

Before you start I just want everyone to remember why we need to stay at home for TWO WEEKS. None of us know if we have or don't have the virus so I like to think we all have it until we know otherwise. As we remain Vigilant we are also giving the health care system time to prepare.

THIS IS MARTIAL ARTS AGAINST A VIRUS.

INSTRUCTIONS: Please read entire study before beginning so you understand the basic format of the Home Study program. At first it may seem very confusing but read it over and over allowing your mind time to adjust. If you only read it for the first week every day that's fine. After that you will feel more comfortable with the program and ready to begin.

FIRST SEQUENCE OR SHORT FORM ...

Stand in an Eastern faced direction, it does not need to be exact that is why I like to say Eastward position, think about standing toward or facing the beach.

In the Spring we focus a lot on the Liver (cleansing and purification) and the Gallbladder. For your down time every day this week I would like everyone to study their Lungs and how they function and their Gallbladder and its purpose. I would like everyone to do this primarily for when you practice you can be mindful with the knowledge of these organs and how important they are.

With this particular Virus we have going around we need to spend extra time focusing on keeping our LUNGS in EXCELLENT SHAPE!

I will be adding different Chi Gong exercises also with every Tai Chi update emailed out to my Tai Chi family.

TOGETHER WE STAND AND WE BREATHE

1. Preparation - This is the opening form done in 3 basic movements ... Bamboo which is a double rooted form with feet approximately 1 inch apart. This is a good form to do to help open up the pressure points located in the bottoms of your feet. We know this as shifting forward and back with out releasing the triple warmer or lower Dan Tien area of the foot off the floor. Bamboo is followed by the Lifting Hands form otherwise known as Preparation form when we simply lift the hands up then back down. The final form is known as The Opening Form where we shift left and lift our hands up so we can do a side step to the right still facing our 12 o'clock position.
2. Ward off Left followed (3 o'clock) by Ward off Right (12 o'clock) to Combing of the horses mane
3. Grasping of the Birds Tail form (Outward ball left followed by center line ball right at your 3 o'clock position adoring pearls to your farther right position Outward ball again to the left side followed by the GRASPING OF THE BIRDS TAIL FORM AT 3 O'clock again.
4. Roll back and push followed by floating (Pigeon Toe with the right foot) start by sitting back into the left leg around 75 % weight allowing for the pigeon toe turn with the the right foot in toward the left foot to the left to
5. Single - Single Whip right hand in crane beak form. Shift 75 % now left enough to lift the right heel up then turn your chest to the right for the
6. Wide embrace formshift right then turn left heel back then root left. (Rooting left would mean right foot rests next to the left ankle or leg. Side step now out with the right leg bringing the Left hand

inside the right elbow blocking to the right side into the

7. Shoulder Strike form.

8. White Crain Stretching Wings form Now shift your weight all the way right bringing the left leg 90 % forward just gently touching the ball of the foot to the floor. Heavenly hands follows here with a brush knee turn step 90% to your left side we know this form as Quan Yin then Brush knee turn left again this time rooting completely left. (This would mean right foot resting next to the left ankle) remember the second brush knee turn step is a 5 minute turn.

9. The second brush knee turn to the left is the 5 minute turn.

10. (DEFLECT , INTERCEPT AND PUNCH) Sword in Sheath-here we are in our 20 minute turn position. For the first move we begin with hand in the left side position, right fist in left palm, we lift both hands up the left side keeping the elbows for this form down in upper body block form then we lift the right knee up as to turn right this time back or as close as you can to 12 O'clock. Double root as lower right fist to the right hip then shift right releasing the left leg up and bringing it forward to the 12 O'clock position DOUBLE ROOT here and follow by the right hand punch. (WITHDRAWAL AND WIPE OFF) Twist and turn left here opening only the right palm up toward the ceiling.(FINAL CRANE LANDING FORM) begin to shift left finally rooting left while raising both arms up toward the ceiling, like a WHITE CRANE LIFTING ITS WINGS UP, side step right out approximately 12 inches DOUBLE ROOTING then lower hands downward and then up to WU CHI.

THIS CONCLUDES OUR SHORT FORM STUDY OR FIRST SEQUENCE OF THE FORMS.

I will be up dating this with different focuses for the next couple weeks. It will seem very strange to start with but keep trying taking it one step at a time each day you practice.

NEXT WEEK OUR FOCUS WILL BE ON ROOTING AND WHAT IT TRULY MEANS...

Remember this is a very rough draft and each time I send it I hope to have it eventually perfect before adding any additional forms. They will all be added to this actual printed study as we add on also.

We're all in this together and remember BE DILIGENT in helping to keep this VIRUS controlled.

EXTRA TIPS TO THINK ABOUT...

Even if it's cold out as you do your morning tidying up you can open the windows for 5 minutes in each room as a routine to keep the air in your home fresh.

Doing a type of Cardio Stimulating exercise every day is also GOOD FOR YOUR LUNGS! When your heart is working little harder so are your LUNGS!

Ideas are walk up and down steps? Even if you do this slowly you're exercising. Set a goal for yourself. Walk up and down the steps 5 times a day (Just an example) Take a walk outside or Garden, just remember SOCIAL DISTANCING is staying up to 6 feet away from anyone including your neighbors.

BE SAFE PLEASE LOVE, Melissa