



## The Tai Chi Set

### Stage One

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Traditionally, the Tai Chi Set is started facing 'south'. Whatever the starting direction, it is important to be consistent when orienting your body at the beginning the Tai Chi Set until the movements and turns become familiar.

#### Ready Stance

- Feet shoulder width apart, parallel; legs straight without locking knees
  - Body vertically aligned, centred, weight falling to midpoint between the feet
  - Head slightly inclined downward, with the feeling of the head being suspended from above
  - Tongue touching the roof of the mouth; mouth lightly closed
  - Shoulders and chest relaxed, arms at sides
  - Breathe naturally and easily without tension
  - Bend the wrists to raise the hands parallel to the ground, palms facing down, fingers pointing forward, to begin
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#### Ready Stance and Bow

- 1) Ready Stance
- 2) Bow: Incline upper body, approximately 45° forward, from waist
- 3) Return to Ready Stance

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1	<b>Opening movement</b>	<p>1) Hands to shoulder height                  2) Draw hands back                  3) Lower hands</p>	<p>Hands kept parallel to ground, shoulder width apart, extend the arms to raise them                  Towards shoulders, drop elbows, palms kept parallel to ground, and at shoulder height                  Down to original position</p>
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	1)	2)	3)
			
2	<b>First steps (1) of (3)</b>	<p>1) Lower body                  2) Set feet                    3) Set left hand</p>	<p>Bend knees and sink body, slightly                  a) Pivot right foot on toe (ball of foot)                  b) Lift, extend and place left heel in front, keeping heel shoulder width apart                  a) Hand extends left to shoulder height, palm out, then,                  b) Palm curves to front, facing in, fingers pointing right</p>
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	1)	2)	3)
			



2	<b>First steps</b> (2) of (3)	<p>1) Set right hand</p> <p>2) Place left foot</p> <p>3) Shift forward</p>	<p>a) Right hand extends right to shoulder height, palm out</p> <p>b) Right hand continues, to arc up, forward, then down, to face left palm, right fingers pointing up</p> <p>Pivot left foot on heel, and place flat at angle (about 45°)</p> <p>Shift forward, to body diagonal</p>
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2	<b>First steps</b> (3) of (3)	<p>1) Lift right elbow</p> <p>2) Extend right hand</p> <p>3) Body turns right</p>	<p>Right elbow rises, right fingers point left</p> <p>Arm arcs from elbow to extend hand, diagonal to body, line up right wrist with left fingers</p> <p>a) Rotate palms, to face opposite directions, then,</p> <p>b) Turn body right, body becomes vertical as right heel rises (right foot on toes), weight on left leg</p> <p>c) Palms facing outward, above eye level, right palm slightly higher, to finish posture</p>
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3	<b>Seven stars stance</b>	<ul style="list-style-type: none"> <li>1) Set right heel</li> <li>2) Set left hand</li> <li>3) Set right hand</li> </ul>	<ul style="list-style-type: none"> <li>Lift, extend and place right heel</li> <li>Circle arm down, hand to chest level, palm facing right</li> <li>Circle arm down, right hand above left, right wrist to left middle finger, palm faces left</li> </ul>
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4	<b>Grasp bird's tail (1) of (2)</b>	<ul style="list-style-type: none"> <li>1) Bowing</li> <li>2) Shift forward</li> <li>3) Twist right</li> </ul>	<ul style="list-style-type: none"> <li>a) Rotate hands, to right palm up, left palm down</li> <li>b) Bow from waist (to upper body diagonal)</li> <li>a) Root right foot</li> <li>b) Shift forward as body twists slightly to leftward, body posture diagonal from head to back heel</li> <li>Twist from hips to face rightward</li> </ul>
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4	<b>Grasp bird's tail</b> (2) of (2)	<p>1) Shift back</p> <p>2) Bowing</p> <p>3) Shift forward</p>	<p>Shift weight to back leg, body vertical, front toes come up, still facing slightly rightward</p> <p>a) Rotate hands, to right palm down, left palm up, twist body slightly leftward to centre, and,</p> <p>b) Bow from waist, to upper body diagonal</p> <p>Root front foot, shift forward, to body diagonal, twist leftward slightly</p>
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5	<b>Single whip</b>	<p>1) Set right hand, foot</p> <p>2) Place left foot</p> <p>3) Set single whip</p>	<p>a) Rotate &amp; circle right wrist and form 'beak', bending at wrist, fingers together, pointing down, and,</p> <p>b) Pivot on right heel and root foot</p> <p>Lift, extend and place left foot, leftward, slightly wider than shoulder width, align heels</p> <p>a) Shift body left, twist slightly leftward to centre body, body to vertical</p> <p>b) Move, rotate and extend left hand to set to left side, palm outward, fingers pointing up, wrist at shoulder height</p>
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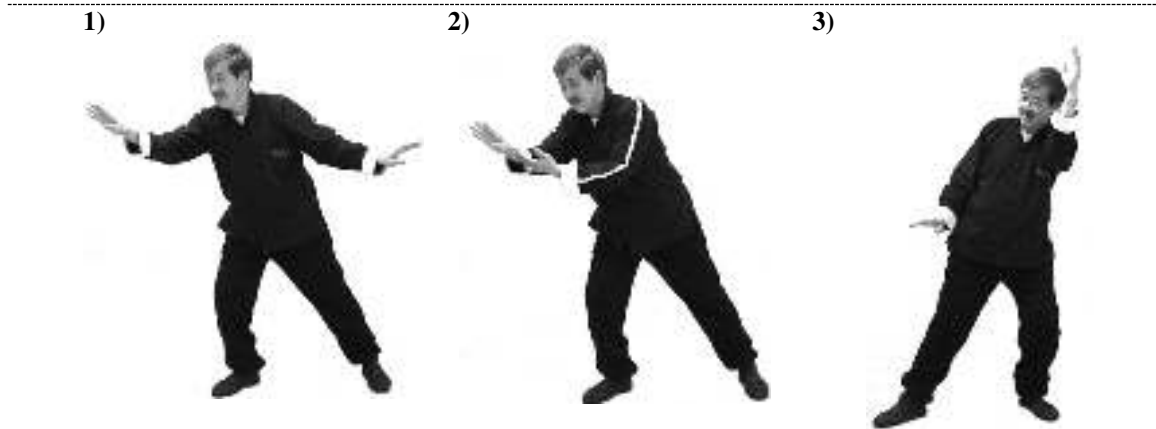


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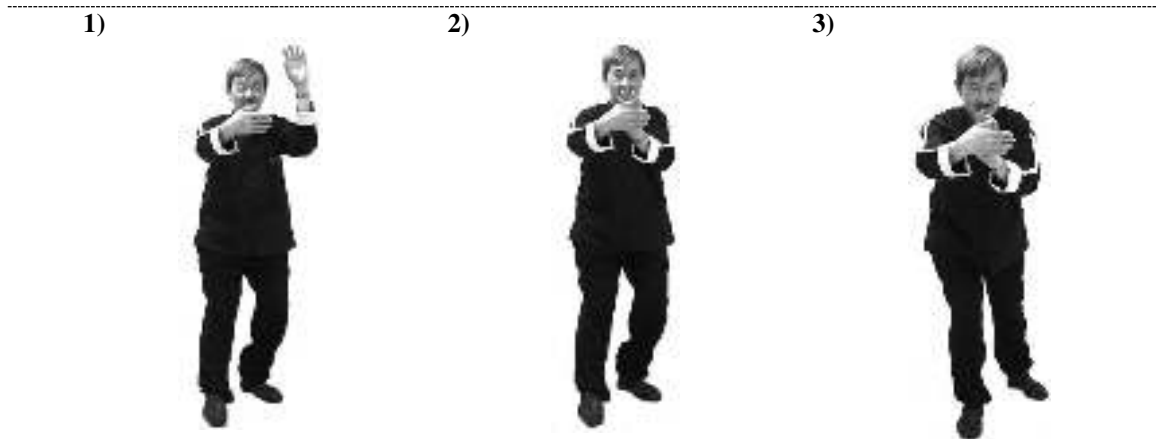




6	<b>Flying oblique</b>	<ul style="list-style-type: none"> <li>1) Shift right</li> <li>2) Set left arm</li> <li>3) Set flying oblique</li> </ul>	<ul style="list-style-type: none"> <li>a) Hands flatten, then,</li> <li>b) Shift right, body diagonal from head to left heel</li> <li>Left arm arcs down (from shoulder), then up, to place left hand to right wrist (left middle finger touches right wrist)</li> <li>a) Shift left, body oblique from head to right heel, as,</li> <li>b) Left arm arcs up, elbow to shoulder height, palm facing outward, and,</li> <li>c) Right hand lowers to waist level, palm parallel to ground</li> </ul>
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7	<b>Raise hands and step up (1) of (2)</b>	<ul style="list-style-type: none"> <li>1) Set body</li> <li>2) Set left hand</li> <li>3) Shift forward</li> </ul>	<ul style="list-style-type: none"> <li>a) Rotate (twist) body from oblique to vertical</li> <li>b) Right hand to front, chin level, palm facing in, fingers point left</li> <li>c) Draw in right foot, lift, extend and place right heel, front</li> <li>Left palm draws down; left palm to right palm, facing</li> <li>a) Root right foot, then,</li> <li>b) Shift forward, to body diagonal</li> </ul>
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7	<b>Raise hands and step up</b> (2 of 2)	<p>1) Step up</p> <p>2) Sit back</p> <p>3) Coming up</p>	<p>With left foot, to feet parallel, shoulder width apart</p> <p>Straighten back from hips ('sit back'), body to vertical, both knees slightly bent</p> <p>a) Right wrist pulls up and opens, to palm facing forward, elbow at shoulder height, as,</p> <p>b) Left hand lowers to side, to palm facing ground, and</p> <p>c) Legs straighten ('unbend' knees); do not lock knees as body rises slightly</p>
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8	<b>White stork flaps its wings</b> (1 of 2)	<p>1) Bend forward</p> <p>2) Twist to left</p> <p>3) Circle left hand up</p>	<p>Bend forward, from waist, keeping head and right palm facing forward</p> <p>From the waist (hips)</p> <p>Initiate the movement from the shoulder to place left hand slightly above right</p>
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8	<b>White stork flaps its wings</b> (2) of (2)	<p>1) Body to vertical</p> <p>2) Twist body rightward</p> <p>3) Lower arms and set hands</p>	<p>From the waist (hips), raise body to vertical, still facing the same direction</p> <p>Twist from waist (hips) to centre body to original starting direction</p> <p>a) Left palm faces rightward, left fingers point up</p> <p>b) Right palm faces across body ('curl' right wrist), as right fingers point left (to middle of left palm)</p> <p>c) Drop elbows, lowering wrists to shoulder height, as wrists square with shoulder</p>
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9	<b>Brush knee, twist step</b> (1) of (4) (right)	<p>1) Turn left</p> <p>2) Twist right</p> <p>3) Complete brush knee</p>	<p>a) Pivot on right 'toe' (ball of foot), and</p> <p>b) Left heel, left toes come up, to turn left</p> <p>a) Adjust left heel slightly to diagonal left</p> <p>b) Lift left elbow, position hands palm to palm, and,</p> <p>c) Twist rightward from waist</p> <p>a) Right hand slides around left hand</p> <p>b) Root left foot</p> <p>c) Shift forward to body diagonal, left hand lowers to brush knee, as right hand spirals forward, palm facing out</p> <p>d) Pivot on back 'toe' (ball of foot) to straighten foot, slightly</p>
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9	<b>Brush knee, twist step</b> (2) of (4) (right)	1) Shift back	a) Pivot back foot on 'toe' (ball of foot) to angle, and shift back, raise front toes, body to vertical b) Right hand draws in, at chest level, rotates to palm facing left c) Left arm circles up, left hand above right hand
		2) Twist right	a) Position hands palm to palm, by raising left elbow, pulling back right wrist and palm b) Twist rightward from waist
		3) Complete brush knee	a) Right hand slides around left b) Root front foot c) Shift forward and set hands, body diagonal d) Pivot on back 'toe' (ball of foot) to straighten foot, slightly

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9	<b>Brush knee, twist step</b> (3) of (4) (left)	1) Step up	a) Pivot on front 'toe' (ball of foot) to angle front (left) foot b) Body becomes vertical c) Lift, extend and place right heel forward (step up), toes up
		2) Twist left	a) Lift left hand, arc right hand back, position palm to palm b) Twist to left from waist
		3) Complete brush knee	a) Left hand slides around right b) Root right (front) foot and shift forward, body diagonal c) Right hand lowers to 'brush' right knee, left hand spirals forward d) Pivot slightly on back toe/ball of foot (straighten foot)

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9	<b>Brush knee, twist step</b> (4) of (4) (right)	1) Step up	a) Pivot on front (right) toe/ball of foot, to angle foot b) Body vertical c) Lift, extend and place left foot forward on heel (step up), front toes up
		2) Twist right	a) Lift right hand, left hand arcs back, position hands palm to palm b) Twist rightward from waist
		3) Complete brush knee	a) Right hand slides around left b) Root left foot and shift forward to body diagonal c) Position hands; left hand lowers ('brush knee'), right hand spirals forward d) Pivot slightly on back toe/ball of foot (straighten foot)

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10	<b>Hand strums the lute</b> (1) of (2)	1) Shift back	a) Pivot on back (right) toe/ball of foot, to angle foot, shift back, body vertical, front (left) toes come up b) Right hand draws back to centre of chest, rotate to palm facing left
		2) Set left hand	Left hand circles up to position above right hand
		3) Bowing	a) Rotate hands, left palm down, right palm up, and b) Bow from waist, upper body diagonal

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10	<b>Hand strums the lute</b> (2) of (2)	<p>1) Circle and shift</p> <p>2) Step up</p> <p>3) Straighten body</p>	<p>a) Root left foot</p> <p>b) Shift forward while circling body (and hands) to left diagonal</p> <p>Place right foot parallel to left, shoulder width apart, body still inclined forward, both knees slightly bent</p> <p>a) Straighten back to body vertical ('sit back', use the waist), twist slightly right to centre</p> <p>b) Hands draw in to centre line of body, as body rises slightly</p>
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11	<b>Step up, parry and punch</b> (1) of (2)	<p>1) Step up</p> <p>2) Circling (with right fist, then open)</p> <p>3) Shift back (with right fist)</p>	<p>Sink body, pivot on right toe, lift, extend and place left heel</p> <p>a) Form fist with right hand (under left palm)</p> <p>b) Twist body to right</p> <p>c) Root left foot and shift forward, circling body and twisting to left diagonal, while,</p> <p>d) Rotating, circling and opening right fist under left palm</p> <p>a) Form fist with right hand</p> <p>b) Shift body back to vertical, front toes come up, as,</p> <p>c) Right fist draws back to waist, left hand centres at chest level, palm out</p>
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11	<b>Step up, parry and punch (2) of (2)</b>	1) Parry	a) Rotate left palm to face body, and b) Twist body to right
		2) Centre body	a) Left arm drops across body, palm down, as, b) Body twists left to centre
		3) Punch	a) Root left foot, and shift forward to body diagonal, as b) Right fist punches, left hand touches right elbow joint from top at finish, and, c) Pivot on back toe/ball of foot (straighten foot)

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12	<b>Shutting a door</b>	1) Shift back	a) Open right fist, and turn to palm facing up b) Left hand to under right elbow, palm facing up, then, c) Pivot back 'toe' (ball of foot), shift back, body vertical, front toes up d) Left arm swings up, left and right wrists square with shoulders
		2) Shift forward (push)	a) Turn palms outward (rotate forearms) b) Root left foot, shift forward, to body diagonal, pivot on back toe/ball of foot (straighten foot)
		3) Lower arms	Lower the arms from the shoulder joints, palms face downwards, wrists at about waist level

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13	<b>Carry tiger to mountain</b>	1) Prepare to turn	a) Turn palms to face outward (rotate forearms) b) Pivot on left heel (use the whole leg, from hip), root foot
		2) Turn	Turn right, to body oblique, right toes come up
		3) Shifting	a) Root right foot and shift rightward, to body diagonal from head to left heel b) Right hand to shoulder level in direction of right toes, left hand to slightly below shoulder level in direction of left toes, both palms face up

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14	<b>(1<sup>st</sup>) Cross hands</b>	1) Set right foot and hands	a) Turn over hands, to palms down b) Pivot on right heel
		2) Centre body	a) Place left foot parallel to right foot, approximately shoulder width apart b) Shift body to vertical, left hand rises slightly to shoulder level, body symmetrical, weight on both legs, knees slightly bent
		3) Cross hands	a) Hands draw across front of body, wrists at shoulder height, and, b) Cross at chin level, hand edges facing out, right hand outside c) Body rises slightly ('unbend' knees)

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End of Stage One

Temporary Closing or Continue to Stage Two



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**Temporary Closing**

- a) Form 'beaks' with both hands, wrists turn to point 'beaks' in, then turn to face downwards and start to open, to
- b) Right palm below left palm (fingers facing across body, right to left, and left to right), palms parallel to ground, elbows down, wrists (hands) at about chest level
- c) Hands open to shoulder width, fingers point forward, as palms stay parallel to ground and descend to sides

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b)



c)



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**Bow and Return to Ready Stance**

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