






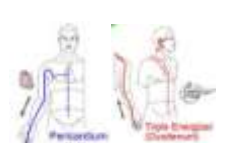

















Tai Chi – Small Space Form

Description of Movement	Image	Time / Meridian	Element	Trigram
<p><i>(Commencement of the whole series)</i> Weight goes onto the centre of the left foot, sink down, step up, step to the side placing your right heel down first. As you move your weight to the right foot, turn the toes and wrists in.</p> <p>Lift the toes off the ground on your Left foot, turn foot in on the heel, as you place the foot down press down with heels of your hands.</p> <p>Let the backs of the hands float up ...</p>				
<p>All weight to centre of right foot step up sit back into your box. <i>(Grasping Birds Tale)</i> Sit back, turn and throw down.</p>			EARTH	 lui – Roll Back, Receiving calmly
<p><i>(Single Whip)</i> Turn back moving 70% weight to right foot, Double-handed push.</p>			WATER	 chai – Press - The sinister, unorthodox, hidden
<p>Separate the hands sit back with 70% weight on left foot and draw silk.</p> <p>Lower the palms of your hands move 70% weight back to right foot, push the old transit van.</p>			FIRE	 an – Push Upward raise
<p>Lift toes off ground on left foot, turn left foot out on the heel move 70% weight to left foot <i>(Snake Puts Out Tongue)</i> ... soft fist right elbow pointing up. All weight to left leg, step up ...</p>				 chou Lake – Elbow Enclosed potential held in check
<p>Step forward into box, turn right foot in 45 deg., placing 70% weight on right foot, shoulder barge.</p>				 ko MOUNTAIN –Shoulder Upright central equilibrium buffer
<p><i>(Pluck Needle From Sea Bottom)</i> All weight goes to left leg, step up, step back into your box, all weight to right leg, sword fingers right hand, bending whole spine - needle to the sea bottom.</p> <p><i>(Fan Penetrates Back)</i> Unbend, block to the side with right arm protecting the groin with left hand. Step forward into box moving 70% weight to left foot, circling left arm, block to the front.</p>			WIND	 tsai – Pluck Penetrating circular downward ark
<p>Sit back onto the centre of the right foot turning the waist 70% weight goes to right foot throw down.</p> <p>Rock back on left heel, turn to left foot out, moving 70% weight to left foot, split.</p>			METAL	 li THUNDER – Split To separate upward and downward diagonally
<p><i>(Play Guitar Pa Pi)</i> All weight goes to left leg, step up, step back into your box and throw down elbows out, all weight on right leg step up, touch left heel to floor bringing elbows in - play the guitar. Ball to right side left hand on top.</p> <p>Step forward into your box, move 70% weight to left foot, brush knee and push.</p>				 peng HEAVEN – Ward Off Upward slanting
<p>Move weight to right foot, left foot steps back parallel to right foot, lift right toes off the ground turn right foot in <i>(Demount Of The Whole Series)</i> Press down with heels of your hands.</p> <p>Let the backs of the hands float up, show the palms and press down with heels of your hands.</p> <p>Lift left toes off the ground on left foot, turning left foot out 45 deg. on the heel, all weight goes to centre of left foot, bring right heel to meet left heel as you circle right arm clockwise and left arm anti clockwise, weight on both feet.</p>	<p>KEY</p> <p>Yin contracting in breath </p> <p>Yang expanding out breath </p>			

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