

T'ai chi ch'üan (Tai ji quan)

The first 17 movements



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| 1 Opening of Tai Ji | 太極起式 |
| 2 Left grasp bird's tail | 左攬雀尾 |
| 3 Grasp bird's tail | 攬雀尾 |
| 4 Whip to one side (Single whip) | 單鞭 |
| 5 Raise hands, turn up | 提手上勢 |
| 6 White crane cools wings | 白鶴涼翅 |
| 7 Brush knee (left) | 摟膝(左) |
| 8 Strum the <i>pei-pa</i> | 手揮琵琶 |
| 9 Brush knee, twist step (left) | 摟膝拗步(左) |
| 10 Brush knee, twist step (right) | 摟膝拗步(右) |
| 11 Brush knee (left) | 摟膝(左) |
| 12 Strum the <i>pei-pa</i> | 手揮琵琶 |
| 13 Brush knee, twist step (left) | 摟膝拗步(左) |
| 14 Chop with fist | 撇身捶 |
| 15 Step up, deflect, parry, punch | 進步搬攔捶 |
| 16 Appear to close entrance | 如封似閉 |
| 17 Cross hands | 十字手 |

Mr Moy's "five principles"

1. 45° step
2. front knee above ankle
3. square the hips
4. straight line from head to heel
5. equal and opposite forces

The "three treasures" of Master Peng

1. Don-yu (Squat waist) 蹲腰
2. Tor-yu (Drag waist) 拖腰 and Push Hands 揉手
3. Zhan Zhuang - Standing postures ("stand like a stake") 站樁