

Tai Chi Project Beginner Forms

"Learning a New Language"

Naming the Tai Chi Chuan Form Movements

WARM UP MOVEMENTS

1. Knocking at the Gate of Life
2. Kiss the Toe
3. Walking on Ice in the Dark
4. Boat Rows

YANG STYLE...3 is the magic number

13 Original Postures Form:

Infinity Pose

Hands up You Down

Lion Plays with the Ball (right)

Ward Off (Left)

Grasp Sparrows Tail Sequence (right):

Ward Off

Roll Back

Press

Push

Repeat Grasp Sparrows Tail Sequence (left)

Crosshands

Long River Boxing Form:

Infinity Pose

Hands up You Down

Lion Plays with the Ball (right)

Ward Off (Left)

Grasp Sparrows Tail Sequence (right):

Ward Off

Roll Back

Press

Push

Single Whip

Intercept and Punch

Withdraw and Push

Crosshands

Part 1 Short Form of 108

Hands up You Down
Lion Plays with the Ball (right)
Ward Off (Left)

Grasp Sparrows Tail Sequence (right):

Ward Off
Roll Back
Press
Push

Single Whip
Lift Hands
White Crane Cools Wings

Brush Knee Left/Play Guitar/Brush Knee Left
Brush Knee Right
Brush Knee Left/Play Guitar/Brush Knee Left

Intercept and Punch
Withdraw and Push
Crosshands

The Eight Silken Forms

1. Introduction
2. Pressing Heaven with Both Hands
3. Pointing Out the Eagle
4. Reviewing the Four Corners
5. Forming the Force
6. Upon A Divine Horse
7. With a Gentle Fist
8. Welling the Life Root