

SECOND SET T'AI CHI

1.) Brush Knee And Push

- A. Bend the knees. Shift the weight onto the left leg and lift the right heel as both arms move down in front. As you step to the side with the right leg, block across high to low with your right arm. At the same time move your left palm in a circular motion to the back, and then up. When the right heel touches the ground shift the weight forward and complete the arm movement by gently pushing forward with the left palm and bringing the right arm back along the right side of the body. The arms and weight shift stop at the same time.

2.) Needle To The Sea Bottom

- A. Shifting the weight back onto the left leg, move the left palm in a circular motion up, back, and down to the hip as the right palm circles forward and up. Bring the right foot back into a cat stance as the left fingers move down pointing towards the ground and the right forearm finishes parallel to the ground.
- B. Straighten the body bringing both arms up at the same time. The right forearm finishes pointing up crossing the left arm. The left arm finishes parallel to the ground.

3.) Fan Through Back

- A. Step forward with the right foot. When the heel touches the ground shift the weight onto the right leg and turn the left palm out pulling it back to the side of the head. At the same time gently push forward with the right palm. The arms and weight shift stop at the same time.

4.) Single Whip

- A. Rotate the right palm to the inside forming a knife hand. At the same time form a crane's beak with the left hand while moving it down toward the left armpit. Then relax the left shoulder and drop the elbow so the crane's beak points back toward your left shoulder. Leading with the back of the left hand (still in a crane's beak) move it down, and then up and slightly out to the side.

5.) Snake Creeps Down

- A. Step back slightly with the left foot.
- B. Turn the hips to the left shifting the weight onto the left leg. At the same time move the right knife hand back (edge leading, palm towards you) in a circular motion from high to low. Turn the hips back to the right with the weight still on the left leg (right leg is straight). Shift the weight onto the right leg as you strike forward with the right knife hand (edge leading).

6.) Seven Star Punch

- A. Turn the right foot out slightly.
- B. Bring the left foot up into a cat stance at a 45° angle. At the same time move both arms toward the right hip bringing the left wrist under the right and forming loose T'ai Chi fists with both hands.

- C. Move both fists forward (wrists still crossed) to the center. Still in a cat stance, turn the shoulders a little to the left without moving the hips (the arms and fists also move to the left following the shoulders).

7.) Fair Lady Weaves The Shuttle

- A. Step with the left foot. At the same time move the right palm to the right hip (pointing forward) and move the left arm to the right with the palm up. When the left foot touches the ground shift the weight forward onto the left leg and at the same time the left arm does a rising block as the right palm gently strikes forward. The fingers of both hands should point to the right. The arms and weight shift all finish at the same time.

8.) Crane Spreads It's Wings

- A. Turn the right palm up. At the same time move the left arm down bringing the back of the left hand under the right armpit.
- B. Move the back of the left hand down along the underside of the right arm as the body turns to the right. Make sure the left foot turns 135° to the right from where it started. When the left arm extends past the right fingertips turn the right palm down facing the right foot. As if there is a string attached between the right fingers and toes move the right arm and leg together to the right. In the final position the body will face 225° to the right from the original position.

9.) Fair Lady Weaves The Shuttle

- A. Move the left palm to the left hip (pointing forward) and move the right arm to the left with the palm up. Shift the weight forward onto the right leg and at the same time the right arm does a rising block as the left palm gently strikes forward. The fingers of both hands should point to the left. The arms and weight shift all finish at the same time.

10.) Fist Under Elbow

- A. Turn the right foot to the outside.
- B. Bring the left foot forward into a Seven Star stance (like a cat stance except the heel of the front foot touches the ground). At the same time bring the right T'ai Chi fist to the right hip and bring the left forearm to the right across the front with the palm facing you.
- C. Gently punch the right fist under the left forearm.

11.) Repulse The Monkey

- A. Bring the right palm up toward the right shoulder (elbow pointing back) and move the left palm down and across in front to the left (edge of hand leading). At the same time place the left toes down with the weight still on the right leg.
- B. Step back with the left foot as the left palm turns up and the right palm turns facing forward with the fingers pointing up. Shift the weight back onto the left leg as the left palm draws up toward the left shoulder (elbow pointing back), and the right palm gently pushes forward.

- C. Step back with the right foot as the right palm moves down and then turns up and the left palm turns facing forward with the fingers pointing up. Shift the weight back onto the right leg as the right palm draws up toward the right shoulder (elbow pointing back), and the left palm gently pushes forward.

12.) Fair Lady Weaves The Shuttle

- A. Move the right palm to the right hip (pointing forward) and move the left arm down and to the right with the palm up. Shift the weight forward onto the left leg and at the same time the left arm does a rising block as the right palm gently strikes forward. The fingers of both hands should point to the right. The arms and weight shift all finish at the same time.

13.) Back Fist With Palm Press

- A. Turn the left foot to the inside.
- B. Let both arms float down as the right foot draws back into a cat stance. Pause to feel the blood rush to your fingertips.
- C. Take a step with the right foot as the right T'ai Chi fist moves up (back of the fist leading). When the right heel touches the ground shift the weight onto the right leg as the right fist continues up and then down to the front. When the weight shift is complete, move your left palm in a circular motion to the back, and then up. Then gently push the left palm forward (fingers pointing up) as you draw the right fist back to the right hip (back of the right fist pointing down).

14.) Step And Punch Downward

- A. Turn the right foot to the outside.
- B. Move the right fist in a circular motion down, back, and then up on the right side of the body (like a piston attached to a locomotive) and step forward with the left leg at the same time. When the left heel touches the ground the right fist punches down as you shift the weight onto the left leg. The arms and weight shift all finish at the same time.

15.) Needle To The Sea Bottom

- A. Shifting the weight back onto the right leg, move the right palm in a circular motion up, back, and down to the hip as the left palm circles forward and up. Bring the left foot back into a cat stance as the right fingers move down pointing towards the ground and the left forearm finishes parallel to the ground.
- B. Straighten the body bringing both arms up at the same time. The left forearm finishes pointing up crossing the right arm. The right arm finishes parallel to the ground.

16.) Fan Through Back

- A. Step forward with the left foot. When the heel touches the ground shift the weight onto the left leg and turn the right palm out pulling it back to the side of the head. At the same time gently push forward with the left palm. The arms and weight shift stop at the same time.

17.) High Pat On Horse

- A. Move the right foot forward slightly as the right palm moves over to touch the left shoulder and the left palm turns up with the left arm still extended to the front.
- B. Shift the weight back onto the right leg (forming a cat stance) as the right palm moves to the front along the top of the left arm and the left palm draws back to the left hip. The left palm finishes pointing up with the fingers pointing forward and the right palm finishes extended forward at chest level with the fingers pointing to the left.
- C. Take a step forward with the left foot. When the heel touches the ground shift the weight onto the left leg. At the same time the back of the right palm moves under the left armpit (not touching) and the left palm moves up (to the front) at a 45° angle with the fingertips leading. The arms and weight shift finish at the same time.

18.) Diagonal Flying

- A. Turn the left foot to the outside.
- B. Take a step forward with the right foot as both palms turn over (left palm turns down and the right palm turns up) and move towards one another. When the heel touches the ground the left palm should be over the right palm. Shift the weight onto the right leg as the arms separate on a diagonal with the right arm finishing in front and the left arm finishing to the back and slightly to the side.

19.) Grab And Palm Press

- A. Turn the right foot to the outside.
- B. Take a step forward with the left foot as the right hand grabs in front and the left palm circles back and up. When the left heel touches the ground, shift the weight onto the left leg as you gently push the left palm forward (fingers pointing up) and draw the right fist back to the right hip (back of the right fist pointing up).

20.) Seven Star Punch

- A. Turn the left foot out slightly.
- B. Bring the right foot up into a cat stance at a 45° angle. At the same time move both arms toward the left hip bringing the right wrist under the left and forming loose T'ai Chi fists with both hands.
- C. Move both fists forward (wrists still crossed) to the center. Still in a cat stance, turn the shoulders a little to the right without moving the hips (the arms and fists also move to the right following the shoulders).

21.) Block Low And Press

- A. Turn the left foot out slightly.
- B. Block low with the right forearm in front. The right forearm continues up to about shoulder height as you take a step with the right leg and rotate your right forearm forward placing the fingers of your left hand behind your right wrist. When the right foot touches the ground, shift your weight onto your right leg and move your right forearm forward to just beyond a 90° angle.