

Tai Chi – Yang Family Long Form YinYang

PART ONE

1 Commencement of the whole series

Weight goes onto the left foot, step up then to the side placing your right heel down first. As you move your weight to the right foot the palms of your hands turn out (*brush the grass aside*).

Lift the toes off the ground on your Left foot, turn foot in on the heel,

as you place the foot down press down (*lifting yourself off the Ikea sofa*).

Let the hands float up (*lifting balloons*) show the palms and press down.

Push away to the side (*shoo cat off the sofa*) and let the hands come over like windscreen wipers.

Lift the toes on the right foot, turn on the right heel and move 70% weight to right foot, protect the groin.

2 Grasping Birds Tale

All weight goes to the right leg, step up, step forward into your box 70% weight to left leg, stroke the peacocks tail.

All weight goes to left leg, turn, right hand floats up and grasp the ball.

Step forward into your box moving 70% weight to right foot, grasp the sparrows tail.

Sit back turn moving 70% weight to left foot and throw down.

3 Single Whip

Turn back moving 70% weight to right foot, Double-handed push.

Separate the hands sit back with 70% weight on left foot and draw silk.

Lower the palms of your hands move 70% weight back to right foot, push (*the transit van*).

Turn towards the corner, sit back placing 70% weight on left foot, lift right toes off the ground turn with the foot and push away.

Sit back, turn back placing 70% weight on right foot.

Make a beak, turn the hand palm towards you, all your weight goes on the right leg and turn, single whip.

With weight still on the right foot step forward (behind or to the corner) into your box so that 70% weight is on the left foot.

Lift the right toes off the ground and turn on the heel, press to the front.

4 Raise Hands and Step Up

Rock back on the left heel, turn in on the heel, Pincer movement one (*squeeze to beach ball*).

All weight goes on the left leg, lift right knee, pincer movement two (*squeeze to beach ball*).

Keeping weight on the left leg place right heel down, push away.

Turn waist and throw down.

Step forward into box placing 70% weight on right foot, shoulder barge.

5 White Crane Airs its Wings

Turn the left hand palm in (*as if you have a large beach ball between your hands*), all weight goes to right leg, turn, roll the ball

and the white crane stretches its wings.

6 Brush Knee and Press with Inverse Stance

Make a ball to the side.

Step forward into your box, move 70% weight to left foot, brush knee and push.

7 Play Guitar (Pa Pi)

All weight goes to left leg, step up, step back with all weight on right leg, and play the guitar.

Ball to the side.

Step forward into your box, move 70% weight to left foot, brush knee and push.

8 Brush Left and Right Knee and Press with Inverse Stance

Rock back on the left heel turn left foot out, move weight 70% to left foot, ball to the opposite side.

Step forward into your box, move 70% weight to right foot, brush knee and push.

Rock back on the right heel turn right foot out, move weight 70% to right foot, ball to the side.



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Step forward into your box, move 70% weight to left foot, brush knee and push.

9 Play Guitar (Pa Pi)

All weight goes to left leg, step up, step back with all weight on right leg, and play the guitar. Ball to the side.

10 Brush Knee and Press with Inverse Stance

Step forward into your box, move 70% weight to left foot, brush knee and push.

11 Press Down, Parry and Punch

Rock back on the left heel turn left foot out, move weight 70% to left foot, point soft right fist to upturned left palm (*holding the tea cup*), step up. Step down turning right foot out on the heel then placing 70% weight on the right foot, press down. All weight goes to right foot, hand and foot come forward, turn waist clear.

Step forward into your box, move 70% weight to left foot, punch with soft fist (*holding fluffy chick*).

12 Close The Door

Release the punch bring the right hand over, sit back turning the waist, clear the punch, moving 70% weight to right foot, push to the corner. Turn back moving 70% weight to left foot, shut the door.

13 Cross Hands

Rock back on the left heel turn left foot in, move all weight to left foot bring right foot parallel shoulder width, collect up (*a large bunch of flowers*) with arms and cross hands.

(24 breaths)

KEY

Yin contracting in breath



Yang expanding out breath

References

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