

Tai Chi



Lee style foot placement

Weight distribution



100%

80%

50%



0%

20%

Start



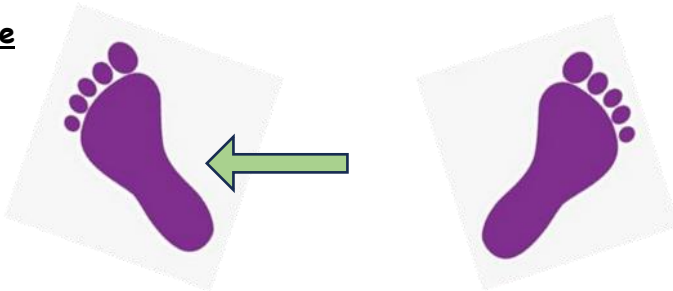
Eagle

Knees relaxed and not locked

Arms by your side, shoulders relaxed

Back straight but not forced

Prepare



Bear

As you breath out

Left foot moves to left

Heel down first and roll to toes

1



Eagle

Breathing in

Left foot returns to Eagle

Hands come to the front to lower dan tian, palms down and fingers pointing to each other

2



Eagle

Breathing out

Feet do not move

Hands float up in an arc in front of you eyes follow them until they are above your head with palms facing upward

3



Eagle

Breathing in

Feet do not move

Hands float back down and eyes follow them until looking straight ahead.

Hands keep going until back to start then turn to palm up

4



Right Dragon

Breathing out

Right foot moves forward and to the right Left foot rotates on the heel to the right. Hands go forward, palms up, left fingertips at right wrist at waist height. Do not lean forward your body should be upright



5



Right Monkey

Breathing in

Weight moves back onto left foot, toes raise on right foot heel just resting on floor. Hands go round a ball and come back then face palm to palm. Left finger tips still at right wrist
(Play guitar)



6



Right Dragon

Breathing out

Right foot moves back and turns on heel to the right.

Left foot rotates on the heel to the right. Right hand drops to the dan tian. Left hand drops in front of right. Hands extend forward as in move 4. Do not lean forward your body should be upright.



7



Right Monkey

Breathing in

Weight moves back onto left foot, right foot moves back slightly and toes raise, heel just resting on floor. Hands go over a ball and come back palms facing each other, elbows are next to the waist, armpits open



8



Right Dragon

Breathing out

Hands drop down then back to back come up the centre line until at

shoulder height, palms face the shoulders. Right foot steps forward slightly, weight moves forward and the arms arc forward and down



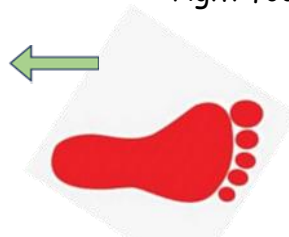
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Right Monkey

Breathing in

Weight moves back onto left foot, right foot moves back slightly and toes raise, heel just resting on floor. Arms come back towards the body



10



Right Dragon

Breathing out
Right foot steps forward slightly.
Hands turn palms away and push forward and upward. Do not lean forward



11



Right Monkey

Breathing in
Weight moves back onto left foot, toes raise on right foot, heel just resting on floor. Arms come back with the body

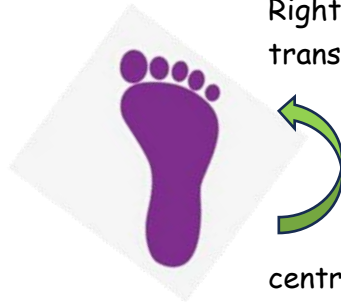


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Riding Horse

Breathing out
Right foot turns to the front, weight transfers to right foot and step out with the left foot. Hands push out to the sides then rise above the head, left in front of right. They come down the centre line and back out to the sides



13



Right Leopard

Breathing in
Weight transfers mostly to the right leg and the left leg straightens. The right hand comes across the body and the palm is in front of the right shoulder. The left hand comes across the body and is palm up under the left elbow



14

Eagle

Breathing out

The left foot comes back to the right and the right turns out. The left hand drops down to the left side and the right comes up to a salute



15

Eagle

Breathing in

The body turns at the waist to the left



16

Eagle

Breathing out

The body turns at the waist to the front. The left hand comes up to a salute



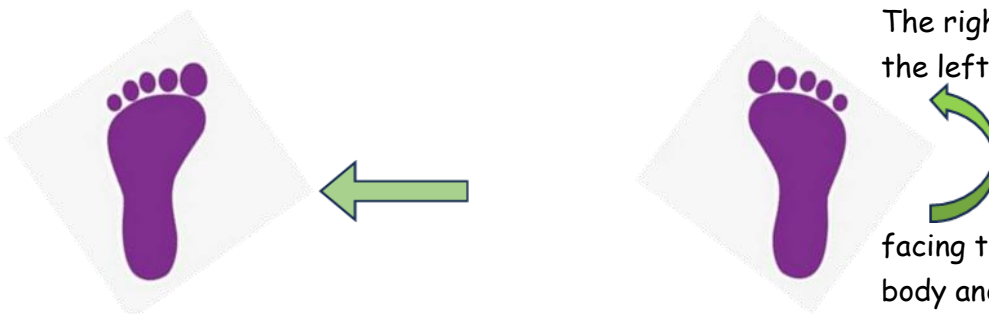
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Riding Horse

Breathing in

The right foot turns to the front and the left foot steps out to the left.

The hands come down in an arc to the lower dan tian, left in front of right, palms facing the body. Turn palms away from body and then up to protect the throat



18



Left Dragon

Breathing out

Weight transfers to right leg, step in and forward and weight transfers mostly to the left. Left hand drops to lower dan tian, palm up. Right hand goes to chest, palm down (Holding ball)



19



Right Duck

Breathing in

Weight transfers to right leg, step back with left, weight transfers mostly to the left. Both hands turn clockwise as if turning a steering wheel so the left is at chest, right is at lower dan tian (Holding ball)



20



Right Dragon

Breathing out

The waist turns to the left and the right hand turns palm down. Waist turns to the front and right foot steps slightly forward. Left hand pushes down, right pushes up and forward to protect head



21

Right Cat

Breathing in

Weight goes back to left leg completely
Right foot comes back and just toes touch the floor, no weight.

The right hand 'grasps the sparrows tail' and comes back so it is under the left elbow, the left hand rises to head height, palm facing right



22

Right Dragon

Breathing out

Right foot moves back and turns on heel to the right.

Left foot rotates on the heel to the right. The hands move to the right with the right extended still in a loose fist and the left guarding the elbow of the right
Do not lean forward your body should be upright.

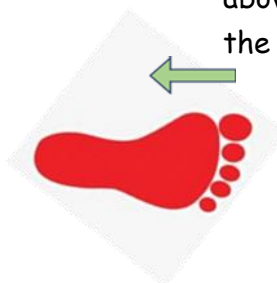


23

Right Monkey

Breathing in

Open the right hand so the palm is facing up, turn the hand anti-clockwise as if going over a small ball, palm down, turn the palm to face left and rises above the head. Weight moves back to the left leg and right hand drops to point to ground, palm left, toes on right foot lift.



24

Right Leopard

Breathing out



Right hand comes up centre line, left hand drops then up until both hands at chest height, right in front of left. Step out with right foot to the right, hands rise and go out to right side and left foot turns to the left

25

Left Cat

Breathing in



26

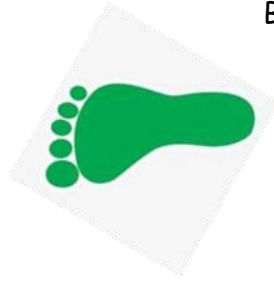
Left Dragon

Breathing out



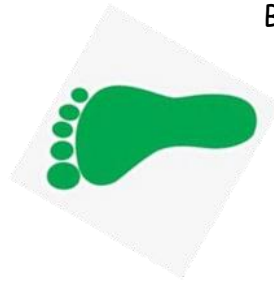
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Left Crane
Breathing in



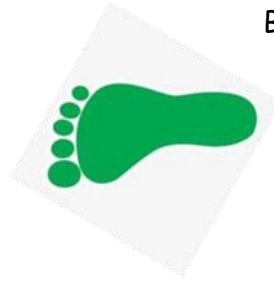
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Left Dog
Breathing out



29

Left Monkey
Breathing in



30

Left Dragon
Breathing out



Recommended viewing:

<https://www.youtube.com/watch?v=kUJv2kfG8jw>

This video shows the form up to move 50