

# Principles of Tai Chi



Do your movements **slowly, smoothly and continuously**

Imagine you're moving against a **gentle resistance**

Maintain an **upright posture**

Be conscious of **weight transfers**

**Loosen your joints**

**Relax your mind**

# The Core Movements on Both Sides (1-6)

**Commencement**

**Open and Close**

**Single Whip (right)**

**Wave Hands (right)**

**Open and Close**

**Single Whip (left)**

**Wave Hands (left)**

**Open and Close**

**Closing**

# **The Extension Movements on Both Sides (7-12)**

**Brush Knee (left)**

**Play the Lute**

**Parry and Punch**

**Block and Close**

**Push the Mountain**

**Open and Close**

**Brush Knee (right)**

**Play the Lute**

**Parry and Punch**

**Block and Close**

**Push the Mountain**

**Open and Close**

**Closing**

# **Warm Up Exercises**

**Neck**

**Shoulder**

**Spine**

**Hip**

**Knee**

**Ankle**

# **Cool Down Exercises**

**Punching Thigh**

**Tense and Relax**

**Raise Hands**

向 向 向 向 向 向

# Advanced Movements

向 向 向 向 向 向

**Brush knee (right)**

**Leisurely Tie Coat**

上 上 上 上 上 上

**Open and Close**

下 下 下 下 下 下

**Single Whip (left)**

**Punch under elbow**

下 下 下 下 下 下

**Repulse Monkey (left)**

**Repulse Monkey (right)**

左 左 左 左 左 左

**Brush knee (left)**

右 右 右 右 右 右

**Leisurely Tie Coat**

**Open and Close**

左 左 左 左 左 左

**Closing**

右 右 右 右 右 右

巴 巴 巴 巴 巴 巴