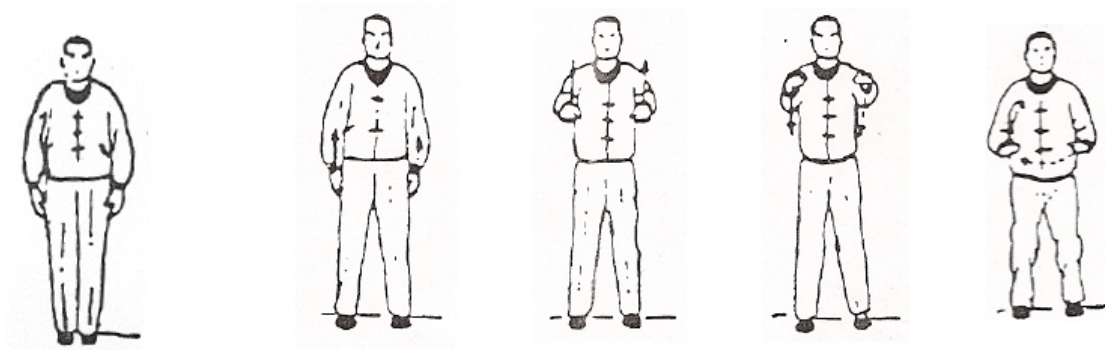


Five Section Taijiquan - Solo Hand Form Section 1

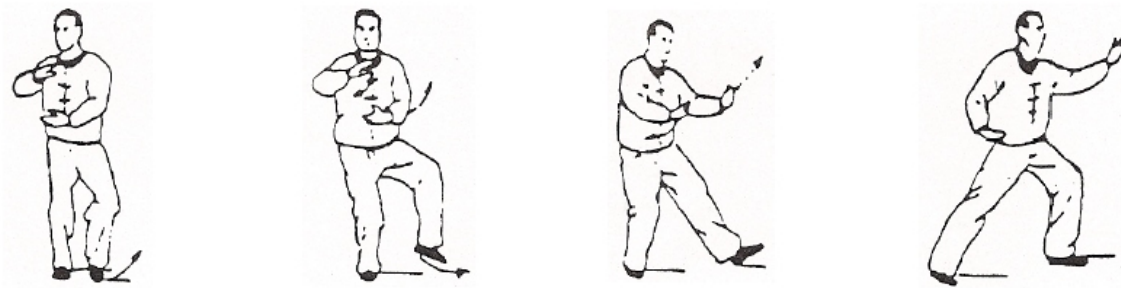
These notes are intended for beginners learning the basic body mechanics of the Form.

1. Commencement

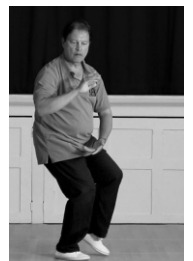
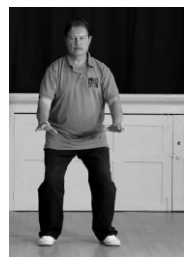


		Step out left foot, toe down first, to the natural length of the leg. Remain upright, do not lean. Head over chest, chest over belly. Relax and centre.
		Arms rise, continue to rise to shoulder height. Keep a slight bend in the arms, and do not raise the shoulders.
		Arms lower, body lowers, without leaning forward. Hands finish around the mid-belly, palm down. Your height is set for the rest of the form.

2. Part the Wild Horses Mane



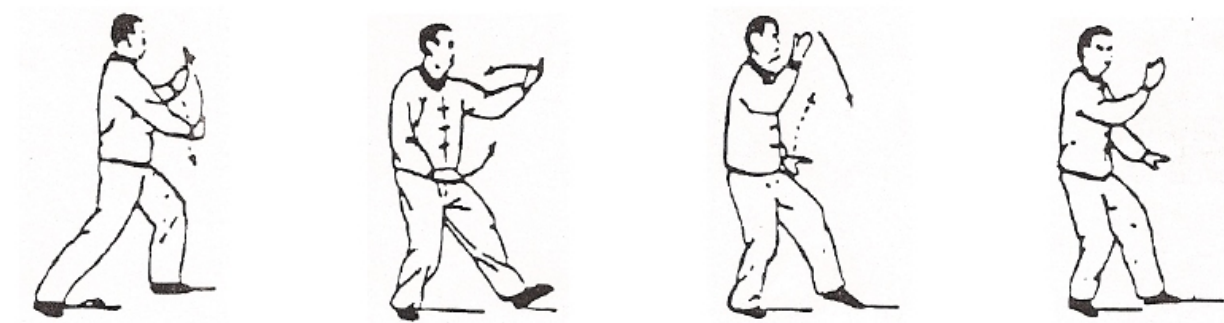
		Release right heel as you transfer weight to the left and turn to the left. Left palm starts to turn over as right arm extends forward.
		Start to sit back settling into hip track. Right arm folds in to hold ball with left, as waist releases to the right slightly. Left foot releases heel then draws up next to right, on toe.
		Step out on left heel, setting up for a wide bow stance. Left arm begins to swing out to the side as right hand begins to push down.
		Shift weight forward, facing left, as hands continue to separate, with right hand finishing at lower belly to hip height.



Five Section Taijiquan - Solo Hand Form Section 1

These notes are intended for beginners learning the basic body mechanics of the Form.

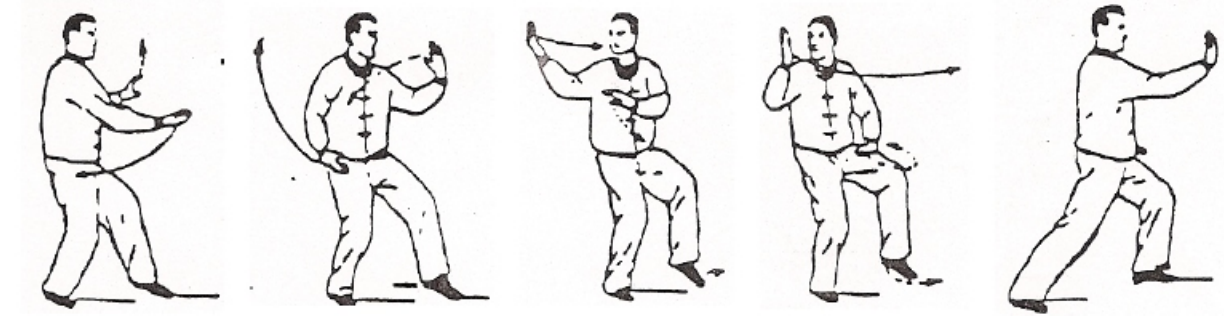
3. White Crane Spreads Wings



		Turn waist to left as left hand turns palm down and right hand turns and scoops to the left to hold a ball with left hand. Follow step right foot half way forward and in towards left foot. Settle before you begin to turn to the right.
		Release waist to join hips turning to the right and transferring weight. Hands have a sense of performing another Part Wild Horses Mane. Right hand separates and raises as left hand draws down towards hip. As weight settles on the right, release left heel and draw foot in slightly.
		Project right fingertips upwards as left foot releases forward and in very slightly. The right arm feels as if it is hanging from the fingertips, as you turn the waist to face side wall.



4. Brush Knee Twist Step



		Right hand lowers, left hand rises.
		Waist starts to turn to right as right hand sweeps out to side and left hand folds towards chest. Left foot draws in onto toe, ready to step out to heel, as waist and hips turn to the left.
		Standard bow stance as weight moves forward. Left sweeps down and out across left knee. Right hand pushes forward. The right wrist sits under the fingertips as you push forwards.

Five Section Taijiquan - Solo Hand Form Section 1

These notes are intended for beginners learning the basic body mechanics of the Form.

5. Hand Strums the Lute



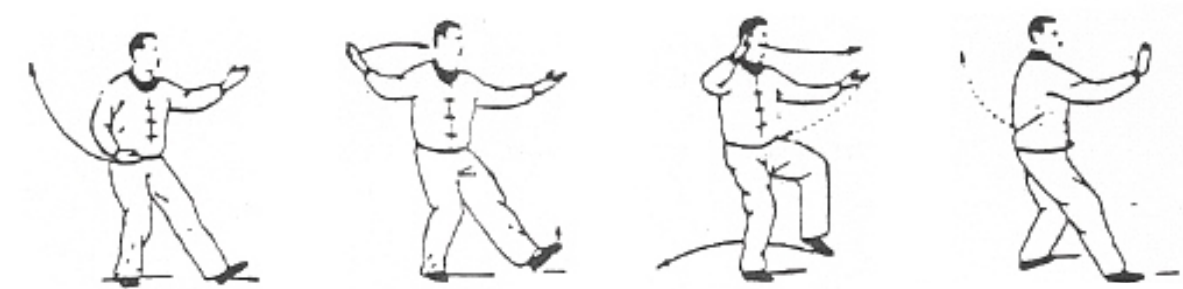
		Turn waist to left as left hand relaxes and right hand flattens palm down to reach out forward. Follow step right foot half way forward and in towards left foot. Settle before you begin to turn to the right.
		Left hand rises as right hand folds in towards body. Release waist to join hips turning to the right and transferring weight. Left foot begins to release, loosening at the heel.
		Turn the waist to the side wall as left heel is expressed into the ground. Arms maintain posture but squeeze a little towards the centreline.



Five Section Taijiquan - Solo Hand Form Section 2

These notes are intended for beginners learning the basic body mechanics of the Form.

6. Step Back, Whirl Arms (Repulse Monkey)



		Release waist to right as left hand continues to extend, right hand settles to side then begins arm track, rising away from body. Both hands rotate palm up.
		As right hands folds at elbow to touch face, left hand and foot withdraw towards body and waist turns to left. Left foot steps back, toe down then root.
		Body turns left and weight transfers back, as right hands pushes forward, sitting wrist Slide out right heel to straighten foot.



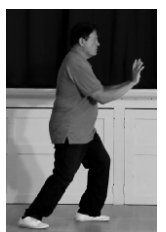
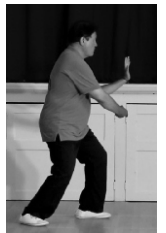
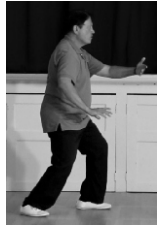
		Repeat movement on opposite side, finishing with left foot and hand forward.
		Tip - release shoulders nest on side of stepping leg to cause leg to release back, toe touching down as upper hand folds towards face. Now start to turn into new track as foot as rooted. Stay in hip track and look to the forward hand.



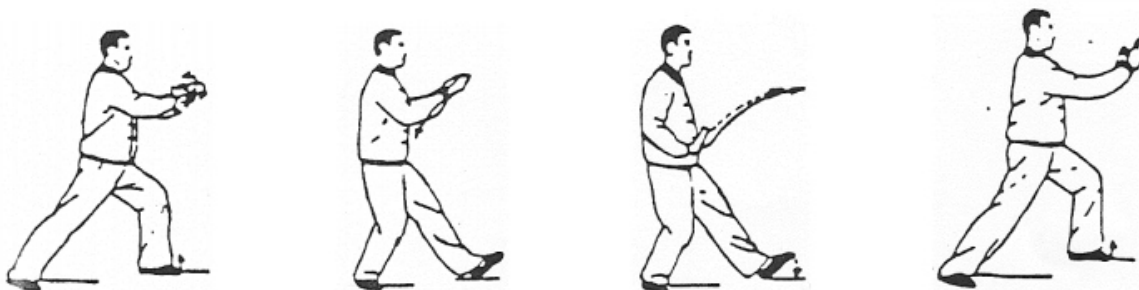
Five Section Taijiquan - Solo Hand Form Section 2

These notes are intended for beginners learning the basic body mechanics of the Form.

7. Grasp Birds Tail (Left) - Peng, Lu, Ji, An



		Peng (Ward Off) - release waist to right as left hand drops to hip palm up and right hand swings out and up on arm track, palm out. Left hand then rises as left foot is drawn in and right folds in towards chest. Standard bow stance, push down right hand & lightly lift left arm.
		Lu (Rollback) - Waist turns left while hands turn to hold a ball, then release and follow hip track into right leg: right hand draws down to hip whilst left wrist sits and arm is carried by body.
		Ji (Press Forward) - Right hand releases and circles up towards left wrist, as left hand also releases and turn palm towards you. Body turns back to side wall as hands press forward.



		An (Push) - Hands release palm down, sit back sinking wrists before pushing forward. Tip - As you sit back follow hip track and let the left hand trail a little, causing hands to open up before compressing down then forward.
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End of 2nd Section (Retreating) of Five Section Taijiquan

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Five Section Taijiquan - Solo Hand Form Section 3

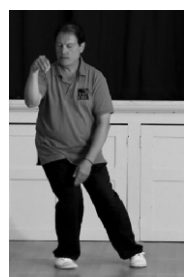
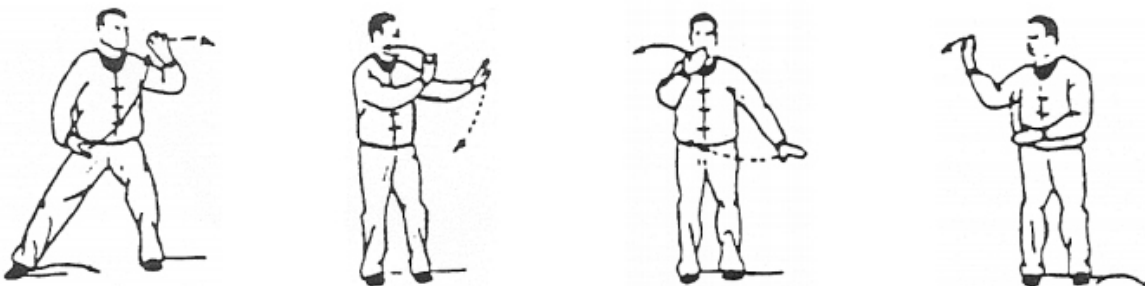
These notes are intended for beginners learning the basic body mechanics of the Form.

8. Wave Hands like Clouds (x2)



		Follow hip track into right leg, right hand rising like a salute while left hand releases and drops to belly palm up. Waist turns strongly into front right corner, folding in left foot on heel, then on toe if required. Sit right wrist into right corner as left hand rises to right wrist - both arms extended.
		Release and settle to centre turning left, drawing in right foot to parallel with left. Hands playing double bass with left on top. Continue to turn to the left repeating arm extension with left hand sitting, right rising.
		Repeat turn, settle and extend to right, stepping out left foot parallel.
		Turn and settle to left as if you are doing another cloud hands.

9. Single Whip



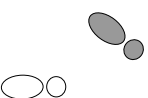
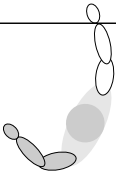
		Continue to left corner as if you are executing another Cloud Hands. As right hand approaches left, start to form a cranes beak and step in right foot at angle and slightly forward for narrow bow stance. Turn and start to transfer weight into right leg as beak hand separates away from left.
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Five Section Taijiquan - Solo Hand Form Section 3

These notes are intended for beginners learning the basic body mechanics of the Form.

9. Single Whip (continued)

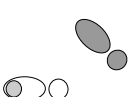
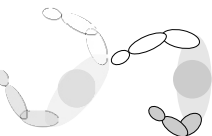


		As beak hand settles fingers down and waist is turned to right, left hand has drawn up in an arc from belly to pass right wrist. Left foot draws in on toe before stepping out in narrow bow stance.
		Drive body through to left leg, turning waist more to left as left hand sits the wrist and edge faces left wall.



10. High Pat on Horse

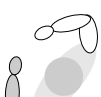


		Half step up right foot by turning right, bringing attention to the right hand, which releases cranes beak. Right hand drives edge forward with fingertips up and as high as opponents brow, left hand dropping to hip, as waist turns to left.
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11. Strike Ears with both Fists (Box Ears)



		Release waist to right and settle, hands turn palm up and raise as left leg raises, then drop down as left leg steps to slightly narrow bow stance.
		Weight transfers forward as hands drive forward and up. Only form fists in last quarter of movement, twisting the arms as they drive forward, rising.



End of 3rd Section (Sideways) of Five Section Taijiquan

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Five Section Taijiquan - Solo Hand Form Section 4

These notes are intended for beginners learning the basic body mechanics of the Form.

12. Kick with Heel



		Hands lose fist and separate like drawing a bow not an arc. Sit back and turn right folding in heel of left foot, optionally finishing turn on ball of foot.
		Hands circle to centreline hip height as you sit back into left foot. As hands circle down and cross at wrist, the foot draws in.
		Hands rise palm up as you settle, before turning over as you raise the knee. Here stability is created.
		As hands separate you look and kick, with right hand a little more extended to counter-balance right hand and foot.



13. Golden Rooster Stands on One Leg



		Right foot releases for twist step as arms come into 'clunk'. Left hand then pierces down and out as right hand drops to hip. Draw back leg forward and up into posture. Fingertips express up to draw left knee up. Right hand is forward slightly and should be just visible from the left side of the body.
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14. Fair Maiden Weaves at Shuttles



		Release a little to the right, before turning to the left and planting left foot. The right foot pivots on ball, so front and back of foot move into standard bow stance to the corner. Right hand is like Brush Knee, left hand is high and turned up slightly to defend the temple and top of head.
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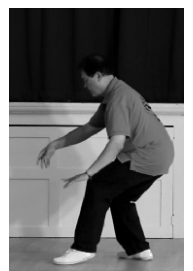
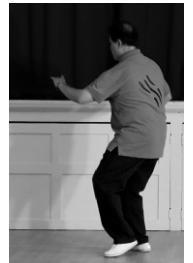
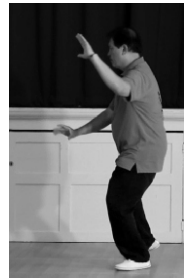
Five Section Taijiquan - Solo Hand Form Section 4

These notes are intended for beginners learning the basic body mechanics of the Form.

15. Needle at Sea Bottom



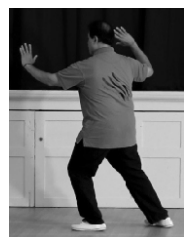
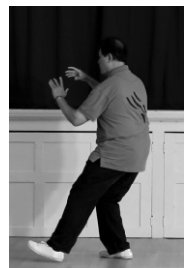
		Slight waist turn to right to release right foot which half steps then pivots during weight change, in time with right hand drawing in to right hip.
		Right hand settles at hip before circling up and forward and down to pierce. Circle is in vertical plane in front of body. Release right foot forward onto ball, and sink as right fingers sink.



16. Fan Through Back



		Right hand arcs back up to side of head as right foot lift plants forward heel first in narrow bow stance. Left hand rises to chest height, edge out, forming a T-shape with right hand.
		Weight moves forward as left hand expresses forward and right hand arcs up to side of head palm out.



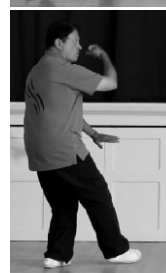
End of 4th Section (Balance & Extension) of Five Section Taijiquan

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Five Section Taijiquan - Solo Hand Form Section 5

These notes are intended for beginners learning the basic body mechanics of the Form.

17. Twist Step, Deflect Down, Parry and Punch



		Change weight turning right, folding in left foot. Arms swing from left to right exchanging height.
		Settle back into left leg as right lifts, draws in then twist-steps out. Right hand forms fist and circles down then up and out, in a forward rolling movement.



		Transfer weight to right and step through left, parrying forward with left hand while right fist withdraws to hip. Left hand sweeps in to parry, sitting slightly sideways, then releases and draws back as punch twists out. Sit wrist to deliver punch.
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18. Apparent Close Up (and Push)

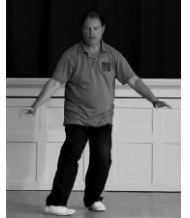


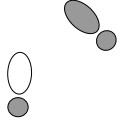
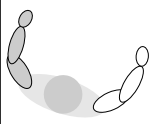
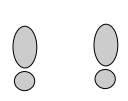
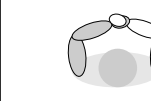
		Turn waist to right as left hand slips under right forearm to outside. Keeping left arm relatively stills as you release arms into 'clunk' sitting back into right leg on hip track. It is permissible to lift the front toe as you sit back.
		Forearms roll inwards so hands first push down, then wrists sit under fingers as weight changes and you push forward.

Five Section Taijiquan - Solo Hand Form Section 5

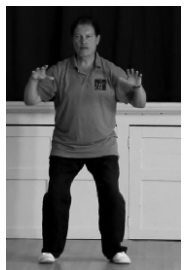
These notes are intended for beginners learning the basic body mechanics of the Form.

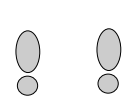
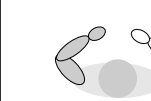
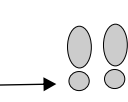
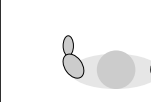
19. Cross Hands



		Shift weight to right and turn in left foot on heel. Hands separate pushing out to sides in straight lines as body turn to right.
		Hands circle down then up centreline crossing at wrists. Draw right foot in before stepping out sideways and shifting weight to centre.

20. Closing Form



		Relax and flatten hands to palm down, separate and push down to sides.
		Step in left leg and settle into same stance you began with.



End of 5th Section (Fixing Centre) of Five Section Taijiquan

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