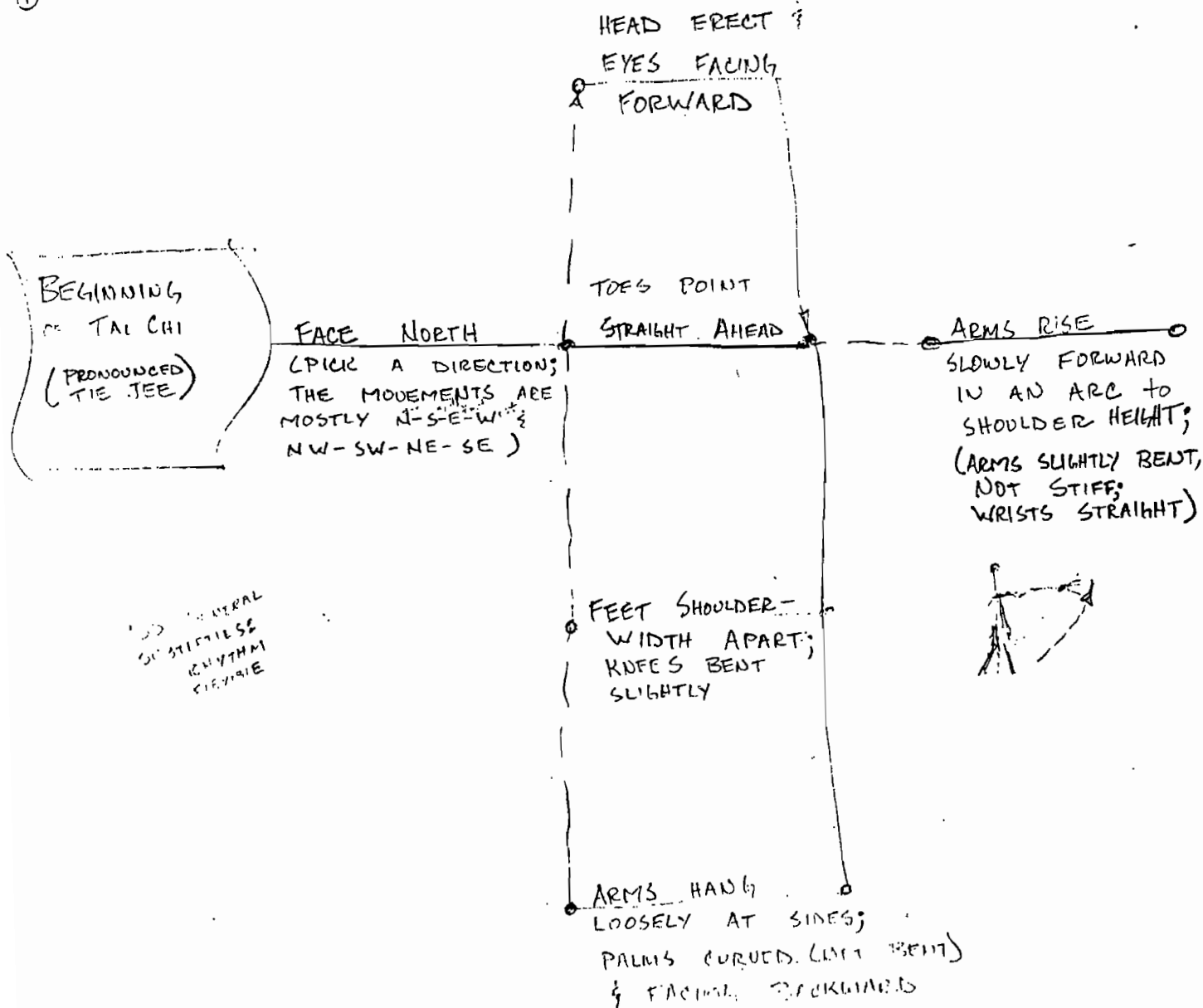


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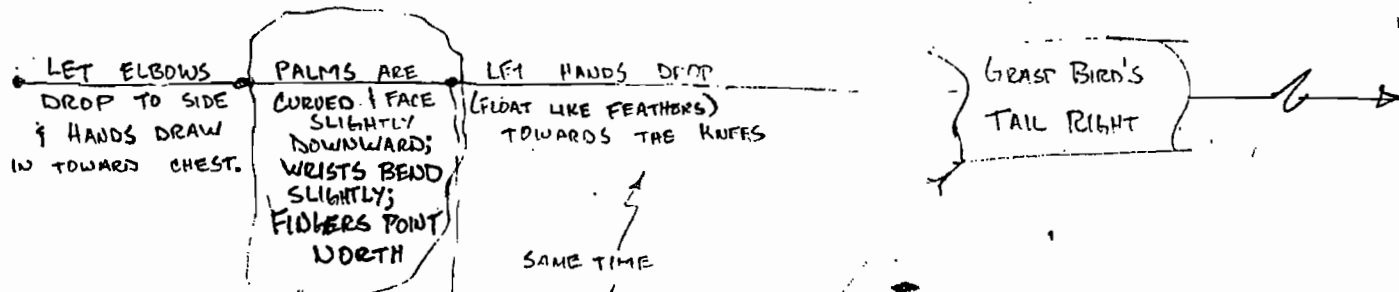
Tai Chi

①



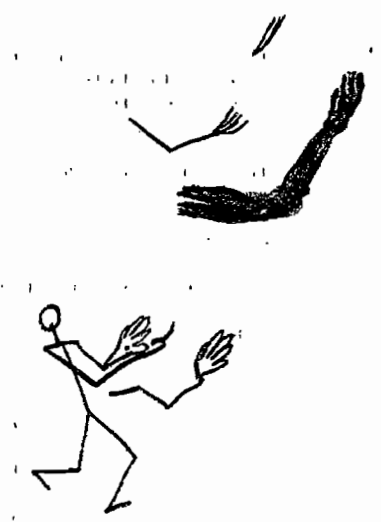
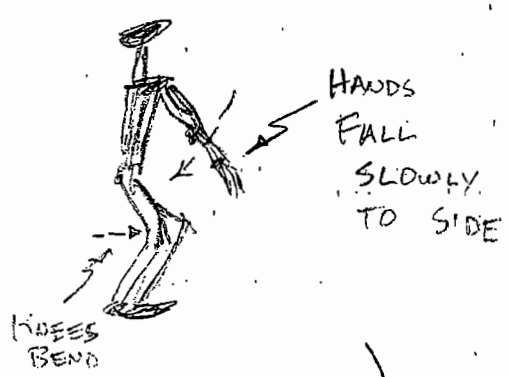
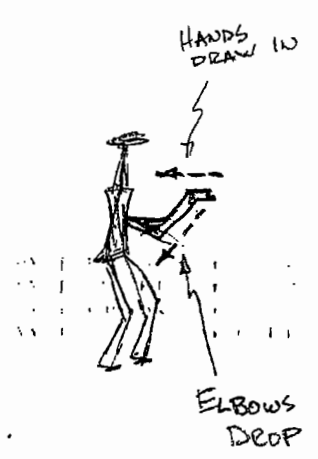
1978

2



LET KNEES SLOWLY SINK, HOLDING THE TORSO UPRIGHT IN A RELAXED VERTICAL POSITION, AS IF ABOUT TO SIT

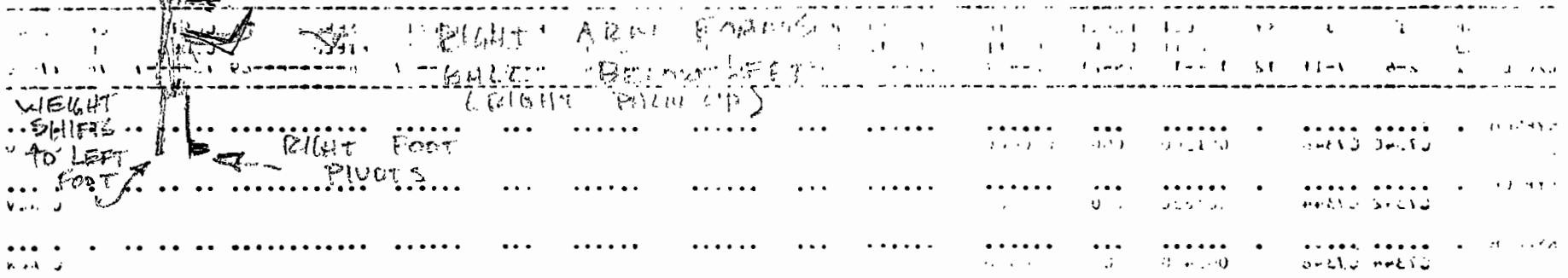
ADD SUGGESTION BELOW & ASIDE L&R FROM WRITING)



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LEFT ARM MOVES
UP (P. 73) (PALM DOWN)

③



GRASP
BIRD'S
TAIL
RIGHT

WEIGHT SHIFTS TO
LEFT FOOT &
RIGHT FOOT TURNS
ON HEEL TO EAST (RIGHT)

RIGHT FOOT
STEPS EAST

RIGHT KNEE
BENDING &
WEIGHT SHIFTS
TO RIGHT FOOT
LEFT LEG SLIGHTLY
BENT

LEFT ELBOW & HAND RISES
& RIGHT HAND TURNS
PALM UP UNDER LEFT
HAND TO FORM BALL
(THE SIZE OF
BASKETBALL) AT WAIST

RIGHT HAND RISES
CHIN HIGH OVER
RIGHT KNEE,
PALM FACING IN

BODY TURNS FULLY
TO EAST (RIGHT)

LEFT HAND DESCENDS
TO SIDE OF LEFT
LEG, PALM FACING
BACK

EYES LOOK AT
RAISED RIGHT HAND

NOTE P. 73

④

GRASP
BIRD'S
TAIL
LEFT

LEFT HAND MOVES
UNDER RIGHT ELBOW,
PALM FACING UP

RIGHT ARM
TURNS NORTH,
RIGHT PALM
DOWN

LEFT FOOT STEPS
NORTH, LEFT HEEL
AT RIGHT ANGLE TO
RIGHT HEEL, LEFT
KNEE BENDING

BODY TURNS FULLY
TO NORTH (LEFT)

AS WEIGHT SHIFTS
TO LEFT FOOT, RIGHT
HAND DESCENDS TO
THE SIDE OF RIGHT
LEG, PALM FACING BACK

LEFT HAND RISES
CHIN HIGH OVER
LEFT KNEE, PALM
FACING IN

EYES LOOK AT
RAISED LEFT HAND

POST
UP

5

WEIGHT SHIFTS
TO... RIGHT FOOT.

AS LEFT FOOT
TURNS ON HEEL
TO... EAST...

PUSH
UP

BODY TURNS EAST
AT SAME TIME

WEIGHT SHIFTS
TO LEFT FOOT

RIGHT KNEE BENDS

& WEIGHT SHIFTS
TO RIGHT FOOT
AS PULL IS
PUSHED UPWARD
TO SOUTHEAST

PULL
BACK

RIGHT FOOT
PIVOTS ON
TOE & STEPS
TO SOUTHEAST

LEFT LEG IS

SLIGHTLY BENT

HANDS FORM SMALL
BALL IN FRONT OF
BODY, WAIST HIGH,
LEFT HAND ON TOP

OR HANDS PUSH
BALL SLANTING
UPWARD TO THE
SOUTHEAST

NOTE

8

THESE ARE THE MAIN POINTS TO REMEMBER

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SEPARATE HANDS & POSIT. HANDS SEPARATE. HANDS PULL BACK TOWARD CHEST BY DROPPING ELBOWS HANDS PUSH FORWARD & SLIGHTLY DOWNWARD (FEEL & THINK OF FORCE PUSHING, BUT DON'T EXERT PRESSURE) TURN BODY TO SINGLE UNID.

OUTWARD,
LEFT PASSING
OVER RIGHT

PALMS FACE
OUTWARD

WEIGHT SHIFTS
TO RIGHT FOOT,
KNEE BENDING

WEIGHT SHIFTS TO
LEFT FOOT

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9

NO.	NAME	DATE	TIME	PLACE	INSTR.	REMARKS	NO.	NAME	DATE	TIME	PLACE	INSTR.	REMARKS
.....
.....
.....
.....

NOTE P81

