head Cannon Fist**
- 13. Jing Gong**

Lao da Jio - Chen Xiaowang - 72 movement

1. Preparation Form - Tai Ji Qi Shi
2. Buddha's Warrior Attendant Pounds Mortar - Jin Gung Dao Zhui

3. Lazily Tying Coat - Lan Zha Yi
4. Six Sealing and Four Closing - Liu Feng Si Bi
5. Single Whip - Tan Pien
6. Buddha's Warrior Attendant Pounds Mortar - Jin Gung Dao Zhui
7. White Crane Spreads Wings - Bai He Liang Chi
8. Walking Obliquely - Xie Xing
9. Brushing Knees - Lou Qi
10. Stepping Three Steps - Shang San Bu
11. Walking Obliquely - Xie Xing
12. Brushing Knees - Lou Qi
13. Stepping Three Steps - Shang San Bu
14. Hidden Thrust Punch and Whirling Upper Arms - Yan Shou Hong Quan
15. Buddha's Warrior Attendant Pounds Mortar - Jin Gung Dao Zhui
16. Flinging Body - Pie Sen Quan
17. Green Dragon Comes Out of Water - Ting Lung Chu Shui
18. Double Pushing Hands - Shuang Tui Shou
19. Fist Under Elbow - Zhou Di Kan Quan
20. Whirling Upper Arms - Dao Juan Hong
21. White Crane Spreads Wings - Bai He Liang Chi

22. Walking Obliquely - Xie Xing
23. Flashing the Arm - Shan Tong Bei
24. Hidden Thrust Punch/Whirling Upper Arms - Yan Shou Hong Quan

25. Six Sealing and Four Closing - Liu Feng Shi Bi
26. Single Whip - Tan Pien
27. Cloud Hands - Yun Shou
28. High Pat on Horse - Gao Tan Ma
29. Brushing the Right Foot - You Cha
30. Brushing the Left Foot - Zuo Cha
31. Kicking With the Left Heel and Following - Zuo Jiao Yi Deng
32. Forward Twist Step - Qian Zang Ao Bu
33. Punch the Ground - Zhi Di Chui
34. Kicking with Two Heels - Ti Erh Qi
35. Protecting the Heart - Hu Xing Quan
36. Whirlwind Foot - Xuan Feng Jiao
37. Kicking with the Right Heel/Following - You Yiao Yi Deng
38. Hidden Thrust Punch/Whirling Upper Arms - Yan Shou Hong Quan
39. Small Capturing - Shao Chin Na
40. Embracing Head and Pushing Mountain - Bao Tou Tui Shan
41. Six Sealing and Four Closing - Liu Feng Si Bi
42. Single Whip - Tan Pien

43. Forward Trick - Qian Zhao
44. Backward Trick - Xou Zhao
45. Parting the Wild Horse's Mane - Ye Ma Fen Zhong
46. Six Sealing and Four Closing - Liu Feng Si Bi
47. Single Whip - Tan Pien
48. Jade Maid Works Shuttles Yu Nu Chuan Shou
49. Lazily Tying Coat - Lan Zha Yi
50. Six Sealing and Four Closing - Liu Feng Si Bi
51. Single Whip - Tan Bien
52. Cloud Hands - Yun Shou
53. Waving Double Lotus - Shuang Bai Lian
54. Shake Foot and Stretch Down - Die Jiao Da Cha
55. Golden Rooster Stands on One Leg - Jin Ji Du Li
56. Whirling Upper Arms - Dao Juan Hong
57. White Crane Spreads Wings - Bai He Liang Chi
58. Walking Obliquely - Xie Xing
59. Flashing the Arm - Shan Tong Bei
60. Hidden Thrust Punch/Whirling Upper Arm - Yan Shou Hong Quan
61. Six Sealing and Four Closing - Liu Feng Si Bi

62. Single Whip - Tan Pien
63. Cloud Hands - Yun Shou
64. High Pat on Horse - Gao Tan Ma
65. Crossed Feet - Shi Zhi Jiao
66. Punch the Groin - Zhi Dang Chui
67. Ape Offers Wine - Yie Yuan Xian Guo
68. Six Sealing and Four Closing - Liu Feng Si Bi
69. Single Whip - Tan Pien
70. Tame the Tiger - Fu Hu
71. Stepping Forward to Form the Seven Star - Shang Bu Qi Xing
72. Stepping Back to Ride the Tiger - Xia Bu Kua Hu
73. Turn Back and Wave Double Lotus - Zhuan Shen Shuang Bai Lian
74. Cannon Fist - Paocui
75. Buddha's Warrior Attendant Pounds Mortar - Jing Gang Dao Zhui
76. Closing Form - Tai Ji Shou Si

You can learn more about the arts that I teach online at: www.chineseboxing.com
There is a link on the home page for the Local Classes such as Elite Health, Broward Wellness, Beach Community Center, John Knox and David Posnack JCC. If you wish to get occasional email from me regarding Tai Chi or events etc. related to Tai Chi, please give me your email and I will put you on a list that is not given out, but only to communicate things from me to you. My email is cbii@mac.com if you wish to send your email online to me.