

Recommended Practice Schedule

Here is the recommended home practice schedule for 12 weeks. Use this to help plan your practice and gradually build on the skills learned in class as you continue to do Tai chi each week. Keep track of the number of times you practice each week by checking (X) in the Completed Box () of the form below.

In each of the weekly schedules, focus on frequency (how often), duration (how long), specific forms (which form to practice), and repetitions (how many times you repeat each form).

Frequency: In accordance with the U.S. Surgeon General’s Guidelines, we encourage you to practice at least five days a week, including the time spent in class.

Duration: You will want to start with five minutes per practice session and slowly work your way towards 25–30 minute sessions by week 12. Each day the practice session will get longer and emphasize additional forms and repetitions.

Forms to practice: Practice one or two forms per session, working up to eight forms by the eighth or ninth week. The forms to be practiced at each session and for each week are indicated (see alphabetical key).

Number of repetitions per form: Practice each single form eight to ten times.

Number of forms to be practiced in one session: The number of forms that you should link together and practice as a whole sequence. This varies from week one to week twelve, as indicated.

Check the box on the day you did the exercise: Please put a check in the box below the day you completed the exercise. This allows you to keep track of the number of times you practiced each week and to see whether you have met the general exercise guidelines.

Week One Schedule

Goal: Learning and performing TWO forms:

- a. “Hold the Ball,” and
- b. “Part the Wild Horse’s Mane.”

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	5–8 minutes	5–8 minutes	8–10 minutes	10–12 minutes	10–12 minutes
Forms to practice:	a	a	a, b	a, b	a, b
Number of repetitions per form:	5 to 8	5 to 8	5 to 8	8 to 10	8 to 10
Number of times forms are being practiced sequentially:	3	4	5	6	6
Check the box on the day you exercised:	<input type="checkbox"/>				

You have made a good start. Congratulations! You are now ready to move on to WEEK TWO.

Week Two Schedule

Goal: Performing and refining the TWO forms learned previously and also learning and performing Form Three:

- a. “Hold the Ball,”
- b. “Part the Wild Horse’s Mane,” and
- c. “Single Whip.”

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	10–12 minutes	10–12 minutes	12–15 minutes	12–15 minutes	12–15 minutes
Forms to practice:	a, b	a, b	a, b	a, b, c	a, b, c
Number of repetitions per form:	8 to 10	8 to 10	8 to 10	10 to 12	10 to 12
Number of times forms are being practiced sequentially:	4	5	5	6	6
Check the box on the day you exercised:	<input type="checkbox"/>				

Another week! Give yourself a hand to congratulate yourself. You are now ready to move on to WEEK THREE.

Week Three Schedule

Goal: Performing and refining the THREE forms learned previously and also learning and performing Form Four:

- a. “Hold the Ball,”
- b. “Part the Wild Horse’s Mane,”
- c. “Single Whip,” and
- d. “Moving Hands like Clouds.”

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	12–15 minutes	12–15 minutes	15–18 minutes	15–18 minutes	15–18 minutes
Forms to practice:	a, b, c				
Number of repetitions per form:	10 to 12	10 to 12	10 to 12	12 to 15	12 to 15
Number of times forms are being practiced sequentially:	3	4	5	6	6
Check the box on the day you exercised:	<input type="checkbox"/>				

Another week! Give yourself a hand to congratulate yourself. You are now ready to move on to WEEK FOUR.

Week Four Schedule

Goal: Reviewing and practicing the FOUR forms learned:

- a. “Hold the Ball,”
- b. “Part the Wild Horse’s Mane,”
- c. “Single Whip,” and
- d. “Moving Hands like Clouds.”

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	15–18 minutes	15–18 minutes	15–18 minutes	18–20 minutes	18–20 minutes
Forms to practice:	a, b, c, d				
Number of repetitions per form:	12 to 15	12 to 15	12 to 15	15 to 17	15 to 17
Number of times forms are being practiced sequentially:	3	4	5	6	6
Check the box on the day you exercised:	<input type="checkbox"/>				

You are doing great! Keep up the good work! You are now ready to move on to WEEK FIVE.

Week Five Schedule

Goal: Reviewing and practicing the FOUR forms learned previously and also learning Form Five:

- a. “Hold the Ball,”
- b. “Part the Wild Horse’s Mane,”
- c. “Single Whip,”
- d. “Moving Hands like Clouds,” and
- e. “Repulse Monkey.”

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	18–20 minutes	18–20 minutes	20–25 minutes	20–25 minutes	20–25 minutes
Forms to practice:	a, b, c, d	a, b, c, d	a, b, c, d	a, b, c, d, e	a, b, c, d, e
Number of repetitions per form:	15 to 17	15 to 17	15 to 17	17 to 20	17 to 20
Number of times forms are being practiced sequentially:	3	4	4	4	4
Check the box on the day you exercised:	<input type="checkbox"/>				

Just great! Now you are really showing progress! You are now ready to move on to WEEK SIX.

Week Six Schedule

Goal: Reviewing and practicing the FIVE forms learned previously and also learning Form Six:

- a. “Hold the Ball,”
- b. “Part the Wild Horse’s Mane,”
- c. “Single Whip,”
- d. “Moving Hands like Clouds,”
- e. “Repulse Monkey,” and
- f. “Brush Knee.”

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	20–25 minutes				
Forms to practice:	a, b, c, d, e	a, b, c, d, e	a, b, c, d, e	a, b, c, d, e, f	a, b, c, d, e, f
Number of repetitions per form:	8 to 10				
Number of times forms are being practiced sequentially:	3	4	4	4	4
Check the box on the day you exercised:	<input type="checkbox"/>				

Well done again! This is really good! You are now ready to move on to WEEK SEVEN.

Week Seven Schedule

Goal: Reviewing and practicing the SIX forms learned previously and reinforcing Form Six:

- a. “Hold the Ball,”
- b. “Part the Wild Horse’s Mane,”
- c. “Single Whip,”
- d. “Moving Hands like Clouds,”
- e. “Repulse Monkey,” and
- f. “Brush Knee.”

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	20–25 minutes				
Forms to practice:	a, b, c, d, e, f				
Number of repetitions per form:	8 to 10				
Number of times forms are being practiced sequentially:	4	5	5	5	5
Check the box on the day you exercised:	<input type="checkbox"/>				

Excellent! You have now covered three-quarters of the whole sequence! You are now ready to move on to WEEK EIGHT.

Week Eight Schedule

Goal: Reviewing and practicing the SIX forms learned previously and learning Form Seven:

- a. “Hold the Ball,”
- b. “Part the Wild Horse’s Mane,”
- c. “Single Whip,”
- d. “Moving Hands like Clouds,”
- e. “Repulse Monkey,”
- f. “Brush Knee,” and
- g. “Fair Lady Works at Shuttles.”

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	20–25 minutes				
Forms to practice:	a, b, c, d, e, f	a, b, c, d, e, f	a, b, c, d, e, f, g	a, b, c, d, e, f, g	a, b, c, d, e, f, g
Number of repetitions per form:	8 to 10	8 to 10	6 to 8	6 to 8	6 to 8
Number of times forms are being practiced sequentially:	5	5	3–4	3–4	3–4
Check the box on the day you exercised:	<input type="checkbox"/>				

Great progress! Keep up the good work! You are now ready to move on to WEEK NINE.

Week Nine Schedule

Goal: Reviewing and practicing the SEVEN forms learned previously while mastering Form Seven:

- a. “Hold the Ball,”
- b. “Part the Wild Horse’s Mane,”
- c. “Single Whip,”
- d. “Moving Hands like Clouds,”
- e. “Repulse Monkey,”
- f. “Brush Knee,” and
- g. “Fair Lady Works at Shuttles.”

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	20–25 minutes				
Forms to practice:	a, b, c, d, e, f, g				
Number of repetitions per form:	6 to 8				
Number of times forms are being practiced sequentially:	3–4	3–4	3–4	3–4	3–4
Check the box on the day you exercised:	<input type="checkbox"/>				

Wow! Your confidence and mastery are starting to show. You are now ready to move on to WEEK TEN.

Week Ten Schedule

Goal: Reviewing and practicing the SEVEN forms learned previously and learning Form Eight:

- a. “Hold the Ball,”
- b. “Part the Wild Horse’s Mane,”
- c. “Single Whip,”
- d. “Moving Hands like Clouds,”
- e. “Repulse Monkey,”
- f. “Brush Knee,”
- g. “Fair Lady Works at Shuttles,” and
- h. “Grasp the Peacock’s Tail.”

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	20–25 minutes				
Forms to practice:	a, b, c, d, e, f, g	a, b, c, d, e, f, g	a, b, c, d, e, f, g	a, b, c, d, e, f, g, h	a, b, c, d, e, f, g, h
Number of repetitions per form:	6 to 8	6 to 8	6 to 8	4 to 6	4 to 6
Number of times forms are being practiced sequentially:	3–4	3–4	3–4	2–3	2–3
Check the box on the day you exercised:	<input type="checkbox"/>				

Nearly there! You have almost completed all eight forms! You are now ready to move on to WEEK ELEVEN.

Week Eleven Schedule

Goal: Reviewing and practicing the EIGHT forms learned previously while mastering Form Eight:

- a. “Hold the Ball,”
- b. “Part the Wild Horse’s Mane,”
- c. “Single Whip,”
- d. “Moving Hands like Clouds,”
- e. “Repulse Monkey,”
- f. “Brush Knee,”
- g. “Fair Lady Works at Shuttles,” and
- h. “Grasp the Peacock’s Tail.”

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	30 minutes				
Forms to practice:	a, b, c, d, e, f, g, h				
Number of repetitions per form:	4 to 6				
Number of times forms are being practiced sequentially:	2–3	2–3	2–3	2–3	2–3
Check the box on the day you exercised:	<input type="checkbox"/>				

Well done! Your confidence and achievement are there for all to see! You are now ready to move on to WEEK TWELVE.

Week Twelve Schedule

Goal: Reviewing and practicing ALL EIGHT forms learned previously while mastering the whole routine:

- a. “Hold the Ball,”
- b. “Part the Wild Horse’s Mane,”
- c. “Single Whip,”
- d. “Moving Hands like Clouds,”
- e. “Repulse Monkey,”
- f. “Brush Knee,”
- g. “Fair Lady Works at Shuttles,” and
- h. “Grasp the Peacock’s Tail.”

Frequency:	Day 1	Day 2	Day 3	Day 4	Day 5
Duration:	30 minutes				
Forms to practice:	a, b, c, d, e, f, g, h				
Number of repetitions per form:	4 to 6				
Number of times forms are being practiced sequentially:	2–3	2–3	2–3	2–3	2–3
Check the box on the day you exercised:	<input type="checkbox"/>				

Congratulations! You’ve made it through! Consider having a celebration with your classmates – you deserve it! Remember to keep up your practice and make Tai chi a part of your daily routine – you’ve worked hard to learn it so – use it, don’t lose it!

Section Five:

Tai chi: Moving for Better Balance Movements



Form One: Hold the Ball

STEP 1



Step 1: Stand straight with feet slightly apart, knees unlocked, arms relaxed at the side of the body, and elbows slightly bent.

STEP 2



Step 2: Step slowly to your left with your left foot (toes touch down first, ending with feet spaced shoulder width apart).

STEP 3



Step 3: Slowly raise both arms, with the elbows slightly bent, to shoulder height, wrists relaxed, hands dropped.

STEP 4



Step 4: Gradually shift your body weight to the right while dropping your left arm across your torso to the right. Have both palms face each other to form the first “hold the ball” position (beach ball size) on the right.

STEP 5



Step 5: Take a small and comfortable side step with your left foot directly to the left.

STEP 6



Step 6: Slowly shift your weight onto your left leg, allowing the left arm to move away from your body and upwards to your left (palm faces the body about eye level) while pushing the right hand down to stop at your right hip.

STEP 7



Step 7: Move your right foot close to the left foot while turning your left wrist over (palm faces down) and move the right hand across the lower body to take a position under the left hand (check: the palms of your two hands are now facing each other again forming a second “hold the ball” position on the left).

Now repeat Steps 5 to 7 on the right side.

STEP 8



Step 8: Take a small and comfortable side step with your right foot to your right.

STEP 9



Step 9: Slowly shift your weight onto your right leg, allowing the right arm to move away from your body and upwards to your right (palm faces the body about eye level) while pushing your left hand down to stop at your left hip.

STEP 10



Step 10: Move your left foot near the right foot (shoulder width apart). While turning your right wrist over, move the left hand across the lower body to take a position under the right hand (check: the palms of your two hands are now facing each other again forming a “hold the ball” position on your right).

STEP 11



Step 11: Bring both arms to the front crossing them at the wrists with palms facing you.

STEP 12



Step 12: Extend both arms forward allowing them to separate at shoulder level (check: palms face down).

STEP 13



Step 13: Lower both arms to your side.

STEP 14



Step 14: Draw your left foot to your right to close the form.

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Form Two: Part the Wild Horse's Mane

STEP 1



Step 1: Stand straight with feet slightly apart, knees unlocked, arms relaxed at the side of the body, and elbows slightly bent.

STEP 2



Step 2: Step slowly to your left with your left foot (toes touch down first, ending with feet spaced shoulder width apart).

STEP 3



Step 3: Slowly raise both arms, with the elbows slightly bent, to shoulder height, wrists relaxed, hands dropped.

STEP 4



Step 4: Gradually shift your body weight to the right while dropping your left arm across your torso to the right to have both palms face each other to form the first “hold the ball” position (beach ball size) on the right.

STEP 5



Step 5: From the “hold the ball” position, your left foot steps diagonally forward 45 degrees (heel lands first).

STEP 6



Step 6: Move your weight forward onto your left leg. At the same time, move your left arm up to about eye level (palm faces you). Your right hand pushes downward over the left wrist (as if you are stroking a horse’s mane) to stop next to your right hip.

STEP 7



Step 7: As your rear foot moves up and beside the left foot, turn right palm up and move it under the left hand so both arms form a “hold the ball” position on the left.

Now repeat Steps 5 to 7 on the right side.

STEP 8



Step 8: To continue, step your right foot diagonally forward 45 degrees (heel lands first).

STEP 9



Step 9: Move your weight forward onto your right leg and sweep your right arm up to about eye level (palm faces you). Your left hand pushes downward over your right wrist (as if you are stroking a horse’s mane) to stop next to your left hip.

STEP 10



Step 10: As your left (rear) foot moves up and beside your right foot, bring both arms together to cross the wrists in front of your chest (check: your weight should be evenly balanced on both feet).

STEP 11



Step 11: Extend both arms forward allowing them to separate (check: palms face down) at shoulder level.

STEP 12



Step 12: Lower both arms to your side.

STEP 13



Step 13: Move your left foot near your right (shoulder width apart) to close the form.

Form Three: Single Whip

STEP 1



Step 1: Stand straight with feet slightly apart, knees unlocked, arms relaxed at the side of the body, and elbows slightly bent.

STEP 2



Step 2: Step slowly to your left with your left foot (toes touch down first, ending with feet spaced shoulder width apart).

STEP 3



Step 3: Slowly raise both arms, with the elbows slightly bent, to shoulder height, wrists relaxed, hands dropped.

STEP 4



Step 4: Gradually shift your body weight to the right while dropping your left arm across your torso to the right to have both palms face each other to form the first “hold the ball” position (beach ball size) on the right.

STEP 5



Step 5: With your weight still on your right leg, take a small and comfortable step slightly backward to your left and with your extended right hand form a hook (hand dropped at wrist, thumb touching all four fingers).

STEP 6



Step 6: Pivot on your left heel about 90 degrees, slowly rotate your trunk to your left, allowing your left hand to follow your trunk rotation and then turn the wrist and extend it palm outwards.

STEP 7



Step 7: Shifting weight to the right, pivot on your left heel (90 degrees) to the front, and at the same time, drop both arms.

STEP 8



Step 8: Now, shift weight to your left foot, bring your right foot beside your left foot, shoulder width apart, and raise both arms up to your chest level, allowing the wrists to cross in front of your chest (check: your weight is now centered).

STEP 9



Step 9: Extend both arms forward, allowing them to separate (check: palms face down) at shoulder level.

STEP 10



Step 10: Lower both arms to your side.

STEP 11



Step 11: Move your left foot near your right (shoulder width apart) to close the form.

PROGRAM NOTE: *There are no movements to the right.*

Form Four: Wave Hands like Clouds

STEP 1



Step 1: Stand straight with feet slightly apart, knees unlocked, arms relaxed at the side of the body, and elbows slightly bent.

STEP 2



Step 2: Step slowly to your left with your left foot (toes touch down first, ending with feet spaced shoulder width apart).

STEP 3



Step 3: Slowly raise both arms, with the elbows slightly bent, to shoulder height, wrists relaxed, hands dropped.

STEP 4



Step 4: Gradually shift your body weight to the right while dropping your left arm across your torso to the right to have both palms face each other to form the first “hold the ball” position (beach ball size) on the right.

STEP 5



Step 5: Take a small and comfortable sidestep (slightly backward) to your left.

STEP 6



Step 6: Slowly shift your weight onto your left leg by rotating your trunk in the same direction. At the same time, move your left (leading) hand up (eyes following this leading hand) to the left about eye level (palm faces inward), allowing the right (trailing) hand to follow naturally to the left, but at a lower level (palm faces down).

STEP 7



Step 7: Draw the right leg next to the left leg (feet shoulder width apart).

STEP 8



Step 8: Turn your torso again to the right with weight slowly transferring to your right; simultaneously, move your right (leading) hand upward to the right (eyes following this leading hand) about eye level (palms facing inward), allowing the left (trailing) hand to follow naturally, but at a lower level (palm faces down).

Now, repeat the movements described in Steps 5 through 8 twice. After completing Step 8, do the following:

STEP 9



Step 9: Bring both arms to the front, crossing them at the wrists with palms facing you.

STEP 10



Step 10: Extend both arms forward allowing them to separate (check: palms face down) at shoulder level.

STEP 11



Step 11: Lower both arms to your side.

STEP 12



Step 12: Draw your left foot near your right (shoulder width apart) to close the form.

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Form Five: Repulse Monkey

STEP 1



Step 1: Stand straight with feet slightly apart, knees unlocked, arms relaxed at the side of the body, and elbows slightly bent.

STEP 2



Step 2: Step slowly to your left with your left foot (toes touch down first, ending with feet spaced shoulder width apart).

STEP 3



Step 3: Slowly raise both arms, with the elbows slightly bent, to shoulder height, wrists relaxed, hands dropped.

STEP 4



Step 4: Gradually shift your body weight to the right while dropping your left arm across your torso to the right to have both palms face each other to form the first “hold the ball” position (beach ball size) on the right.

STEP 5



Step 5: Take a slow and comfortable step backwards to your left (diagonally at about 45 degrees) to land with the toes first.

STEP 6



Step 6: Slowly shift your weight backwards onto your left leg. From here, rotate your trunk to the left (eyes follow the trunk rotation); simultaneously, push your right arm forward (palm faces out) while your left arm swings down past your left hip and then up to shoulder height (check: both palms now face up).

STEP 7



Step 7: Now, take a slow and comfortable step backwards to your right (diagonally at about 45 degrees) to land with the toes first.

STEP 8



Step 8: Slowly rotate your trunk to the right (eyes follow the trunk rotation) and push your left arm forward (palm faces out) while your right arm swings down past your right hip and then up to shoulder height (check: both palms face up).

STEP 9



Step 9: Your rear (right) foot now moves forward to join your left foot, and both arms come together to cross at the wrists in front of your chest (check: your body weight is now centered).

STEP 10



Step 10: Extend both arms forward, allowing them to separate (check: palms face down) at shoulder level.

STEP 11



Step 11: Lower both arms to your side.

STEP 12



Step 12: Draw your left foot near your right (shoulder width apart) to close the form.

Form Six: Brush Knees

STEP 1



Step 1: Stand straight with feet slightly apart, knees unlocked, arms relaxed at the side of the body, and elbows slightly bent.

STEP 2



Step 2: Step slowly to your left with your left foot (toes touch down first, ending with feet spaced shoulder width apart).

STEP 3



Step 3: Slowly raise both arms, with the elbows slightly bent, to shoulder height, wrists relaxed, hands dropped.

STEP 4



Step 4: Gradually shift your body weight to the right while dropping your left arm across your torso, and rotate your trunk slowly to the right with both arms swinging to the side; your right arm circles up to your ear level (palm faces up) and your left arm follows the same direction to the right (palm faces inward).

STEP 5



Step 5: Step with your left foot diagonally forward (at 45 degrees) to land on your left heel.

STEP 6



Step 6: Rotate your trunk to follow the direction of your left foot (weight gradually loads on your left leg); your right hand pushes directly forward (palm facing out) while your left hand sweeps down and across in front of the left knee (without touching).

STEP 7



Step 7: Now, shift your weight backward onto your right leg, allowing your left heel to pivot (45 degrees) further to the left; swing and raise both arms to the left.

STEP 8



Step 8: Move your weight forward to the left leg and bring your right foot diagonally forward (about 45 degrees); simultaneously, bring both arms forward to cross your torso and allow your left hand to push directly forward (palm facing out); your right hand sweeps down and across in front of the right knee (without touching).

STEP 9



Step 9: Move your left foot forward to join the right foot. At the same time, bring both arms up to your chest level (hands crossed at the wrists) (check: your weight is now centered).

STEP 10



Step 10: Extend both arms forward, allowing them to separate (check: palms face down) at shoulder level.

STEP 11



Step 11: Lower both arms to your side.

STEP 12



Step 12: Draw your left foot near your right (shoulder width apart) to close the form.

Form Seven: Fair Lady Works at Shuttles

STEP 1



Step 1: Stand straight with feet slightly apart, knees unlocked, arms relaxed at the side of the body, and elbows slightly bent.

STEP 2



Step 2: Step slowly to your left with your left foot (toes touch down first, ending with feet spaced shoulder width apart).

STEP 3



Step 3: Slowly raise both arms, with the elbows slightly bent, to shoulder height, wrists relaxed, hands dropped.

STEP 4



Step 4: Gradually shift your body weight to the right while dropping your left arm across your torso to the right to have both palms face each other to form the first “hold the ball” position (beach ball size) on the right.

STEP 5



Step 5: With your left foot, take a diagonal step forward (about 45 degrees to your left) to land on your left heel.

STEP 6



Step 6: Move your left hand upward (stopping slightly above your forehead) and then, with a slight trunk rotation to the left, turn your left palm outward while your right hand pushes straight forward (both palms face outward).

STEP 7



Step 7: Move your right leg next to the left leg and lower your right hand underneath your left hand (to form a “hold the ball” position) on the left.

STEP 8



Step 8: With your right foot, take a diagonal step forward (about 45 degrees) to land on your right heel.

STEP 9



Step 9: As weight comes onto your right leg, your right hand moves upward (stopping slightly above your forehead) and then, with a slight trunk rotation to the right, turn your right palm outward while your left hand pushes diagonally forward (both palms face outward).

STEP 10



Step 10: Bring your left foot forward to join your right foot. At the same time, bring both arms up to your chest level (hands crossed at the wrists) (check: your weight is now centered).

STEP 11



Step 11: Extend both arms forward allowing them to separate (check: palms face down) at shoulder level.

STEP 12



Step 12: Lower both arms to your side.

STEP 13



Step 13: Draw your left foot near your right (shoulder width apart) to close the form.

Form Eight: Grasp the Peacock's Tail

STEP 1



Step 1: Stand straight with feet slightly apart, knees unlocked, arms relaxed at the side of the body, and elbows slightly bent.

STEP 2



Step 2: Step slowly to your left with your left foot (toes touch down first, ending with feet spaced shoulder width apart).

STEP 3



Step 3: Slowly raise both arms, with the elbows slightly bent, to shoulder height, wrists relaxed, hands dropped.

STEP 4



Step 4: Gradually shift your body weight to the right while dropping your left arm across your torso to the right to have both palms face each other to form the first “hold the ball” position (beach ball size) on the right. Now you are ready to perform the four movements: *Ward-off, Pull-back, Press, and Push.*

STEP 5



Step 5: *Ward-off:* From the ball-hold position, take a step to the left and slightly backward to land on your heel.

STEP 6



Step 6: Pivot outward on your left heel (rotate 90 degrees to the left) while simultaneously turning your waist toward the left. Along with the waist rotation, your left arm moves forward (to a blocking position – palm faces you); your right arm presses down obliquely to stop at your right hip (palm faces down).

STEP 7A



Step 7a: *Pull-back:* With a slight turn of your torso to the right, shift your weight backward and pull both hands back toward and across the right side of your body.

STEP 7B



Step 7b: Continue your arm swing upwards with a semicircular motion, ending with your right arm facing your face on the side and your left arm in front of your chest (palm faces inward).

STEP 8



Step 8: Now, join your right hand to the left hand by placing the right palm on the left wrist in front of the chest.

STEP 9



Step 9: *Press*: Press forward with both hands (touched at the wrists) until your arms are fully extended and hands are naturally separated.

STEP 10A



Step 10a: *Push*: Shift weight to the right leg as you pull both arms towards the body and down to stop at the waist (palms face forward) (with your left toes up).

STEP 10B



Step 10b: Now, push both arms out and forward (palms face forward) and up to shoulder level.

STEP 11



Step 11: Shift weight back onto right foot as you pivot your left heel and rotate your trunk 90 degrees to face the front along with both your arms, palms down, at shoulder level.

STEP 12



Step 12: Move your weight to your left leg, drop your right arm to form the ball-hold position on your left.

Now you repeat the movements for Ward-off, Push-back, Press, and Push on your right side.

STEP 13



Step 13: Ward-off: Take a step to the right and slightly backward to land on your heel.

STEP 14



Step 14: Pivot outward on your right heel (rotate 90 degrees to the right) while simultaneously turning your waist toward the right. Along with the waist rotation, your right arm moves forward (to a blocking position—palm faces you); your left arm presses down obliquely to stop at your left hip (palm faces down).

STEP 15A



Step 15a: *Pull-back:* With a slight turn of your torso to the left, shift your weight backward and pull both hands back toward and across the left side of your body.

STEP 15B



Step 15b: Continue your arm swing upwards with a semicircular motion, ending with your left arm facing your face on the side and your right arm in front of your chest (palm faces inward).

STEP 16



Step 16: Now, join your left hand to the right hand by placing the left palm on the right wrist in front of the chest.

STEP 17



Step 17: *Press:* Press forward with both hands (touched at the wrists) until your arms are fully extended and hands are naturally separated.

STEP 18A



Step 18a: *Push:* Shift weight to the back as you pull both arms towards the body and down to stop at the waist (palms face forward) (toes up).

STEP 18B



Step 18b: Now, shift weight forward as you push both arms out and up (palms face forward).

STEP 19



Step 19: Pivot on your right heel and rotate your trunk 90 degrees to face the front along with both your arms at shoulder level.

STEP 20



Step 20: Bring your right foot forward to join your left foot; simultaneously, bring both arms together to cross at the wrists in front of your chest (check: your body weight is now centered).

STEP 21



Step 21: Extend both arms forward allowing them to separate (check: palms face down) at shoulder level.

STEP 22



Step 22: Lower both arms to your side.

STEP 23



Step 23: Draw your left foot near your right (shoulder width apart) to close the form.

Put it All Together and Make it Flow

Congratulations! You have completed all eight individual forms. Now you might wonder how they can be all linked together to form a continuous flowing movement. As a visual aide, the next series of pictures links each movement of each form in sequence. We encourage you to follow the demonstration tape in addition to your class instruction to learn to perform the sequence.^{33,34}

Opening Form



Hold the Ball



Part the Wild Horse's Mane



Single Whip



Wave Hands like Clouds



Repulse Monkey



Brush Knees



Fair Lady Works at Shuttles



Grasp the Peacock's Tail



Grasp the Peacock's Tail (continued)



Closing Form

