

DAY 25 Tai Chi Home Study

May 26th - May 30th 2020

As time draws near where we will be able to do more and more things but we must not let down our guard. I don't want anyone living in fear but we also need to be prepared against the COVID19, and a higher risk factor, the virus follows people. If you find yourself in a crowded environment be prepared to wear a mask. If you find yourself in a crowded place and you see others without a mask remember most masks don't protect you but it does protect others from your germs. It's that simple to help us all remain safe, wear a mask, if you see people without them because it is not mandatory you DO have the choice to leave and go to a safer place.

Our Tai Chi Home Study will now be a once a week email and will include MORE OF THE WRITTEN FORM STUDY OF THE TAI CHI MOVEMENTS each time you get it. I am hoping to have it completely down in written form before we return back to the new norm at the community center, for this reason I am speeding up the process, the Feng shui and chi gong will be just a little extra bonus. It's not set in stone yet but thinking of sending it weekly on Saturdays but if you guys have a suggestion feel free to share it with me. What day doesn't matter as I will be working on it for 30 minutes a day 5 days a week.

Feng Shui

In my personal world of Feng Shui I am focusing on new beginnings, my daughter is now living her new life as Mrs. Acosta, and I am left reclaiming my life. When it comes to Feng Shui and new beginnings we walk right back to a SPRING TIME study. Funny how that works out.

In the spring, a season we're still in, we focus a lot on cleaning out the old and preparing for the new fresh start we are given.

In Spring Feng Shui there is a lot of focus on the element of WOOD and EARTH, as life outside begins to grow so do we. Cleaning, organizing, and freshening up the air in the house is right where we are going to focus on today. The weather outside is beginning to work in our favor too so open up those windows and let the fresh air inside.

We will return to the garden next Saturday and I am looking forward to it. Hint: weeding and pruning back as the weather continues to improve.

Chi Gong

One by One Benefit study of Qigong practice-below you will see a list I have found of some of the benefits of Chi Gong, we have already discussed several of them but for today before we begin again our Tai Chi Home Study I decided to share the entire list with you before we once again begin to learn how this Benefits are achieved by our practice.

1. Loosens Muscles-We will call it "THE SHAKE"
2. Building Power with in
3. Strengthening the internal Organs
4. Relaxes and Slows Respiration or Breath
5. Strengthens Nerves
6. Strengthens Bones and Joints
7. Prevention of joints and injuries
8. Strengthens Ligaments
9. Destroys Free Radicals
10. Increases injury recovery* (current study)
11. Relieves stress
12. Helps balance emotions
13. Improves circulation
14. Helps with muscle spasms
15. Reduces Pain
16. Lowers Heart rate and blood pressure
17. Helps breathing disorders

18. Assists immune health
19. Improves balance
20. Improves memory
21. Improves digestion and metabolism
22. Improves kidney health and function

*Increases injury recovery

To keep it as simple as possible, with regular practice, chi gong helps keep the blood and oxygen levels balanced in a way to incorporate healthy brain and stem cells, which travel throughout the body creating a healthier over all energy flow. Add on to that, with regular practice, improves mind body focus which helps prevent injuries.

SO IT BEGINS.....PART ONE

WE STAND WE BREATHE

1. **Preparation** - This is the opening form done in 3 basic movements **(a.) Bamboo**, Stand straight and tall with your feet about 1 inch apart, we call this a double root. **(b.) Lifting Hands** form is done by slowly lifting or floating your arms up in front of your body then back down. **(c.) The Opening form** begin this form by shifting, or transferring your body's weight into the left leg and begin to step out to the right with your right leg, when you practice this side step movement practice it with your feet first then add the floating or lifting of your arms up in front about shoulder height and floating them back down again.
2. **Ward off Left** ... (a) Shift your weight into the left foot and form an energy ball with the hands keeping the right hand on top and left hand under. (b) Lift the right leg up to turn step toward your 3 O'clock position or T-Step. (c) Shift into your right foot now then lift the left leg up turn stepping back to a T-Step toward 12 o'clock position, **WARD OFF RIGHT**. The hand position through this form is literally unchanged after the energy ball if formed till the very end, this is when we lower the right hand down and keep the left arm upward **COMBING OF THE HORSES MANE FORM, lower the right hand down the inside of the left elbow.**
3. **Grasping of the Birds Tail form** begins here... after the combing of the horses mane form we begin to **(a.)** shift left to a left root, bring arms toward the left into the **outward ball** form. **(b.)** Turn step your right leg back to 3 o'clock position than double root. **(c.)** twist your waist here further to the right bringing your left palm under the right elbow into the **adoring pearls form**. **(d.)** turn your chest back toward 12 o'clock lowering only the left hand and arm down and back out to the left into the **outward ball** form again, leg position unchanged. **(E.)**Circle the chest, left hand and arm back toward 3 o'clock ending the form with the left hand sealing into the right. **Grasping of the Birds Tail**.
4. **Roll back and push form** follows the end of Grasping of the Birds Tail form. (a.) sit or shift your weight back into the left hip and leg and at the same time ROLL BACK both your hands toward your throat then down in front of the chest then again forward into a PUSH forward, ending with your weight 50/50 in both your hips, legs and feet. (b.) Sit back again into the left hip (again) just enough to be able to relax and lift the right toes up off the floor then float the right toes inward toward the left toes and at the same time float both hands, palms down float in toward 12 o'clock position. Your foot position here will be an upside down V shape with the feet.
5. **Single Whip**- Single Whip form follows the Roll back and push form as described in lesson 4 above. After the **double rooted** form with both feet in an inward V position we will begin to shift our weight into the right side hip and leg. Form the Crane beak with the right hand then, turn toward the left side slowly lifting only the left heel up while turning left with a gently touch of the ball of the left foot touching the ground. You will be turning from roll back and push at 3 o'clock to the single whip toward 9 o'clock. Remember that every time we turn a foot in to a pigeon type position it's an indication that we will be making a 90 degree turn, doesn't have to be exact. As you turn toward the left open out the right hook and push forward with the left hand. Be careful not to lift the right heel off the floor but **keep both feet rooted down**.
6. **Wide embrace form** (a.) begin to shift your weight into your left leg and begin to lift up your right heel only as you turn your chest back toward 12 O'clock, (b.) slowly bring your right heel inward so now both feet are turning out and heels are inward creating a double rooted V shape with your feet (c.) As your turn back toward 12 o'clock with your

chest open the Crain beak hook of your right hand and spread your arms out into the wide embrace form keeping your arms out and your palms forward.

7. **The White Crane Stretching Wings form** involves several different movements and follows the **Wide Embrace form** from the previous form study above: (a.) shift your weight to the right leg around 75 %, and lower both arms down to your side (b.) turn your left heel back to put the foot position into a more neutral foot position. (c.) begin to shift your weight into the left leg and then into a **LEFT ROOTED** position (remember a rooted position means most of the body's weight is in that leg and the opposite foot is resting by the ankle of that root leg)
8. **Shoulder block to the final White Crain stretching wings form** (a.) Side step with your right foot out to the right side (b.) bring the inside of the left hand to the inside of the right elbow, this is the **Shoulder Block Right form**, (c.) slowly shift your weight all the way into the right leg and bring the left leg from the left side forward to the front (half round kick) ball of the left foot gently touches the floor here. The arm movement is simply lift the right arm up and lower the left arm down to your left side.

Heavenly Hands or Circling arms

9. (a.) as you continue standing in the same position as White Crane form, begin to circle the arms, circle the right arm that is up down toward the left side and at the same time bring the left arm, that was down, up toward the left side and circle it in to your right.

Here's a few guidelines that may help

- The arms are doing the exact opposite of each other when circling the arms around.
 - If you think of it in the Martial Art Capacity image someone coming toward you from the front to punch you and your arms are going to circle around and around toward your center to try to block the attacker from punching you.
 - Over the years I have used a variety of names for the form, circling arms, heavenly hands and let us not forget Yin and Yang arms.
 - The leg position is the exact same position as the ending of the white crane form and unchanged so for today just focus on the arm movement. Next class we will be over viewing the **BRUSH KNEE TURN FORM TO THE LEFT**.
10. **BRUSH KNEE TURN LEFT FORM** (a.) as you circle the arms stop the circling as soon as the left palm is over the left side of your body (b.) lift the left knee up and bush your left hand over the raised left knee turning to your left, or turn step, 90 degrees or to your 9 O'clock position (c.) step down with your left leg, after you turn, then shift, or root, into the left leg (for this easy form study we will bring the right foot next to your left ankle) (d) as you root into the left leg your right arm and palm will circle front into a front push form and your left arm will be relaxed down on your left side.

BRUSH KNEE TURN STEP PART 2

11. (a.) step back with the right foot toes first shifting into the right leg, circling arms, just like the previous form, till the left hand is again over the left side, (b.) lift your left knee up again, circling arms as in the first, turn stepping for a second time to your left side, but this time just a little bit more, and touch down the left foot at around 8 o'clock position (c.) shift all your weight into the left leg and balance left, a left root position, right hand again is in a front block and left arms hangs and rests naturally at your left side. (c.) make a soft fist with the right hand and guide your right fist downward to rest inside the left hand on your left side, this form we have referred to as the **Sword in Sheath form**.
- If you make a fist with you right hand in front of you take your left hand and cover the fist this is the basis of the hand position only it rests by the left hip area.

REFLECT TO INTERCEPT

12. From the **Sword and Sheath form** we (a.) lift the right leg up opening the right hip and leg to the right toward 12 o'clock (bow turn step), at the same time lift the arms up in front of the head and chest (upper body block) both hands remain in a guarded soft fist position here, as you turn to your right, touch the right foot down toward 12 o'clock then shift your weight equally into both legs (**T Step**) (double root).

INTERCEPT TO PUNCH

13. (a.) in your double root, arms in an upper body block, begin to lower the right fist only down to the right side (b.) shift your weight into the right leg, you should be facing 12 o'clock position here. (c.) release the left leg and lift it up behind you and circle the leg out to your left side forward toward 12 o'clock (low round kick front) (d.) double root into both legs (e.) punch forward with the right fist.

14. RETREAT AND WIPE OFF

(a.) after the forward punch with the right hand gently open the right palm and turn it up, carrying the arm to your left side, (b.) lift your left palm up to under the right elbow (c.) slowly Gide the right arm down the left open palm floating both arms slowly down, out and overhead like wings (d.) once the arms are over your head cross the wrists, with palms inward, then lower the Crossed Hands down in front of the chest into a form we know as Wu Chi *See image 5 below Cross Hands/Wu chi

PART TWO

CARRY TIGER OVER THE MOUNTAIN

1. From the final form (1st sequence) Wu Chi/Cross Hands (a.) shift your weight into the left leg (left root) and at the same time lower the left arm down and out to the left side, like your holding a large ball on the left side. (b.) lift the right leg up for a 90% turn step to the right to your 3 o'clock position (double root) at the same time bring the left palm to the right palm like your holding a small ball between the palms or sealing the palms together. (This initial movement is like a shorted version of the grasping of the birds tail form)
2. ROLL BACK AND PUSH-**Roll back and push form** follows the holding of the small ball or palms together form above. (a.) sit back or shift your weight back into the left hip and leg and at the same time ROLL BACK both your hands toward your throat then down in front of the chest then again forward into a PUSH forward, ending with 50/50 weight in both hips, legs and feet.
3. PART ONE of SINGLE WHIP FORM- (a.) Sit back again into the left hip just enough to be able to relax and lift the right toes up off the floor, keep your heel rooted, (b.) float the right foot and toes inward toward the left foot and toes, at the same time float both hands, palms down, back to the front or left, you should be facing 12 o'clock at this point, your foot position will look like an inverted V. (c.) Begin to shift your weight into the right hip and at the same time lift the left heel up, keep the ball of the left foot here on the floor, and continue to turn to your left now and bring your left heel inward, it will almost move naturally inward as you turn to the left, 9 o'clock position, right hand is in a hook and left hand is under palm up. (d.) lift your right hook up and turn your left palm forward, (e.) lift your left leg up with your knee and step out to 9 o'clock into a T step.
5. PART TWO of the SINGLE WHIP FORM- (a.) shift back to the right hip and leg, lifting up the left foot from the floor and turn a little more to your left (8 o'clock) and put the left foot back down, arms remain in the single whip position (b.) shift your weight into the left hip and leg balancing in the left leg here and guide your right foot next to the left ankle. (c.) step forward with the right heel (8 o'clock) keeping the toes up (d.) and turn your entire body, and your right toes inward to the left, pigeon, and double root, in pigeon, like an INVERTED V Arms are still unchanged in the single whip position.
6. TAI CHI SLAP - (a.) shift your weight now into your right hip and leg, at the same time lift only the left heel off the floor. As you lift your left heel up during your left turn open the right palm and as you turn toward now begin to slap the right hand to the left toward the underside of 3 o'clock position at the same time lift the left heel up off the floor and pivot through the ball of the left foot into the floor.
7. REPULSE THE MONKEY BACK FORM - NEXT HOME STUDY

太極

Tai  Chi