

## **FIRST SECTION. [R=right or right-hand; L=left or left-hand]**

### **Preparatory movement**

Feet 1 shoulder width apart (= 2 hand spans, centre to centre).  
Hands raise to shoulder height; Shoulders drop when hands 2/3 up.

### **Ward off right**

Sit back; hands don't move, Tailbone directly over heel.  
Sink forward; R thumb at breastbone height, L at Dantien, R & L over knee, R knee to base of toes.

### **Ward of left**

Turn 45 deg.; Forearms level, R fingers point at L base of fingers.  
Step & sink forward; L palm faces breastbone, L elbow 1 span from ribs, R thumb aligns to thighs.

### **Grasp Birds Tail: Ward off**

Turn 45 deg.; L rotates up about base of thumb, R lifts towards L finger tips.  
Step & sink to centre; R thumb in front of nose, R elbow one span out, L fingertips 1 inch from R wrist, L elbow 1 fist out.  
Release wave; Turn 15 deg. to R, Nose, knee and toes aligned.

#### **Pull Back**

Sit back; R thumb in front of nose, L hand at hip (Qua).

#### **Press**

Turn front and sink to centre; Wrists joined at breastbone height.  
Release wave; Wrists lift to height of throat.

#### **Push**

Sit back then sink to centre; Fingertips at shoulder height, Elbows one fist out.  
Release wave; Palms to shoulder height, Elbows one span out.

### **Single Whip**

Step & sink to centre; L fingertips at shoulder height, L elbow 1 fist out, R wrist shoulder height, R elbow 4 fingers below shoulder height.  
Release wave; L palm shoulder height, L elbow 1 span out. R elbow 2 fingers below shoulder height.

### **Raise Hands**

Sink on L foot; Body 15 deg. to L, R fingertips shoulder height, R elbow 1 span out, L palm faces R elbow, L fingertips 1 fist from R arm, L elbow 1 fist from body, Both L & R fingertips on centre line.

### **Shoulder Stroke**

Step & sink to centre; L thumb 1 fist from R shoulder, R hand in front of Dantien, Elbows 1 fist out.

### **White Stork Spreads its Wings**

Sink on R foot; R thumb 1 span from R eyebrow, L & R spatially balanced, Palms turned out slightly.

### **Brush Knee & Twist Step**

Sink to centre; L thumb brushes thigh, R fingers to shoulder height, R elbow 1 fist out.  
Release wave; L thumb 2 fingers from thigh; L elbow 1 fist out, R palm shoulder height, R elbow 1 span out.

### **Play the Guitar**

Sink on R foot; L palm at shoulder height, L elbow 1 span out, R fingertips 2 fingers from L elbow, R palm up, R elbow 1 fist out.

### **Brush Knee & Twist Step**

### **Step Up Block, Parry & Punch**

Turn R and sink to R foot; R foot 45 deg. R, Body 30 deg. R, R fist palm up at hip joint (Qua), L wrist in front of breast bone, L palm faces R shoulder, L elbow 1 span out.  
Step and sink to centre; R punches at breastbone height, R forearm level, R elbow 1 span out, L thumb touches point of R elbow, L fingertips touch R forearm, L elbow 1 fist out.

### **Apparent Closing**

Sink slightly L; R circles to corner, L fingertips touch upper arm, R forearm rests on L wrist.  
Sit back then sink to centre; Fingertips at shoulder height, Elbows one fist out.  
Release wave; Palms to shoulder height, Elbows one span out.

### **Cross Hands**

Cross hands; Wrist creases crossed at height of throat, Feet 1 shoulder width apart.

## SECOND SECTION.

### Carry Tiger to Mountain

Turn 45 deg. L; Wrists drop to hip crease (Qua).  
Turn 135 deg. R; L one fist from ear, R thumb touches thigh, Both palms face down to R.  
Step 45 deg. R & sink forward; L fingertips at height of throat, R palm up touching thigh.  
Release wave; L palm to shoulder height, L elbow one span out, R circles up to breastbone height.  
Pull back; Press; Push;

### Diagonal Single Whip

Single whip to corner;

### Taoist Immortal Flaps His Sleeves

Sit back; Turn R, L palm up, R palm down; Forearms at breastbone height.  
Shift L foot to L; Turn L, Sink onto L foot, L palm faces breastbone.  
Step to corner; Sink to R foot, Palms face down & back 45 deg., R hand breastbone height, L hand Dan Tien height.

### Fist Under Elbow

Turn R to corner; L palm up, R palm up under L elbow.  
Turn L 45 deg.; L palm down, L palm at throat height, L elbow 1 span out, R elbow one fist out; L elbow touches R fist.

### Step Back & Repulse Monkey (3 to each side)

Turn R; R hand to shoulder height, L rotates about tip of middle finger, L palm tracking R.  
Turn back and step back; R thumb 1 fist from ear.  
Sink back; L hand to hip, R hand to throat height.

### Slanting Flying

Turn & step to back corner; Left thumb 1 fist from ear.  
Sink forward; R wrist to shoulder height, L thumb aligns with L & R thighs.

### Wave Hands Like Clouds (4 to each side; change on 4th to L)

Turn R 45 deg.; R thumb in front of breastbone, L thumb in front of Dan Tien, L foot pivots on toe.

#### Right

Sink into R foot; R hand drops, L base of fingers brushes inside R wrist.  
Turn to front; L palm faces breastbone, R palm faces Dan Tien.

#### Left

Turn L 45 deg.; L thumb in front of breastbone, R thumb in front of Dan Tien.  
Sink into L foot; L hand drops, R base of fingers brushes inside L wrist.

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### Single Whip

Turn L; L foot then R foot turns 45 deg. on heel, L palm faces breastbone, R palm faces Dan Tien.  
Turn R; Hands drop to thigh, R foot pivots on toe.  
Step and sink forward; R wrist to shoulder height. R elbow 4 fingers down, L palm faces throat, Small finger 1 fist from centre of R forearm.  
Turn L; R shoulder approaches R wrist, L palm faces throat.  
Step and sink forward; Single whip.

## SECOND SECTION (continued).

### Snake Creeps Down

Sit back and turn R; R hand at shoulder height, L just below knee.  
Sink forward; L palm in front of throat, R thumb touches thigh.

### Golden Cock Stands On One Leg, Left & Right

Sit back then sink to L foot; L thumb 1 fist from R shoulder, Elbows 1 fist out, Wrists on centre line, R foot on toe in front of L heel, Body turned 30 deg. L.  
Turn to front; L thumb touches thigh, R thumb 1 span in front of nose, R elbow touches knee.  
Half step back to R; Body 30 deg. R, R thumb 1 fist from L shoulder.  
Turn to front; Golden Cock R.

### Separation Of Leg: Right & Left Right

Turn 45 deg. R; R palm turns up.  
Step & sink back; L hand at hip; R palm at throat height.  
Turn L 45 deg.; L hand lifts to shoulder height.  
Turn back; Wrists cross at height of throat.  
Turn L 90 deg.; L palm rotates to face body.  
Turn R and sink; L stays at L corner, R follows body to R corner.  
Raise R knee; R elbow 1 fist above thigh.  
Kick; R lower leg kicks to 45 deg., R forearm level.  
Step and sink into R foot; R toes turn 45 deg. L, Hands drop to thighs.

### Left

Turn to L corner; Lift arms to shoulder height, L foot pivots on toe.  
Turn 45 deg. R; Circle R down then up to shoulder height, Foot pivots on heel.  
Turn back; Wrists cross at height of throat, Foot pivots on toe.  
Turn R 90 deg.;  
Turn L and sink;  
Raise R knee;  
Kick;

### Turn and Kick With Sole

Turn slightly L; Hands circle slightly L.  
Turn R 45 deg.; Arms swing to R halfway to shoulder height.  
L foot steps behind & turn; Wrists crossed at height of throat.  
Turn R 90 deg.; Palms turn out, L foot pivots 90 deg. on toe.  
Turn to front & raise knee; L elbow touches knee.  
Kick; Forearms level, elbows do not lift.

### Brush Knee & Twist Step, Left & Right

Drop leg & slight turn L; R arm folds down to L.  
Turn R 45 deg.; Forearms level, R at shoulder height.  
Brush knee and twist step L;  
Sit back; R forearm pivots about its centre to level.  
Turn L & sink into L foot; R elbow drops.  
Brush knee and twist step R;

### Step Bend & Punch

Sit back;  
Sink forward & step; Body bends forward 45 deg., L thumb brushes thigh.  
Punch; R forearm horizontal.

### Grasp Birds Tail

Straighten & sit back;  
Turn L 45 deg.; L hand to shoulder height.  
Sink into L foot; R hand to shoulder height, L fingers point to r wrist.  
Ward off; Pull back, Press & Push;

### Single Whip

## THIRD SECTION.

### Fair Lady Works At Shuttles (4 Corners)

#### Corner 1

Sit back, turn L foot and body 90 deg. R;

Sit back to L foot, turn R 45 deg., R foot pivots on toe;

Sink to R foot as R foot turns out on heel; L toe to corner, R hand at hip L hand 1 span from R fingertips, Elbows 1 fist out.

Step & sink forward; L elbow 2 fingers below shoulder height, R elbow 1 span out, R palm at throat height, Hands 1 span apart, Thumbs & first fingers join on sight line.

#### Corner 2

Sit back, turn R 90 deg.; R hand at hip, L elbow over R palm.

Sit back to L foot, turn R 45 deg.; L hand at hip, R hand 1 span from L fingertips, Elbows 1 fist out.

Step behind & sink forward;

#### Corner 3

Sit back; L hand at hip, R hand as for Pull Back.

Sink to R foot & turn L; R hand at hip, L hand 1 span from R fingertips, Elbows 1 fist out.

Step & sink forward;

#### Corner 4

Sit back, turn R 90 deg.; R hand at hip, L elbow over R palm.

Sit back to L foot, turn R 45 deg.; L hand at hip, R hand 1 span from L fingertips, Elbows 1 fist out.

Step behind & sink forward;

### Grasp Birds Tail

Sit back; L drops halfway.

Sink to R foot and turn L 90 deg.; R fingertips brush base of L fingers.

Step & sink forward; Ward off L.

Ward off; Pull back, Press & Push;

### Single Whip

### Snake Creeps Down

#### Step Up To Form Seven Stars

Sit Back; L hand drops symmetrical with R, Palms up.

Sink forward; Wrists crossed at height of throat, R toe in front of L heel.

#### Retreat to Ride Tiger

Step back & turn 45 deg. R; hands palms up at Qua.

Turn to front; R thumb 1 span +1 fist at 45 deg. from R eyebrow, L & R spatially balanced.

#### Turn & Sweep Lotus With Leg

Turn slightly R; R hand drops.

Turn 45 deg. L; Wrists to shoulder height, palms down.

Sink and turn around; R hand opens from under L elbow, Forearms level.

Taiji Circle; Kick; Toe touches L then R fingertips.

#### Shoot Tiger With Bow

Drop foot to L and step R 45 deg.; Forearms level.

Sit back; Turn R and drop hands.

Sink forward to corner; Fists rest at hip joints (Qua).

Release wave; Body turns 45 deg. L, Head turns 90 deg. L (To L corner), L fist at breastbone height, L elbow 1 span out, R fist 1 span from R eyebrow, Forearms to L corner.

#### Step Up, Block, Parry & Punch

Sit back away from hands; R palm faces down 45 deg. to L palm.

Turn L & sit back to R; Lift L leg, Hands circle, L palm down, R palm up.

Step Up to corner; Block; Parry; Punch.

### Apparent Closing

### Cross Hands

### Conclusion Of Taiji