

Guide to the Tai chi form.



This guide is for learners of the J.D.I.A.T.C.C foundation form. It has twenty basic postures based on the traditional Yang style form. It is for use in conjunction with an authorise teacher of the John Ding academy.

It is transcribed a simple 1, 2, 3 movements in the order they are performed. This method is fundamental in learning in order to move the body correctly and developing the character of arm and leg shapes.. As one form practice develops the square feeling to the shapes and postures become more rounded as smooth flow is generated.

1. Commencement

1. Feet together, sink down onto left leg
2. Step out with right hands on side of leg
3. Bring weight to middle and stand up, push down hands

Raise hands

1. Extend hands out and up, lead with fingers to shoulder height
2. Relax arms back down to sides along same arc.

Circle hands

1. Extend hands out to right
2. Circle over the head

3. Extend left arm out to side shoulder height right arm to chest.

2. Grasp bird's tail

1. Shift weight to right foot and hold a ball (Right above left).
2. Turn to face front, step with left leg.
3. Shift weight forward onto left leg raising left arm lowering right. (left ward off)
4. Turn body to left and hold a ball (left above right)
5. Turn to right still holding ball raise on to right toe
6. Step with right heel shift weight to right foot and double ward off.
7. Turn hands and roll back shifting weight to left foot
8. Turn and bring hands together, (left hand to right wrist)
9. Shift weight to right and press.
10. Open and extend arms, shift weight back and pull back to shoulders, weight on left leg.

11. Shift weight back to right leg and double push.

3. Push left and right

1. Sit back on left leg, draw the left hand down to right elbow.
2. Turn right foot to front as you turn to left, push left corner left lead
3. Sit back on right open arms
4. Turn to right and push right corner. Right lead

4. Single whip

1. Keep weight on right leg, turn waist to left
2. Form hook with right and turn back to right.
3. Push out right arm, turn left palm up.
4. Step to left rear with left heel
5. Turn left arm around, leave right arm extended to rear.
6. Shift weight forward on to left leg and push with left palm.

5. Fist under elbow

1. Sit back on to right leg, open arms palm up
2. Pull in left foot heel down
3. Circle right arm around under left elbow forming a fist.

6. Back stepping monkey

1. Open arms out again palms up weight still on right leg
2. Bring right arm to shoulder, then step back with left leg
3. Shift weight back in to left leg then circle left arm back and down to left hip
4. Square hips and push with right palm

Back stepping monkey right side

1. Open arms tuning to left
2. Bring left arm to shoulder, step back with right leg
3. Shift weight back to right, circle right arm to right hip
4. Square hips and push with left

Back stepping monkey left side

1. Open arms out again palms up weight still on right leg
2. Bring right arm to shoulder, then step back with left leg
3. Shift weight back in to left leg then circle left arm back and down to left hip
4. Square hips and push with right palm

7. Diagonal flying

1. Hold a ball to left, left hand above right
2. Turn to right, step out to front

3. Shift weight and separate arms, left arm lowers right arm extends up and out

8. Lift hands

1. Turn left foot out sit back on left leg extending left and right arms palms up.
2. Bring in right foot in heel down
3. Circle left hand in to right side shoulder height palm down
4. Circle in right hand palm up arm extended

9. Ward off

1. Turn hands and pull down to left knee
2. Turn hands step out with right foot (shoulder width)
3. Shift weight forward leading with elbow
4. Circle left hand from knee to right elbow
5. Square hips to front lowering left hand back down to knee; right hand extends to pose ward off.

10. White crane spreads wings

1. Step up with left foot (toe) inline with right heel
2. Turn body to left (weight stays on right leg) right arm follows
3. Turn right palm out and extend up in front of head

11. Brush knee and push

1. Lower right hand, palm circle until in palm up position
2. Lift and circle left hand above right to form hold a ball posture
3. Extend right hand up to rear turn hips slightly

4. Turn hips back to front draw in right hand to shoulder
5. Step out with left leg
6. Shift weight forward lowering left arm to left knee
7. Push forward with right hand at shoulder height

12. Parting wild horse's mane

1. Turn out left foot 45' parry to left with right hand
2. Circle left hand under right arm turning palm up lift in front of right hand
3. Lower right hand down to front

13. Separate and kick right

1. Lift right hand up and cross in front of left, palms facing in
2. Step in feet together
3. Stand up legs straight lift and open circle and extend arms in arc
4. Raise right leg and kick to corner (toe upright)
5. Circle right arm down to left palm up, turn body draw back right leg
6. Sit down place right heel on floor.

14. Separate and kick left

1. Shift weight to right leg draw left arm to right wrist
2. Push to left corner (left hand)
3. Circle left arm to right hand cross palms in front
4. Step in feet together raise arms up and out in arc as stand straight
5. Kick to left corner

6. Circle left arm in and right to shoulder sit down left heel forward

15. Brush knee and push

1. Shift weight to left leg
2. Brush down with right hand push out with left

16. Deflect parry push

1. Turn left foot out 45' make loose fist with right and lower to left knee
2. Turn left palm up and raise to left rear corner
3. Circle right arm up to chest
4. Step forward with right leg foot turned out 45'
5. Shift weigh forward punch with right fist forward draw left to shoulder
6. Bring right fist to right hip turn the body to push the left palm forward

17. Step forward parry and punch

1. Parry across with left to right side
2. Step in feet together
3. Step out left foot shift weight forward punch out with right (waist high)
4. Left palm finishes near the right forearm

18. Apparent seal off

1. Move left palm under the right
2. Turn both palms face up
3. Sit back onto right draw right hand to hip extent left arm up out
4. Square the hips raise right arm draw back left to shoulders
5. Shift the weight forward and push both arms

19. Cross hands

1. Shift weight on to right turn to front
2. Move arms slightly upwards and out
3. Shift weight back on to left
4. Bring feet parallel circle arms down and cross hands in lower position

20. Conclusion

1. Separate arms
2. Stand up bring arms up to shoulder height
3. Turn palms face down lower to hips
4. Turn palms to face legs shift weight to left
5. Draw legs together
6. Let everything settle for a few moments.

