

TAI CHI HOME STUDY 31

July 18th 2020-Saturday

The past couple weeks I have been preparing myself both mentally and physically (I intended to say that twice) to return back to work as safe as all possible. I have been filling my time day to night (many sleepless nights) in studying all the conflicting and confusing guidelines.

I have watched the Governor, emailed and called the Governor, and countless others to try to get as close to the truth as possible because there is so much conflicting information out there. The greatest gift however I found was a study on the History of the Black Death (The Black Death: The World's Most Devastating Plague) it's an amazing 24 episode lecture by a Professor Dorsey Armstrong on a channel we can buy on Amazon called "The Great Courses Signature Collection" it's worth every penny guys, now you're probably wondering what on earth does that have to do with the Covid of Today? Believe it or not the Plaques of the past have never disappeared but rather evolved into the plaques, or virus we know of today. Knowing the past is the first step to living and moving safely into the future. Learning from our great ancestors, the lives they lived and the mistakes they made is a light of knowledge to us all. As my family says don't allow yourself to be a victim, I guess what I am trying to say is, let's not make the same mistakes again.

TALK ABOUT MARTIAL ARTS!
BEING ARMED WITH KNOWLEDGE

I have decided for the safety of my family, like in the beginning, to be socially distancing myself awhile until I feel that we really are moving to a safer covid controlled world, something we should all do when we are re-exposing ourselves because it's not just about us.

I will try while I am socially distancing again to fine tune my Tai Chi Home Study Guide and resend it out to you all and keep in touch again with the final draft. I'll also try to add more information or helpful hints into the program.

Remember keep safe, wear your masks over your nose to under your chin, this tells the world that you really do care about them.

I love and miss you all.

THE COMPLETE TAI CHI HOME STUDY

FIRST PART

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 overheard 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

SECOND PART

CARRY TIGER OVER THE MOUNTAIN

15. 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)
16. **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.
17. **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.
18. **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.

19. 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.
20. REPULSE THE MONKEY BACK FORM - SATURDAY JUNE 6TH HOME STUDY BEGINS HERE: When we begin the Repulse the monkey our footing is slightly different: the ball of the left foot is forward, with the heel up, and we have 75 percent of our body's weight in our right leg. The arm position is right hand behind the right ear, palm forward, and the left arm position is held out, parallel to the floor and palm is upward. (a.) lift the left foot up and step back, only a couple inches, arm movements here are left arm back and right arm blocks forward here with each step back the arms are reversed (b.) as you step back with the left foot, toes first, begin to shift your weight into the left leg here releasing the pressure in the right leg. Think of it as a walking backwards, toes first, three times and opposing someone coming at you from the front.
21. SLANT FLYING - after the third step back (a.) shift all your weight into the left leg and bring your right foot next to the left ankle, you will be still facing the same position or 3 o'clock position as in repulse the monkey back from above. (b.) the arm position be the left arm up as if holding someone's shoulder like when your dancing and the right arm position would be like wrapping your right arm around your partners waist area. (c.) Side step out to the right with your right foot and as you double root your weight, chest till towards 3 o'clock (d.) bring your left palm toward the inside of the right elbow, combing the left hand down and lifting your right arm up as if blocking someone at your 6 o'clock position. This is the position we know as slant flying. Seeing into the EYE OF THE TIGER FORM.
22. WAVING HANDS LIKE CLOUDS FORM is done in 3 movements - at this point in the form study we are all facing toward the 3 o'clock position completing the Slant flying form. Waving or moving hands like clouds form is 3 simple side steps to the left, remember feet are also toward 3 o'clock, and at the same time we move the hands almost like were holding a small ball in our hands. The movement can also be related to a slow moving martial art form known as an elbow block form to the left then the right a total of almost 3 times.
 - (a.) Shift our weight to the right leg and side step out to the left with the left foot at the same time block to the left with the left elbow.
 - (b.) shift your weight into the left leg and step inward with the right foot and at the same time block out to the right with the right elbow. As you begin to the block to the right begin to shift your weight back to the right leg repeating the two movements 3 times.
23. LONG FORM SINGLE WHIP FORM: Long form single whip is a 3/4 turn to your left.....after our last step inward with the right foot of adoring clouds form we begin first in a double rooted position, with the right hand we pinch the fingers together and keep them pointed down, at the same time we put the left palm up under the right hand. (a.) begin to shift your weight into the left leg and relax the right leg (b.) Keeping the hands in the same position unchanged, turn your shoulders to the right which will bring your hands to the right also toward 6 o'clock position, (c.) release the right foot from the floor and lift it up stepping out with right heel first then toes toward 6 o'clock into a double root or T step. (d.) extend both your hands out with keeping the right fingers pinched and left palm up under the right like your holding a mouse from its tail with the right hand, slowly begin to sit back into the left hip and bring only the left hand back toward the center of your chest, lift the right toes up keeping the right heel on the floor, and turn your CHEST TO THE RIGHT BACK TO 3 o'clock and at the same time turn your toes inward to the left, inverted V shape with your feet, till your bodies weight is equally distributed into both feet. ARMS SHOULD REMAIN THE SAME AND JUST GO WITH THE FLOW OF YOUR UPPER BODY AS YOU TURN. (e.) Shift your weight into the right leg as we're going to keep turning to the right and lifting up the left heel as you continue to turn back toward 12 o'clock. (f.) Lift the left foot off the floor and turn to the left another 1/4 or 90 degrees and step down with the left foot as close to 9 o'clock as you can.
24. SNAKE CREEPS DOWN FORM (Low Form single whip) :(a.) Re-shift or balance your weight back into the right leg, lift the left leg and foot up and turn back toward your 12 o'clock position, this will put you back into a T - step with weight equally balanced or double rooted in both legs, your right foot will be pointed toward 3 o'clock and your left foot pointed toward 12 o'clock. (b.) maintaining the double rooted form begin to sit back then down with your hips like your squatting down or sitting in a chair, and at the same time take your left hand which is blocking with the left palm forward, the single whip long form arm position here is exactly the same as we turn with no change, as we squat or sit back we take the left hand and turn the fingers down toward the ground with the palms now inward. (This is the LOW FORM SINGLE WHIP POSITION)

25. GOLDEN ROOSTER STANDS ON LEFT LEG: (a) standing back upward now begin to shift or balance your weight into the left leg and bring your right arm upward at the same time begin to lift your right knee up, It's almost like your trying to touch your right knee to your right elbow. (b) Then step backward with the left foot, toes first, then begin to shift your weight here into the right leg.
26. GOLDEN ROOSTER STANDS ON RIGHT LEG: after your weight is shifted into the right leg begin to lift your left arm up, as if to block an attack from the front and at the same time lift your left leg, knee upward as if you're trying to touch your left knee to your left elbow.

THIRD PART

27. PAINTING EYEBROWS IN THE SKY RIGHT/LEFT kick with sole: (a.) touch back with your left toe behind you and bring your right hand to the inside of the left elbow and karate chimp to the right with your right hand. (b.) begin to shift and turn to your left rooting firmly into the left leg, right foot gently rests next to your left ankle, then bring your hands into a crossed position in front of your chest with your palms inward. (c.) lift your right knee up and open out the knee to your right - lift your crossed arms up above your head and turn your palms outward (d) kick out slowly with the whole foot to your right - and your arms with palms outward move, right palm to the right and left palm to the left, like your painting eyebrows in the sky bringing the left hand down by the left ear and the right arm further down around the right shoulder.
28. BRUSH KNEE TURN STEP RIGHT/LEFT/RIGHT: while balancing on your right leg lift and a bring your left knee forward (12 o'clock) along with your left hand palm down over the left knee and begin to brush knee turn step to the left toward your 9 o'clock position, passing your left palm over the left knee as you turn. (b) while balancing on your left leg lift and bring your right knee up and forward toward (12 o'clock position) and bring your right hand palm downward over the right knee and brush knee turn step to the right (c) balance on your right leg again lift and bring your left knee up brush knee with left hand one more time and make a soft fist with your right hand punching low to your front at (9 o'clock) left hand rests here to your left side. (We call this a low or groin punch) HINK: This 3 part form is a series of (3) 90 degree turns much like the tai chi walking form we practice and try not to over think it. Turn step left, turn step right, turn step left, low punch. Add hand movements after mastering the legs movements.
29. TURN TO SWORD IN SHEATH: sit back into your right hip, arms unchanged, and slowly begin to lift your left toes up, keeping your left heel rooted into the floor. Begin to turn your left toes out to the left 90 degrees toward 6 o'clock, as you turn your left toes toward 6 o'clock the hand position almost goes right along with the movement, much like the sword in sheath form. Keep your right fist by the left hip begin to ease your weight into the left leg and firmly ROOT LEFT facing 6 o'clock position, right toes next to left ankle. Your right hand knuckles should be sitting inside the left palm at hip level on your left side.
30. UPPER BODY BLOCK FORM: simply lift your right fist up the left side of your body and elbow up your right, stopping when the right fore arm is around the forehead, much like your trying to block the sun.
31. MODIFICATION OF GRASPING OF THE BIRDS TAIL FORM: Maintaining your left root and arm block position turn your chest to the right toward 9 o'clock position. Slowly lower your right elbow down next to your left, and at the same time lift your right knee up and out 90 degrees to your right toward 9 o'clock, Step down with the right heel to toe into a DOUBLE root or T step at 9 o'clock with the right elbow down. (Arm position will be in what we know as the upper body block position).
32. ADORING PEARLS: With the arms in the upper body block begin to turn your chest a-little to the right side and lower your left hand down, palm upward, under the right elbow, we call this ADORING PEARLS, then circle your chest back toward 6 o'clock, (chest remains toward 9) lowering your left arm down and out to your left side parallel to the floor, like your holding a large ball then bring your chest back toward 9 o'clock along with your left palm to your right palm at 9 o'clock, much like grasping of the birds tail form.
33. ROLL BACK AND PUSH FORWARD - (a.) Roll back and push forward toward your 9 o'clock position then sit or shift back into your left hip, at the same time lift only your right toes, heel remains rooted, both hands as you sit back go from the push forward position to a floating or palms down toward the floor. (b.) begin to turn your body and right toes inward to an inverted V position toward 6 o'clock position, palms still remain downward, begin to shift into your right hip and at the same time begin forming the crane beak with your right hand, fingers together and downward, and bring your right palm under the crane beak, raising up your left heel as you continue to turn counter clockwise toward 3 o'clock, when your turn toward 3 o'clock is completed lift only your left heel allowing your root to be primarily in the

ball of your left foot, begin to lift your right hand crane beak up and out to the side, left palm up goes to left palm forward into a Single whip form. Lift left foot up and step out to a T step at your 3 o'clock position, double root in this T Step block at 3 o'clock.

34. FAIR LADY WORKS THE SHUTTLE FORM - Begin to shift back to the right hip lifting your left toes only up slowing circling your left hand down and back up under your right elbow, feet position is again an inverted V form toward your 6 o'clock position, shift weight into the left hip continuing to turn right toward 9 o'clock when your right foot is resting in front of your left foot, heels upward, take a wide step right, heel first, toward 11 o'clock shift all your weight into the right leg bring left foot next to right ankle, step out left foot heel first toward 9 o'clock double root and push block hands toward 9 o'clock guiding your left hand up the outside of your right arm, keeping both palms forward and slightly above your head level. Sit back right left toes up to another turn into an inverted V toward 12 o'clock, double root, right hand comes under left elbow, shifting left turn toward 3 o'clock, step out heel to toe toward 3 o'clock, double root, lift your right hand up the left forearm and up to another front block, both palms again forward. Shift and root right bringing left hand under your right elbow, T step out left heel to toe toward, double root, push block again toward 12 o'clock. Sit back right again, left toes up heel rooted, inverted V toward 3 o'clock, right hand under left elbow, shift right turning right toward 6 o'clock for the last fair lady works the shuttle form lifting right hand up the left arm.
35. Ward off Left form - Shift right, left hand under right elbow, T step left toward 3 o'clock, guiding left hand up the right forearm continuing to lower your right arm and hand downward to the floor to your right side, left arm up to a front block position.
36. Grasping of the Birds Tail - Shift left, root left, arms circle around to outward ball to your left, T step to your right toward 6 o'clock, bring left palm toward the right to center line ball form, hands around throat level, turn from your waist further to your right, adorning pearls form, left hand under right elbow, feet remain double rooted here, turning chest and left arm down and out again toward 3 o'clock, again turn your chest toward 6 with left hand to the right for the final Grasping of the Birds Tail form.
37. Roll back and push toward 6 o'clock, sit back left turn right toes into an inverted V toward 3 o'clock, floating hands toward 3 o'clock, palms downward facing. Shift right form hook with right hand, lift left heel up as you turn toward 12 o'clock, guiding your right hand hook up with left palm chest level and forward. Turn hips further to your left here for a wide step with the left foot heel first then toes, double root, into a wide step single whip toward 9 o'clock, re-shift right again turning yourself toward the right back toward 12 o'clock, left foot down toward 12 o'clock heel first then toe, double root, no change in the hand positions.
38. Shift your weight left guiding your right foot in to a left rooted position, hand into an upper body crossed position. Relax your right heel down and lower the arms to your side.

THE END BEGINS HERE

