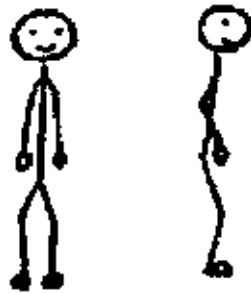


1) **TAI CHI AT REST**

parallel stance  
arms relaxed at sides



bend wrists softly upwards  
palms facing floor



2) **READY STYLE**

straighten wrists back to starting position

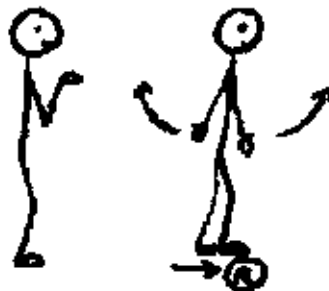


3) **BEGINNING STYLE**

lift arms upwards in front



bend knees and lower arms  
to hip height, free left leg  
of weight



circle arms side-and forward  
towards centreline at  
chest height, step lightly  
forward with left leg



float hands downwards  
and inwards, right hand  
closer to body; turn left  
toes in



transfer weight to left foot,  
push both hands forwards,  
palms facing each other -  
left palm horizontal, right  
vertical



#### 4) SEVEN STARS

bend right knee, lift right heel,  
lift right palm above left



turn waist to right  
full weight on left foot



#### 5) GRASPING THE BIRD'S TAIL

'hold a ball' with right hand  
underneath, turn waist to left



step lightly forward with  
right heel, extend right arm



transfer weight to  
right foot (bow stance),  
left fingers point to  
right wrist



waist turns right,  
right palm stays up,  
weight stays forwards



transfer weight to left,  
raise right toes, move  
both hands to body and  
turn palms over



waist turns slightly left,  
right toes turn in 45°.



transfer weight forward,  
strike with right palm;  
toes, knee, right palm and  
eyes in one line



## 6) SINGLE WHIP

waist turns left,  
right toes turn inwards 15°



right palm pulls in and  
into a bird's beak formation  
(wrist the highest point)



right hand:



weight transfers onto  
right foot, left foot steps  
lightly out (horse stance)



waist turns left,  
left palm stays facing face,



strike to left with left palm,  
waist turns back to centre,  
horse stance deepens  
(look at left hand)



## 7) FLYING OBLIQUE

turn waist to left, arms at  
shoulder height, turn both  
palms down



turn waist back to front,  
bend elbows, right arm  
over left, palms crossing



transfer weight onto left foot,  
drag right toes a little in,  
turn waist to right, stretch  
both arms: right palm down  
at shoulder height,  
left palm up at head height



## 8) RAISE HANDS STEP UP

step forward lightly onto right foot.  
turn waist left.  
right palm faces body,  
left palm faces away from body,  
both swoop in arcs towards centreline



waist turns right,  
right hand turns palm outwards,  
both hands circle away from centreline



waist turns left,  
left foot steps forward into parallel stance,  
hands repeat circles as before;



right hand points upwards,  
left hand points downwards, palm facing  
back



## 9) WHITE CRANE FLAPS ITS WINGS

waist turns right,  
fold forward from hip  
with flat back



waist turns to left



bring back upright,  
waist turns back into frontal position,  
both hands lift to face height,  
palms facing away from body



10) BRUSH KNEE TWIST STEP (right hand pushes)

transfer weight to right leg,  
both arms fall down



waist turns left,  
arms arc upwards



left foot steps forward (to left),  
left arm stretches forward  
to face-height, palm faces  
to the right



waist turns right  
right palm rests near right hip



lift right wrist behind right ear,  
fingers pointing forwards,  
weight sinks down



transfer weight to front (left) foot,  
strike forwards with right palm,  
left hand arcs down and forward to come to rest near left thigh as if resting on a cushion,  
when weight is half off back leg (right), pivot back toes inwards into bow stance.



**11) SEVEN STARS STYLE (left)**

weight onto right leg in back stance,  
 waist turns right,  
 left arm up- and forwards,  
 right hand through centre line to right hip, palm upwards (- the first time 'floating' arms)



**12) BRUSH KNEE TWIST STEP (right hand pushes)**

'floating' right arm up-and forward  
 left arm floats down towards hip, palm uppermost  
 waist turns slightly to left

'floating' arms in opposite direction  
 turn waist slightly to right



lift right wrist up behind right ear  
 sink down

transfer weight forward while  
 striking with right palm,  
 left hand moves in arc until ending  
 left hip  
 ending in bow stance, waist straight

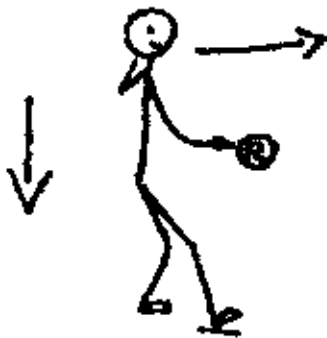


**13) BRUSH KNEE TWIST STEP (left hand pushes)**

place right heel lightly forward  
turn waist to right,  
float left hand up and right down



sink weight as left wrist lifts behind ear  
and right hand sinks to hip



turn waist to left  
float arms in opposite directions  
(right arm up, left to hip)



push weight forward into bow stance  
waist turns to middle  
left hand pushes,  
right hand moves in arc to hip level



**14) BRUSH KNEE TWIST STEP (right hand pushes)**

place left heel lightly forward,  
turn waist left,  
float right arm up and left down  
(remember to leave left palm up)



sink weight when right wrist lifts behind ear,  
waist turns left,  
right hand pushes  
left hand averts imaginary kick  
pivot back heel into bow stance when  
half the weight is off



turn waist to right,  
float arms - left one up



### 15) SEVEN STARS (left)

shift weight back to right leg  
move left hand to protect centre line,  
right fingers pointing to left wrist



turn waist to left,  
ward off left



### 16) STROKE THE LUTE

turn waist right,  
left hand leading (palm down),  
right fingers (palm up) pointing to left wrist



weight forward into bow stance,  
turn waist to left,  
right hand keeps following left hand



when hands reach left leg,  
step forward into parallel stance,  
circle hand horizontally to centre position  
(left palm down, right palm up)



# 17) STEP UP PARRY & PUNCH

step lightly onto left heel,  
arc arms forward in centre line,  
(palms as before)



turn waist right as  
arms arc down  
towards right side



left arm arcs forward  
'clearing a path' down  
centre line



punch with right fist and  
turn hips forwards



shift weight back,  
left hand to guard left of face,  
right fist rest in front of  
right hip



waist turns right,  
left hand parries,  
(empty stance)



waist turns left,  
left hand parries low  
(empty stance)



waist turns right,  
left arm parries horizontally



shift into bow stance,  
punch straight with right  
fist



hover left palm just  
above right elbow joint



### 18) AS IF SHUTTING A DOOR

slide left hand under right elbow,  
palms down,  
move arms until they cross



shift to back stance,  
uncross arms turning  
both palms to your face



turn hands to push away,  
shift into bow stance



### 19) EMBRACE THE TIGER, RETURN TO THE MOUNTAIN

pivot on left heel,  
move left toes inwards,  
both hands float down  
(palms down)



keep weight on left leg,  
turn right leg outwards,  
palms turn to front,  
fingertips to floor



sink into left foot,  
stretch both arms to the sides  
in a diagonal line. (left lower)  
weight onto right foot



### 20) CROSS HANDS

all weight on right foot  
step up with left foot  
(shoulder-width stance),  
arms move towards  
each other



turn right toes / hip inwards,  
wrist cross each other



## 21) BRUSH KNEE TWIST STEP - OBLIQUE

waist turns left,  
right toes pivot inwards,  
left hand floats towards left hip  
(palm up)



sink onto right leg,  
lift right hand behind right ear,  
left arm floats down



step lightly onto left heel,  
float left arm forwards,  
turn waist to right,  
right hand floats to right hip  
(palm up)



shift into bow stance,  
strike with right palm,  
parry imaginary kick with left palm



## 22) TURN BODY - BRUSH KNEE TWIST STEP

pivot on left heel, turn toes inwards  
re-establish weight on left foot,  
arc left hand down and then  
up to chest height, as right  
palm floats down to right hip  
(palm up)



sink into left foot,  
left palm lifts behind left ear,  
right palm floats down



weight on left leg,  
step lightly out to the right  
onto right heel,  
waist turns left,  
right arm floats forward



shift into bow stance,  
strike with left palm,  
parry imaginary kick with right palm



### 23) SEVEN STARS - RIGHT

shift weight back onto left foot,  
waist turns right as  
right arm arcs forward and  
wards off to the right



### 24) GRASPING THE BIRD'S TAIL

'hold a ball' with right hand  
underneath, turn waist to left



step lightly forward with  
right foot, extend right arm



transfer weight to  
right foot (bow stance),  
left fingers point to  
right wrist



waist turns right,  
right palm stays up,  
weight stays forwards



transfer weight to left,  
raise right toes, move  
both hands to body and  
turn palms over



waist turns slightly left,  
right toes turn in 45°



transfer weight forward,  
strike with right palm;  
toes, knee, right palm and  
eyes in one line



## 25) SINGLE WHIP – (OBLIQUE)

waist turns left,  
right toes turn forwards 15°



right palm pulls in and  
into a bird's beak formation  
(wrist the highest point)



right hand:



weight transfers onto  
right foot, left foot steps  
lightly out (horse stance)



waist turns left,  
left palm stays facing face,



strike to left with left palm,  
waist turns back to centre,  
horse stance deepens  
(look at left hand)

