

Five Section Taijiquan - 24 Step Section 1

These notes are intended for beginners learning the basic body mechanics of the form. (c) Longwater Tai Chi

1. Commencement (incl. Preparation)



FRONT WALL



		Step out left, toe down first, to the natural length of the leg. Remain upright, do not lean. Head over chest, chest over belly. Preparation for Taijiquan. Breath - calm - centre - root - energy.
		Arms rise, continue to rise to shoulder height. Keep a slight bend in the arms, and do not raise the shoulders.
		Arms lower, body lowers, without leaning forward. Your height is set for the rest of the form.

2. Part the Wild Horse's Mane (left, right, left)



		Release right heel as you transfer weight to left. Reach out right hand then withdraw to hold a ball as you sit back. Draw left foot back then toe to heel step to left - wide bow stance. Hands separate left hand extended, right hand pushing down.
		Sit back slightly to release left foot, turning out on heel. Move forward, holding ball, step up right foot and toe to heel step to right. Hands separate right hand extended.
		As above to the left.

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3. White Crane Spreads Its Wings



FRONT WALL



		Turn waist to left as hands hold ball left hand on top. Fully commit weight to left and half step up right foot.
		Release waist to join hips turning to right and transferring weight. Hands have a sense of performing another Horse's Mane. Right hand separates and rises as left hand draws down towards hip. As weight settles on right, release left heel and draw in foot slightly.
		Project right fingertips upwards as, turning waist to left wall but keeping hips in hip track.

4. Brush Knee and Step (left, right, left)

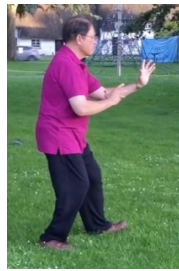


		right hand lowers, left hand rises, waist starts turn to right as right hand sweeps out to side and left hand folds to chest. Left foot draws in on to toe, ready for step out on heel as waist and hips turns back to left wall.
		Standard bow stance as weight comes forward. left hand sweeps down and out across left knee. Right hand pushes forward, wrist sitting under fingertips.
		Turn out left foot as you sit back slightly, then move forward into new hip track, drawing right foot up onto toe as hands briefly hold ball then separate, left hand rising. Opposite of Part 1. Step out onto right heel and move forward to Brush Knee right. Repeat to left, finishing as Part 2 above.

Five Section Taijiquan - 24 Step Section 1 to 2

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5. Playing the Lute

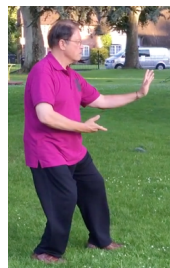


FRONT WALL



		Turn waist to left hand relaxes and right hand flattens palm down to reach forward. Half step right foot forward in a little in towards left foot. Settle before you start to turn to the right.
		Left hand rises as right hand folds in towards body. Release waist to join hips turning to the right and changing weight. Left foot begins to release, loosening at the heel.
		Place left heel and express into ground as waist turns to left causing the hands to squeeze towards the centreline. End of Section 1.

6. Step Back Whirl Arms – Repulse Monkey (4x)



		Release waist to right as left hand continues to extend, right settles to side then begins to fold using arm track, rising away from the body. Both hands rotate palm up.
		As right hand folds at elbow as if to touch face, left hand and foot withdraw towards body and waist turns to left. Left foot steps back, toe down then root. TIP: release shoulders nest on side of forward arm to cause leg to release and step back.
		Body turns left and weight transfers back, as right hand pushes forward, sitting wrist. Slide out right heel to straighten foot. Repeat movement on opposite side, then again to the right and left - a total of 4 times.

Five Section Taijiquan - 24 Step Section 2

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7. Grasp Birds Tail (Ward Off, Rollback, Press and Push) - Left



FRONT WALL



		Peng (Wardoff) - release waist to right arm sweeps out on arm track, then folds to hold ball. Toe to heel step left leg to standard bow stance as left arm rise in peng and right hand pressures down.
		Lu (Rollback) - waist turns left while hand rotate to hold ball; sit left wrist then release to right along hip track, both hands sinking slightly.
		Ji (Press) - Right hand releases and circles up towards left wrist, left palm turns in. Turn in to left hip track advancing forward. An (Push) - Hands release to 'clunk' posture, sit back into right leg, allowing left hand to trail a little. Roll forearms in to push down a little before sitting wrists and pushing forward.

8. Grasp Birds Tail (Ward Off, Rollback, Press and Push) - Right



		Hands separate as you sit back into right leg, turning right. Right hand drops to hold ball as you complete turn, adjusting left foot with optional stub step, shifting weight left and step out right foot to standard bow stance.
		Hands come into Peng than repeat as Move 7 above but to the right.
		End of Section 2.

Five Section Taijiquan - 24 Step Section 3

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9. Single Whip



FRONT WALL



		Turn strongly to left front corner, folding in right foot, arms relaxed forward.
		Left hand drops into scoop before rising to meet right wrist, where a crane's beak hand has been formed. Shift weight to right turning to gaze at beak hand. Left foot draws in to toe and steps forward in narrow bow stance.
		Separate hands moving forward but keep right hand as still point. Turn into hip and much as is comfortable then release waist and gaze a little more to look toward left hand, which is edge on to left wall.

10. Wave Hands Like Clouds (3x to the right)



		Adjust left foot to front as you turn right and shift weight. Right hand opens to push into right corner as left arm releases and hand scoops to right before rising to join right hand, palm in.
		Lower right hand and return to centre facing forward, stepping in right foot parallel to left, hip width. Both hands momentarily face palm in. Continue to turn left and then extend and push left hand to left corner, right hand rising in support.
		Return to centre 'playing double bass' position before continuing right and stepping out left foot to left, shoulder width. Push to right. Repeat above steps moving left with 3 pushes to right before returning to central neutral posture, both palms in.

Five Section Taijiquan - 24 Step Section 3

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11. Single Whip



FRONT WALL



		Continue to left corner as if you are executing another push. As right hand approaches left, form cranes beak and step in right foot a little forward and at slight angle to support narrow stance.
		Shift weight and turn to right as left hand release and scoops toward right wrist.
		Step out left leg in narrow bow stance. Open into single whip as above.

12. High Pat on Horse

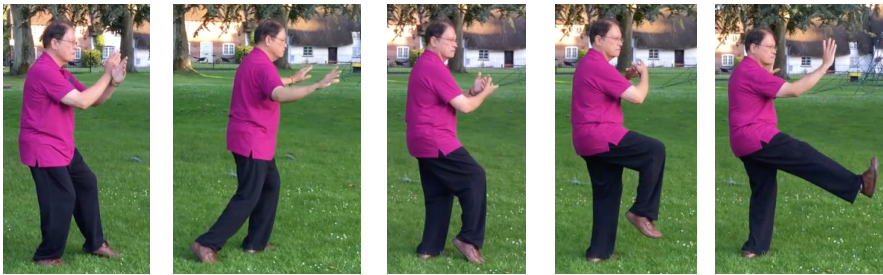


	Half step up right foot by releasing waist to right, bringing attention to right hand, which releases cranes beak.	
		Sink into right leg as arms settle into 'clunk', until you feel the left foot release. Right hand drive edge forward with fingertips up and as high as opponents brow. Left hand drops to hip, as waist turns to left. Left foot lifts slightly and resettles onto ball.

Five Section Taijiquan - 24 Step Section 3

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13. Kick with Heel (right)



FRONT WALL



		Release waist right to draw left hand up to cross at right wrist. Turn palms out and begin to separate hands, stepping left foot forward in twist step.
		Weight comes forward as hands continue to circle out and down. Draw right foot up onto toe before hands rise up centreline, settling body ready for kick.
		Turn hands over at chest height then start to separate as right knee rises. Continue separating hands as you kick to front left corner.

14. Strike Ears with Both Fists (Box Ears)



		Release right foot from kick and lower leg toward ground. Hands form fist and draw back towards hips.
		Step out right to front left corner and change weight, projecting fists forward and up towards temple height. Adjust back foot as needed to create a diagonal stance.

Five Section Taijiquan - 24 Step Section 3 to 4

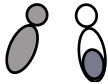
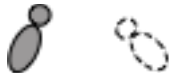
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15. Kick with Heel (left)



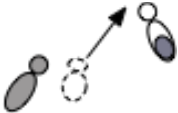
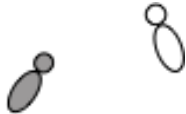
FRONT WALL



		Fists open as hands begin to separate. Fold in right foot on heel as you transfer weight and turn to left. Finish turn with right foot facing back left corner.
		Hands begin to cross at belly height as you settle back into right foot and release left foot onto toe, facing back right corner. Hands continue to rise up centre.
		Turn hands over at chest height then start to separate as left knee rises. Continue separating hands as you kick to back right corner. End of Section 3.

16a. Snake Creeps Down (left)

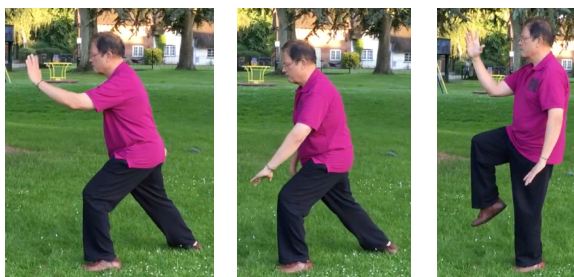


		Release left foot from kick and settle the waist, turning a little to the right as left hand folds to chest and right drops forward, forming cranes beak. Step back left foot to front right corner, landing toe first. Heel is turned in to create angle of foot to point at back right corner.
		Lower left hand towards left kwa as left heel sinks to ground, dropping torso into squat. Keep right knee over right foot. Keeping weight right, turn torso toward right wall, projecting left hand fingers forward. Keep cranes beak out to back left corner.

Five Section Taijiquan - 24 Step Section 4

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16b. Golden Rooster Stands on One Leg



FRONT WALL



		Turn left foot on heel to face right wall, then fold in right foot as you come forward onto left leg. Cranes beak plunges down before rising behind you, fingertips up. Left hand rises turning palm out. When fully forward fold in left heel on toe as you cover knee with left hand.
		Rise up onto left leg, right hand losing cranes beak and fingers projecting up and forward as right knee draws forward and up. Left hand is pushing down slightly forward of body.

17a. Snake Creeps Down (right)



		Lower right foot forward of left and folded in to point towards front. Lift both heels and pivot to position both feet parallel and facing front left corner. Right hand folds to chest and left arcs up and forward, forming cranes beak. Step back right foot to back right corner, landing toe first. Heel is turned in to create angle of foot to point at front right corner.
		Lower right hand towards right kwa as right heel sinks to ground, dropping torso into squat. Keep left knee over left foot. Keeping weight left, turn torso toward right wall, projecting right hand fingers forward. Keep cranes beak out to front left corner.

Five Section Taijiquan - 24 Step Section 4

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17b. Golden Rooster Stands on One Leg



FRONT WALL



		Turn right foot on heel to face right wall, then fold in left foot as you come forward onto right leg. Cranes beak plunges down before rising behind you, fingertips up. Right hand rises turning palm out. When fully forward fold in right heel on toe as you cover knee with right hand.
		Rise up onto right leg, left hand losing cranes beak and fingers projecting up and forward as left knee draws forward and up. Right hand is pushing down slightly forward of body.
		The 2 snakes and roosters in the form have a quality of always advancing towards the right wall, with feints to the right and left as the torso turns.

18. Fair Maiden Weaves at Shuttles (right and left)



		Lower left leg and step sideways to point foot at right wall. Torso releases a little to left. Arms relax a little, palms turning to face each other on diagonal. Change weight to left, turning hands over to opposite diagonal, right hand higher.
		Withdraw right foot onto toe, then step out sideways onto heel, settling foot to face back right corner. Transfer weight forward turning on hip track, pushing left hand forward as right hand rises to cover right temple, palm out.
		Arms relax a little, palms turning to face each other on diagonal. Fold in right foot on heel to face right wall, torso releasing left. Withdraw left foot onto toe, then step out sideways onto heel, settling foot to face front right corner. Turn hands over as above. Transfer weight forward, pushing right hand forward as left hand rises to cover left temple, palm out.

Five Section Taijiquan - 24 Step Section 4

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19. Needle at Sea Bottom



FRONT WALL



		Slight waist turn to left to release right foot, which half steps then pivots on ball as weight shifts right and body turns right. Arms are mostly carried by turn, dropping so right hand finishes at height hip when you are fully weight and turned to right.
		Right hand circles circle up and forward before plunging down with body (legs), making a vertical circle. Release left foot forward onto ball as you begin to sink.

20. Fan Through Back



		Right hand arcs back up to side of head as left foot lifts and plants forward heel first in narrow stance. Left hand rises to chest height edge out, forming T-shape with right hand.
		Weight moves forward as left hand expresses forward and right hand is like a still point palm out.
		End of Section 4.

Five Section Taijiquan - 24 Step Section 5

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21. Turn, Deflect / Twist Step, Parry and Punch



FRONT WALL



		Change weight, turning right; hands change over with left hand saluting to temple; feet remain flat. Release left foot folding in toe and optionally stub stepping to bring you around to face left wall.
		Settle back into left leg as right foot releases and twist steps forward. Left hand deflects downward to left as right hand forms fist and circles down then up and out.
		Transfer weight to right and step through left leg, parrying forward with left hand while right fist withdraws to hip. Drive forward with weight and fist as left hand releases from parry and comes to settle behind fist at forearm.

22. Apparent Closure (with Push)

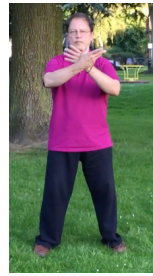


		Turn waist to right as left hand slips under right forearm to outside. Keeping left arm relatively still, sit back into right hip track causing hands to come into 'clunk' position. The left toe may lift as you sit back.
		Forearms roll inwards so hands first push down, then sit wrists as weight changes and you push forward. The quality here is of a narrow stance with the push squeezing through a narrow gap.

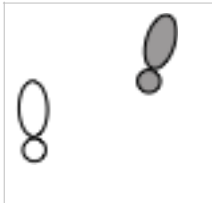
Five Section Taijiquan - 24 Step Section 5

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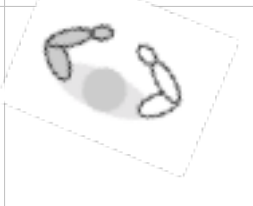
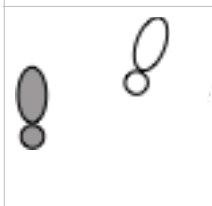
23. Cross Hands



FRONT WALL



Shift weight and turn to right, folding left foot on heel. Hands separate pushing out to sides in straight lines as body turns. As weight settles forward release right foot to a little towards right front corner.



Bend forward as hands circle down to cross at wrists. Immediately start to sit back into left leg as hands cross and start to rise up centreline.

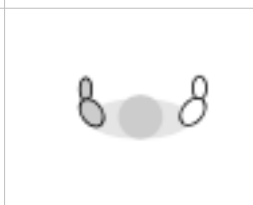
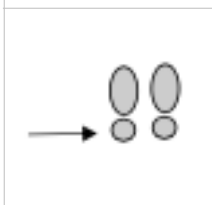


Withdraw right foot to parallel with left as hands continue rising, palm in. Weight settles into middle as you express backs of hands forward slightly, right hand in front of left.

24. Conclusion



Release posture and flatten hands to palm down, separate and push down to sides.



Step in left leg and settle into the same stance you began with.

