

Embodied Tai Chi – PartOne Short Form (Postures)

Qigong 'standing like a tree' posture with heels together.

1 Commencement of the whole series

1.1 Weight goes to the centre of the left foot, lift the right knee.

1.2 Step to the side placing your right heel down. As you move your weight to the right foot turn the right toes in on the heel, the palms of your hands turn out.

1.3 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).

1.4 Let the back of the hands float up.

1.5 Show the palms and press down (lifting yourself off the Ikea sofa).

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

1.7 Lift the toes off the ground on the right foot, turn out on the heel, protect the groin with left hand. All weight goes to the centre of right foot sink down, lift left knee.

2 Grasping Birds Tale

2.1 Step forward into your box, move weight to left foot turning waist stroke the peacocks tail with right hand.

2.2 All weight goes to centre of left foot, sit back turn, and grasp the ball in front of your face.

2.3 Step forward into your box, place right heel down, turn right foot in, move weight forward to right foot and grasp the sparrows tail.



2.4 Sit back turning waist and throw down.

3 Single Whip



3.1 Turn back double-handed push



3.2 Separate the hands sit back as though pulling silk thread.



3.3 Lower the heel of the palms then, push (the old transit van).

3.4 Turn towards the corner, sit back, lift right toes off the ground.

3.5 Turn right foot in on the heel and push away.

3.6 Sit back.

3.7 Then turn back and push away.



3.8 Make a beak with the right hand, turn the left hand palm facing towards you, all your weight goes to centre of right foot and turn in single whip.

3.9 With weight still on the right foot step (behind or to the corner) into a box. Lift the right toes off the ground and turn in on the heel pressing to the front.

4 Raise Hands and Step Up



4.1 Rock back on the left heel, turn in on the heel, bringing right hand down Pincer movement one (squeeze to beach ball). All weight goes on the centre of the left foot, sink down and lift right knee, bringing left hand down pincer movement two (squeeze to beach ball).

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

4.3 Turn waist and throw down.

4.4 Step forward into box shoulder barge ending with left hand floating down right arm.

5 White Crane Airs its Wings



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

5.2 The white crane stretches its wings.

6 Brush Knee and Press with Inverse Stance

6.1 Make a ball to the side.

6.2 Step forward into your box, brush knee and push.

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7 Play Guitar (Pa Pi)

7.1 All weight goes to left leg, step up, step back into a box and throw down. All weight goes to the centre of the right foot the left knee floats up and the elbows move out.

7.2 Place the left heel on the floor and the elbows turn in to play the guitar (hold the baby).

7.3 Ball to the side.

7.4 Step forward into your box brush knee and push.

8 Brush Left and Right Knee and Press with Inverse Stance

8.1 Rock back on the left heel, turn left foot out on the heel, move weight to centre of the left foot, ball to the opposite side. Step up.

8.2 Step forward into your box, brush knee and push.

8.3 Rock back on the right heel, turn right foot out, move weight to the centre of the right foot, ball to the side. Step up.

8.4 Step forward into your box, brush knee and push.

9 Play Guitar (Pa Pi)

9.1 All weight goes to left leg, step up, step back into a box and throw down. All weight goes to the centre of the right foot the left knee floats up and the elbows move out.

9.2 Place the left heel on the floor and the elbows turn in to play the guitar (hold the baby).

10 Brush Knee and Press with Inverse Stance

10.1 Make a ball to the side.

10.2 Step forward into your box, brush knee and push.

11 Press Down, Parry and Punch

11.1 Rock back on the left heel turn left foot out on the heel, move weight to centre of left foot, point soft right fist to upturned left palm (holding the tea cup), all weight goes to centre of left foot and raise the right knee.



11.2 Step down turning right foot out on the heel, press down.

11.3 All weight goes to right foot, hand and foot come forward (hold sugar lump to feed the horse), turn the waist and clear.

11.4 Step forward into your box, to punch with soft fist (holding fluffy chick).

12 Close The Door

12.1 Release the punch bring the right hand over, sit back turning the waist, clear the punch, push to the corner with elbows out.

12.2 Turn back shut the door.

13 Cross Hands

13.1 Rock back on the left heel turn left foot in, move all weight to centre of left foot bring right foot parallel shoulder width running hands around large beach ball.

13.2 Collect up (a bunch of flowers) with arms and cross hands.

81 Denouement Of The Whole Series

81.1 Press down (lifting yourself off the Ikea sofa).

81.2 Let the hands float up opening (lifting balloons).

81.3 Show the palms and press down (lifting yourself off the Ikea sofa).

81.4 Lift left toes off the ground turning left foot out on the heel, circle right arm clockwise and left arm anti clockwise, all weight goes to centre of left foot, bring right heel to meet left heel.

End with a gentle bow.

KEY

Yin contracting in breath



Yang expanding out breath



Shoulder Blades forward (open/rounding back)

Shoulder Blades back (close back)

VIDEO; <https://www.youtube.com/watch?v=dUJysaKykJA&t=124s>

'At its core Embodied Tai Chi follows the traditional teaching of the Yang Family Long form interpreted from a Western neurological – somatic perspective. The PartOne short form has been developed from the opening movements of the traditional long form. This is the first part of unfolding Tai Chi as mindful movement, from doing to being ('

<https://www.youtube.com/watch?v=LSOiVOz2tgw>)'

Bibliography

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