TAI CHI

PRINCIPLES FOR LIFE

- Body soft and relaxed but connected up and energised
- Spine open and upright (Raise the Spirit)
- Feet shoulder width apart for stability
- Moving from centre
- Using the intention
- Sink shoulders and elbows
- Deep, still centre
- Looking straight ahead but aware of peripheral vision
- Continuous, flowing movement
- Finding balance
- Responding with choice, not reacting
- Being in the moment
- Letting go
- Smile and enjoy…..!

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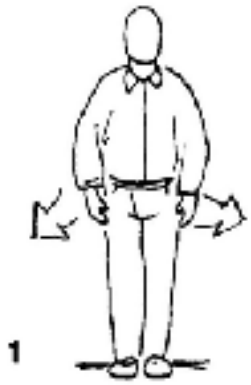
TAI CHI 4 DIRECTIONS FORM

PREPARATION



1a Stand feet together (Wu Ji)
1b Separate feet shoulder width; expand elbows to side;

2 Double weight, palms down.

RAISE THE ENERGY

3 Raise arms to just below shoulder level

4 Lower arms back to side of hips

CIRCLE

5 Circle palms from right to left

6 Bend knees;
open right foot to 45

HOLD THE BALL

7 Hold ball right;
weight on right foot

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SINGLE WARD OFF

8 Turn to front;
Step forward with left foot;
left hand to mouth level;
right hand to thigh.

9 Right hand towards left knee;
Hold the Ball to left;
Turn to right; release right heel.

GRASP THE SPARROW'S TAIL

10 Replace heel;
Weight forward to right leg;
Right hand to mouth level;
Left foot pivots on heel to 45
Double Ward Off right

11 Turn hands over (left palm up);
Roll back left - **Lui**

12 Support right wrist with left palm;
Press right hand forward - **Jai**

13 Slide left hand over right

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14 Sit back; arms to chest

15 Move forwards; Double push - **An**

16 Step up with left foot; double weight

Palms down; straighten legs.
Return to Mountain
Begin again from 2

Keep going round …….

LW
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