

Yellow Tai Chi Form Example

Kwan Nien Chi Kung I

Bow – Pai Yang Tai Chi Bow

1. Starting in ready stance, hands come out in break fist position.
2. Turn right shoulder to 12 o'clock while pulling break fist hands into high left chamber (above belt).
3. Step right foot to 12:30 o'clock with heel and then twist foot to have toes point to 2 o'clock and you shift and fill the weight into right foot. While weight in shifting pull break fist hands across heart and into right chamber (left shoulder now to 12 o'clock).
4. Keeping weight in right leg, stick left foot to 12 o'clock (cat stance) and present hands to 12 o'clock.
5. Step left foot back to 6 o'clock and then right foot so feet end in original ready stance. While feet are moving back to ready make both palms face the ground, left hand on top of right, and then pull them into center of waist (into lower tan tien) and then they become fists and lift them to ears and then back out in front of heart (striking) and finally back into chamber (creating vertical circle), then open hands back up -- palm up and lift hands up under armpits, then turn them back palm down and push hands down to thighs on sides. Round out hands palms toward body and leave them there, pointer fingers gently may be brushing or touching thighs.

Form

1. From ready stance but hands at sides not chambered, adjust heels out to 45 degrees (about 4:30 and 7:30, then adjust toes out to front corners (about 10:30 and 1:30) and then adjust heels back out one more time to their respective back corners. This is all done while inhaling. Then root and sink weight down and knees collapse inwards (close to a pigeon stance, but they do not need to touch. Rooting is done while exhaling.
Special notes: All breathing is utilizing the lower tan tien in this form – inhales while hands move in toward body and exhales when hands move away from body as general rule.
2. Hands on thighs are drawn up from wrists so that fingers are relaxed and pointing toward earth (called "squid fists"). When wrists clear the third eye they pull back to head (wrists by the ears then pull down to the heart and then press out in twin palm heels to 12 o'clock
Special notes: Chi Kung keeps all hand strikes and blocks only as far away from the body as what would create a circle if the hands opened up – known as the chi ball. Do not press or strike further than the end of the chi ball.

Chi Kung I Continues

3. Hands from the palm heels slowly roll in (finger tips point at each other, palms in) to create a circle with the arms (chi ball). Inhale as hands pull around this circle and then the heels of the palms touch the chambers in butterfly palm position. These butterfly

palms stike out to 12 o'clock with slight elevation up to the heart level as they strike.

4. Hands roll back in to create the chi ball shape with the arms and then pull down (like going under the chi ball) into the lower tan tien area (about 2-3 inches below the navel). The hands roll in at the lower tan tien to form spear hands and these then strike out and up to about 3rd eye level.

Special notes: All these motions have self defense applications. When tai chi is done for fighting purposes and not just health, it is known as Tai Chi Chuan or "Grand Ultimate Fist."

5. Hands roll finger down and then repeat motion 2 from this point.
6. Repeat motion 3.
7. Repeat motion 4.
8. *(Finish writing your form here for motions 8 & 9):*

9.

RepeatBown