



Let's Practice Nutri-Living Tai Chi Exercises

*Relax completely mind and body!
Let them loose is a cure so marvelous!
Never be exhausted and anxious!
What's the point in nurturing worry?
Walk leisurely and freely
Throw away stubbornness
And be in harmony!
That is Nutri-Living Tai Chi!*

*Author in the "Single Whip" Stance
(Translated from the back cover's poem)*

<https://www.youtube.com/watch?v=fiPmtKlrefA>

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- Descriptive Process of TaiChi Simplified Pushing Hands 28 Moves

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Dear readers: To describe how to do each basic form as well as the moving's process of the lessons 28 & 24 forms in the following chapters, regretfully we have to use the ordinary language as spoken for short in the gymnasium, instead of the academic language with complete sentences, we are so sorry and many thanks!

§1- A Way of Zen for Nutri-Living Through Tai Chi Chuan

Every day, we have to work and think; the emotions, the sounds around, all of them made us excited, causing headache, disturbed blood circulation, muscles and nerves tension, so we need to be relaxed for nourishing the life or “nutri-living” as written for short.

Zen as well as Tai Chi Exercise (usually named as Tai Chi Chuan) is the double-faced of the main point of nutri-living. In other words, these methods aim to resolve the psychological and physiological impasses, possible to keep health-maintenance, prevention and treatment of diseases that increase longevity. Pursuing a common purpose, but they have different characteristics: if Zen is the static method, then Tai Chi Chuan is dynamic one, we call it the “Zen” too, a way of meditation, but the dynamic “Zen”.

And the reason is for the “nutri-living”, we do not view Tai Chi Chuan under the martial aspect, but only under the medical one. Therefore, they called it the “medical-martial nutri-living exercise”. This method is the representation of the Yin-Yang Philosophy of Changes, an art of aesthetics with the principles of dynamics, and especially an active remedy based on oriental medicine. So in this article, out of the aesthetic above mentioned, we are portraying some glimpse of the philosophy and remedy aspects through Tai Chi Chuan.

Suppose someone practices Tai Chi Chuan in the night with phosphorescent lighting rod in handles, we will see these

movements drawing the lines, curves, and arcs of geometry which are intersecting each other beautifully. These drawings also show that movements are based on the principles of dynamics whose leverage or balance of two opposed forces interacting are applied.

The opposite of this interaction is like the Yin-Yang (negative and positive) interactions in the Philosophy of Changes as well as in the traditionally oriental medicine.

I- The Tai Chi Chuan and the Yin-Yang Philosophy of Changes:

1.1- The Yin-Yang Philosophy: the universal monad or Tai Chi, Yin and Yang or Negative and Positive, the cycle of birth and rebirth.

a- The Viet Philosophy of Yin and Yang

First we should say that the Bach-Viet culture has owned its Vietnamese philosophy of Yin-Yang. In our book entitled “Vietnamese, A Wonderful Language” (second edition), we have devoted Chapter 8 to prove that the Yin-Yang philosophy was the possession of the Viet race. It has always been present in the vestiges of bronze drums, in the language, in the oral literature and was justified through the great set of “Lĩnh Nam Di Thư ” (Ling Nan Yi Shoo) held in the Tokyo University library, a valuable ancient volume entitled “Bách Việt Tiên Hiền Chí” which was recently discovered by the scholar Han Chuong Vu Dinh Trac who, after reading the sages’ writings in this book, gave his following evaluation: “We feel that the Bach Viet, in the past, considered Yin-Yang as the principle of life and death of a race. Thanks to the Yin-Yang balance and the Positive

Virtue that the two branches Lac Viet and Viet Thuong survived to become the Vietnamese of today. Thanks to this philosophy, the Yin-Yang balanced way-of-life was expressed in the Vietnamese people all of times, making History to respect them as a heroic race.”

This philosophy was transferred to the Han's when they have invaded the Viet race, carried all the ethnic Vietnamese goods, and of course, gradually over time, these captured properties have been changed for processing how to adapt to the new systems, so that the next generations habitually have known it as the Chinese Philosophy of Changes.

Today, the Chinese called as "the Taoist Taichi Chuan", it means that this martial exercise was based on Lao-Tzu's philosophy. In fact, Lao Tzu and Confucius are all the philosophers who inherited their previous sages of Bach Viet race.

In the great book of Bách Việt Tiên Hiền Chí, “the Philosophy of Yin-Yang was discussed in the writings of three sages: Kế Nghi, Dưỡng Phần, Quách Thương (Ji Yi, Yang Fen, Guo Shang). Ji Yi introduced the law of Yin-Yang with the Five Elements. Yang Fen presented the consequences of Yin-Yang. Guo Shang emphasized the Positive Virtue as the foundation for self-improvement and family administration.”

b- Tai Chi or the Universal Monad, Yin and Yang, the Cycle of Birth and Rebirth.

In the universe, everything changes constantly, nothing is absolute, and everything implies the double-faced of the same relative, compatible and incompatible interactively.

This is that Yin-Yang pairs are relative, but this mysterious duality is simply one, like two sides of the hand.

Yin and Yang are pervading space and time, climate, weather, facts and every phenomenon in the universe. Now we welcome the joy, later sadness will arrive. After being hot is being cold, once the day terminates, the night continues. Day and night are incompatible, yet they are complements each other, so that the human life may be regularized. Therefore, one cannot endure throughout the day being oppressively hot under the dazzling sunlight, has to expect the cool atmosphere under the moonlight. Day and night are alternate.

At the deadlock, the way will be opened up. “The poverty does not remain unchanged for three families, the prosperity is not persisting for three generations” and “The more they love each other, the more they bite each other” as said the Vietnamese maxims. So, love or jealousy is simply the double-faced of the love. This is the transmutation according to the laws of nature, the so-called “philosophy of changes” or “philosophy of the Yi King” as said in Chinese book.

Inheriting the Yin Yang philosophy of Bach Viet's sages, Lao Tzu of China rewrote the philosophy of changes (易理), and named it “philosophy of Yi King”. The pictography of DỊCH (易), Chinese character, contains two elements symbolizing two reciprocally influential images: the sun is positive (or Yang) placed above the moon indicating negative (or Yin). The structure of this pictography expresses the meaning of

the Yin-Yang philosophy of Changes or philosophy of the Yi King.

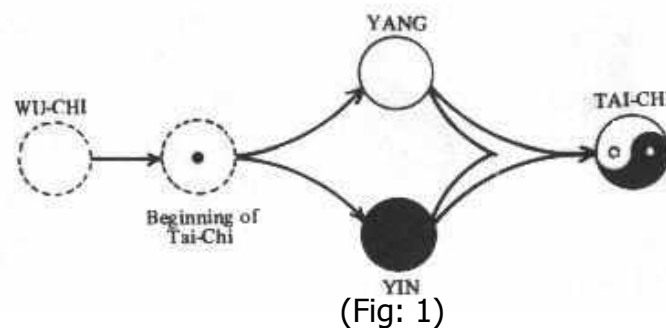
In the humanistic view, once they are in accordance with Yin-Yang transmutation, they are obeying to, yet not resisting the natural order of the Nature. In the philosophical interpretation, the "Đạo" (Dao 道), that "Way" is the absolute and pre-existing before the universe that was created, neither creating nor exterminating, neither increasing nor decreasing, a mystical and metaphysical principle which is impossible to comment.

This absolute is the innate air from the nothingness of the infinite, or Vô Cực (Wu Chi 無極). An idle computer, unused, is in the state of nothingness of Wu Chi, the primordial unmanifested state. Suddenly, someone places hands on the keyboard, intends to type, he /she brought a movement into the nothingness, that's the beginning of Tai Chi, the universal monad (太極), the starting point of the process of transmutation, the source of Yin-Yang changes. The nothingness exists before the movement's start. When there is a start, the motionless disappears, and immediately the Tai Chi begins, then splits into dualistic opposite elements which are Yin and Yang, then coming to end their cycle by turning back to Tai Chi, the origin, just as the theory of "duality in an unique", next repeat the same cycle, again and again exactly the sinusoid cycle in trigonometry.

Thái ("Tai" in Tai Chi) means largest place, extremity, ending point. The nothingness of Wu Chi is Yin, negative, and the germ of the movement which rose from the infinite is Yang, positive. Though Yin and Yang are incompatible,

but co-ordinate into one entity. The sky is Yang positive, The Earth is Yin negative, and the man absorbs the Yang air from the sky and imbibes the Yin air from the Earth in order to regularize his life. That is Three-Element-Relationship: Heaven, Earth, and People. Once there is a male, there should be a female, both intercourses to give birth to child, that's in accordance with the natural principles of Yin-Yang, conforming to Heaven's Way.

Phục-Hy (Fu Zse) described the alternate transmutation between Yin and Yang elements by the following diagram of the natural universe, called Fu Zse Tai Chi diagram: (伏羲太極圖) (fig: 1):



The author Jou, Sung Hwa connected Yang with Yin by a curved line for expressing the dynamic circular movement, by contrast, if the line is straight, this means Tai Chi is in a motionless state (1). So, inside Yang there is Yin (black dot) and inside Yin there is Yang (white dot). Therefore, when Yang reaches the maximum, the Yin germ transforms gradually Yang into Yin, and when Yin reaches the maximum, the Yang germ transforms Yin into Yang, and the transmutation concludes the cycle of birth in order to restart

the successive cycle of rebirth. That is the process of the consecutive changes which explain why the day transforms into the night and vice-versa.

According to Oriental medicine, man/woman is a "small cosmic" includes Yin-Yang and Five elements of nature, when those elements operate smoothly, one is healthy whereas the yin-yang's disorder causes all the diseases.

Once Yang is thriving, then Yin is declining and vice-versa. Once Yin and Yang are balanced, that is the reason and the sentiments are in harmony.

It is necessary that males should have a small amount of female hormones, and females should have a small of male hormones, otherwise, they are extremely rigid and strong or too soft and feeble, so they do not enable to regulate their lives happily, impossible to be in harmony with themselves, with nature, with the others.

Therefore, Yin and Yang are illustrated as follows (fig: 2)



The white color of Yang indicates that it is receiving the sunlight. The black of Yin indicates that it's obscure because

of eclipsed sun. The black and white dots within Yang and Yin express the germ Yin-Yang germs producing the movement of changes. The figures of two fishes splitting the circle of Tai Chi, either Strong Yang or Strong Yin in two parts, say the meaning of balance between both Yang and Yin.

Saying Tai Chi Chuan is the "medical-martial nutri-living exercise" because this martial is based on the philosophy of changes, of transmutation between Yin and Yang, whose effect is to entertain one's spirit, to balance body and mind which is the essential foundation for enhance the health, peace and happiness.

1.2- Tai Chi, a presentation of the Yin-Yang Philosophy of Changes.

a) *The postures' meaning:*

- *The process of a TaiChi performance express the one in the TaiChi diagram above mentioned.*
- At first, practitioner stands immobile at rest, regarding in front, the body is perpendicular to the ground, totally relaxing body and mind so that feeling peaceful, showing serene face that is the reflection of the void's state, the state of nothingness. In this posture, the practitioner is ready to move, this is the phase for transition from nothingness to Tai Chi. Practitioner stands very straight seemingly rooted on the ground, head hanging down from the ceiling, so that vital breath, or Chi, can run straight from toe to the crown, that's the image of a righteous people wearing the sky and trampling upon the earth, the reflection of the "Three-Element-Relationship: Sky, Earth, People" whose Man is exactly Tai Chi standing right in middle.

• When the movement begins to start, hands rising up and down, overturning upwards and downwards, step forward and back, standing and sitting, turning round left and right, etc...All like a rhythmical dance yet entirely losing body and mind, let being sinking into the universe, in harmony with the others, at this moment, oneself as Tai Chi and Tai Chi as oneself, this is being in harmony with oneself, with others, with the whole of nature. Advance is done, following is step back. Arms stretch out, it is Yang, positive; arms bent, it is Yin, negative. This process represents the duality of Yin-Yang pairs, which are incompatible yet compatible and mutually complementary. Alternatively, they intersect and separate each other. These movements describe the curved lines, the arcs expressing the Tai Chi circle rotating itself to reach the Yin-Yang balance. The process terminates with the "reconstitution posture", back to the original, the starting point. That is the process of the life, though fluctuating & revolving yet always keeping balance to enjoy the harmonization, and the comfort.

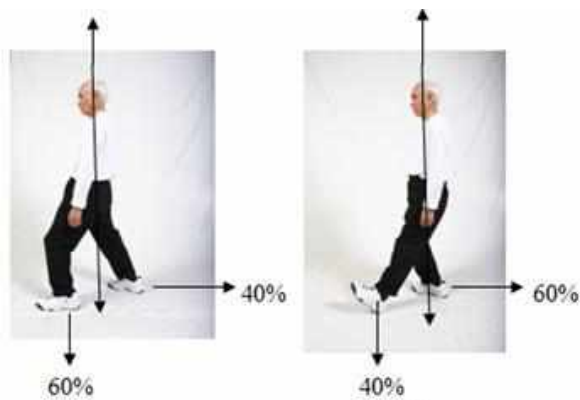


Fig.3- Climbing mountain stance. Fig. 4- Cat space stance)

II- Tai Chi Chuan and the Physiology-Medical Aspect:

Tinh Khí Thần: **Tinh** ("Jing" 精), the Essence of material body; **Khí** ("Chi" 气), the Vital energy; and **Thần** ("shen" 神), the Spirit, the Soul, the Mind, all are the three treasures for life. **Shen** activates within the brain, relates to the heart. Once the heart is calm, the mind will be stable, positive **Chi** will be generated, the function of body is improved, and this ultimately leads to better health. When the heart is crushed by grief, and the body is tired due to working so much beyond one's strength, thus **Jing and Chi** or the material and vital energy will not be regularized and abundant, then sickness will come and troubles will stir the mind.

2.1- Jing-Chi & Chi-Blood

Blood is necessary for the life, the blood circulates through arteries and veins to feed cells of the body. An artery was cut, if not stop, the blood will not sufficient for feeding the body, people will die. Anemia, or blood vessel blockage, people will be emaciated, and suffer from illnesses.

Chi is more than the air that we breathe in, also necessary for life, but transported through the nervous system throughout the body, ensures proper functions of the body organs. Although **Chi** cannot be seen while blood can be, it can be felt, and becomes obvious when we are doing Tai Chi exercises.

According to oriental medical-management, **Chi** composes Prebirth Chi (or innate Chi), and Postbirth Chi. The former is genetic from parents, begins when the fertilized egg in the mother's fetus. This is **Yang Chi**. When children are born, they inhale oxygen from outside, absorb nutrients from foods, that's Postbirth Chi that children absorbed nutrients from Heaven and Earth and environment surrounding. That is Yin-Chi, whose effect is to maintain and to supplement the Prebirth Chi. This **Yin Chi** combines with **Prebirth Chi** to form **Jing-Chi** which is the **real Chi** accumulated in the kidneys and genitalia, flowed in the meridians and in the six internal organs (*stomach, gall, urinary bladder, small intestine, large intestine, three parts of stomach*) as well as in the five viscera (heart, liver, stomach, lungs, kidneys). This **real Chi** mainly circulates through The Front and the Back Channel which relate to the innards organs. This is called Small Heavenly Circle which joins with twelve meridians to form Great Heavenly Cycle (Fig. 7).

Contrary to the blood circulatory system operating under unchangeable cycle, which transports Yin and Yang in metabolic harmony like the change of natural phenomena such as hot and cold, light and dark, day and night, month and year, weather through four seasons, etc..., Chi is seen as a sort of power that the nervous system as an interlaced power network. If the nervous system is malfunctioned or broken down, such as suffered from spinal trauma, then Chi unable to circulate normally for transporting energy throughout the body, and if at some time, the flow of Chi is accidentally blocked, then the organs will not fulfill their functions, causing sickness, disease, mild or severe depending on the damage or loss of Chi. They will stimulate

the relevant nervous points on the meridians for awakening them to work again so that the Chi may flow normally as previous. This is the work of acupuncture, acupressure and Gigong Breathing.

The Tai Chi Chuan activates the arthrosis, the whole body, as stream constantly drifting, moves gently along the rhythm of natural breathing, whose effect is to open the impasses in the nervous points of meridians, and thus facilitates the Chi circulating throughout the body, penetrates into the six internal organs and the five viscera. In doing so, because the Chi's transportation makes blood flowing. Chi associates with blood, like Ging with Chi, so they usually call Jing-Chi and Chi-Blood as the pairs.

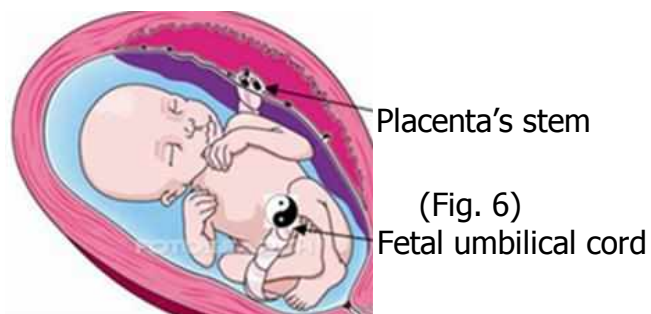
The diaphragm divides those both Chi, the Prebirth Chi and the Postbirth Chi, illustrated as below (fig: 5):



(Fig: 5)

Energy Center generates its Chi throughout the body, is located deep in the abdominal cavity, below the navel about 3 knuckles, considered as a tank of Chi, where the first convergence of Prebirth Chi, i.e. "Lower Dan Dien", known as Dan Dien (fig. 6), means field of medicine herbs. In the

womb, fetus grows around the belly cavity of the mother. It breathes the Prebirth Chi and absorbs nutrients which are going from the "placenta" in the womb through its cord and down to genitals, upwards to the head, downwards the tongue, then returns to its navel. So this is called the "Dan Dien", field of medicine herbs, the most powerful converging center to produce energy resources for survival. The child was born, he/she respires, inhales the post birth Chi, exhales the prebirth Chi. When inhaling, the diaphragm lowers down, the internal organs are pushed down so that the postbirth Chi may be absorbed and the abdomen is swelled. When exhaling, the diaphragm raises upwards so that the prebirth Chi may be pushed out and the internal organs are brought about so that the belly is contracted and flat.



They also distinguish:

- The Upper Dan Dien coincides with the nervous point of meridian named An Duong, located between the eyebrows, where the injury may leads to death.
- The Middle Dan Dien coincides with the nervous point of meridian named "Dan Trung" situated in the middle of the line joining two nipples.

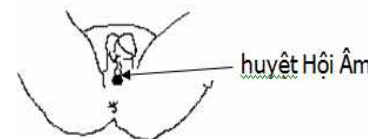
- The "Lower Dan Dien" coincides with the nervous point of meridian named "Khi Hai" (Khi means Chi, Hai means sea/tank), lies in the zone of the navel about 3cm.

2.2- The system of channels and meridians.

Observing the cycle of the Chi's flow within the fetus, the oriental medical-management discovered two most crucial channels that are the Front and the Back which connected to 12 main meridians named "kinh", from which splitting many smaller interlaced branches called "Lac" distributing throughout the body like a fabric net.

a- The Back Channel or The Governor Channel harmonizes the body's Yang part, starting from the nervous point named "Hoi Am" bypasses the lungs in the back, running along the spine, through the nervous points "Truong Cuong", "Menh Mon", "Chi Yang", "Dai Chuy", "Phong Phu", going into the brain, up to "Bach Hoi" vented on the top of head, down to "Nhan Trung" and terminates at the "Ngan Giao", where circuitry to meet the Front Channel which from "Hoi Am" and "Dan Dien" goes up.

- **"Hoi Am"**, the first point of the Front Channel located at the middle of the external genitals and anus, where the Yin Chi is gathered, concentrated three channels: the front and the back channels, as well as the "Xung" Channel, this circuit controls the Chi-Blood of the whole body from the uterus into the spinal column, branching out



from the “Hoi Am” going up to the navel, chest, throat, face and surrounding the lips.

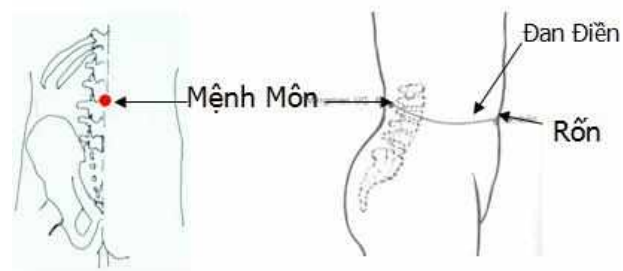
- **“Truong Cuong”**, the first point of the Back Channel, is one of the points of the bone marrow, long (“truong”) and strong (“cuong”), located in the hollow behind anus and in front of first sacrum (coccyx), very important, because here, the Chi energy penetrates or escapes into the body.

Chi when came back, through this line, will go into the spine and brain. So they call this the gate of life and death, here the warm currents of Yang Chi enter the central nervous system.

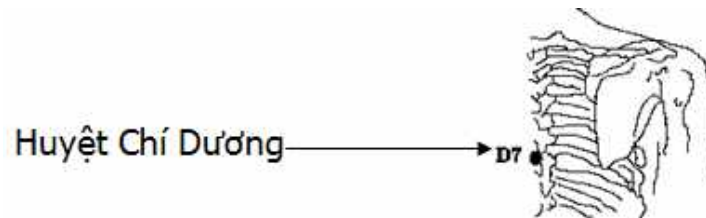


- **“Menh Mon”**, the point No. 4 is vented, situates at the midpoint of the line joining two kidneys, located in the waist area, opposite the navel, in the concave hole at the jut out of the 2nd vertebra, known as the Door (=Mon) of Life (“menh”), here concentrated the Jing force and prebirth Chi.

The left kidney is Yin, the right kidney is Yang, “Menh Mon”, thus at this location Yin and Yang balance. Once rhythmic breathing in Tai Chi moves, and focus attention here, Chi force will run along the spine up to the head and down to toes



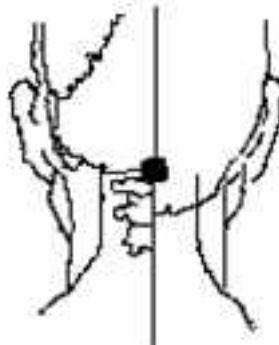
- **“Chi Duong”**, the point No. 4 of the circuit, situated under the dorsal vertebra No. 7, is the intersection of two lines linking the tip of the scapula and the spine, involving the chest, liver and gallbladder area.



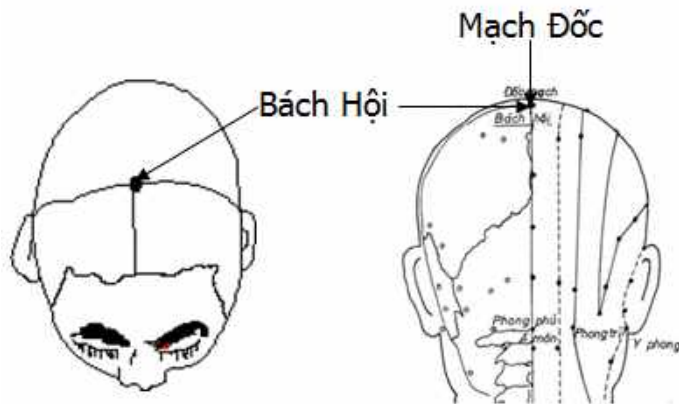
- **“Dai Chuy”**, the point No. 14 of the Circuit, situates under the large bone of the cervical vertebra No.7, effective for the blood circulation, enhance physical strength and prevent the respiratory diseases.



* **Phong Phu** : the point No. 16 of the Circuit, relates to the bone marrow, situated in the hollow between the line linking the neck and the position located about 2cm upper the hair foot at neck's scruff, here the wind is concentrated; the air from the wind and cold infiltrate through this point, if injured it will cause death.



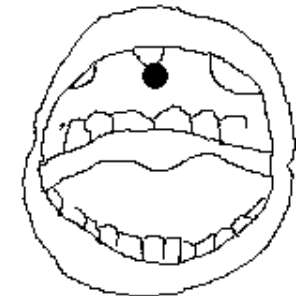
• **Bach Hoi**: the point No. 20 of the Circuit, is the concave hole on the top of head, the intersection of the line connecting two tops of the ears with the vertical line of body, this is one of the important nervous points that if injured can cause death. In the three elements "Heaven, Earth, People", "Bach Hoi" is the convergence of Yang Chi from Sky, harmony with the Yin Chi of the Earth.



• **Nhan Trung**", the point No. 26 of the Back Channel (or Governor Channel), is located in the nasal-labial groove between nose and upper lip, harmonize the adverse of Yin Yang.

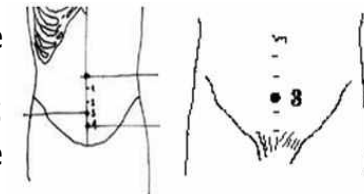


• **"Ngan Giao"**, the point No. 26 of the Back Channel (Governor Channel), is the intersection of the upper teeth and the gum lying on the roof of the mouth, and before the slit of the root of maxillary incisors.



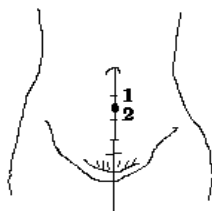
b- The Front Channel or The Functional Channel, is the tank of Yin Chi, through 24 acupuncture points, starting from the "Hoi Am", going up along the line between the stomach through the points "Quan Nguyen" "Khi Hai", "Trung Quan", to the chest, throat and to the chin at the point "Thua Tuong", then run around the mouth to combine with the Back Channel at the point "Ngan Giao".

• **"Quan Nguyen"** is the 4th point of the Front Channel, located at 3/5 upper and 2/5 below the seam between the edge points on the carapace

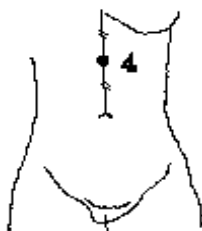


bone and navel, a place to contain the prebirth Chi, the so-called gate of prebirth Chi, is essential for life, helpful for the kidneys, supply Chi and restore Yang Chi.

• **"Khi Hai"**, is the 6th point of the Front Channel, a sea ("hai"=> sea) of Chi ("khi"=>chi) located in a point about 3cm below the Navel, also known as the Lower Dan Dien.



• **"Trung Quan"** is the 12th point of the Front Channel, situated about 13.5 cm above the navel, or at the midpoint of the segment connecting the navel with the segment linking the edge of two ribs, effective to restore Yang Chi, to rescue from adverse wind, to accelerate the process of digestion, to absorb nutrients, and to treat high blood pressure and neurasthenia as well.



• **"Thua Tuong"**, effective for harmony of Yin and Yang, is the 24th point of the Front Channel, situated at the bottom of the hollow under the lower lip and on the road along the lower jaw, where it normally does saliva flow ("thua" means normally, "tuong" means saliva).



2.3- Opening the channels, meridians and transporting Chi.

Opening the Front and the Back Channels Circuit have purpose to transport unceasingly Chi along the closed Small Heavenly Cycle to help the Yang root at the point "Truong

Cuong" and the prebirth Chi in "Dan Dien" can exchange and normally circulate, so there will be balance between the Yin and Yang, and between the five organs (heart, can, spleen, lung and kidney) and the six viscera as well.

Yin goes down, Yang goes up. The Front Channel goes down from the point "Thua Tuong" along the line between the abdomens downwards to the point "Hoi Am", from there The Back Channel bypasses the spinal cord up to "Bach Hoi" on the top of head then runs down to the point "Ngan Giao" situated at the upper lip.


The practitioner shut his/her mouth, letting the tip of tongue naturally touching the palate at the root of maxillary incisors, doing so, the two Front and Back Channels will connect each other like two. At the same time, inhale and exhale through the nose, doing so, both the prebirth Chi and postbirth Chi mix together producing energy downwards the zone of "Lower Dan Dien", like electrical power of the process of combustion engine in physics, this mixed Chi, therefore, circulates unceasingly within the closed Small Heavenly Circle formed by the combination of the Front and the Back channels.

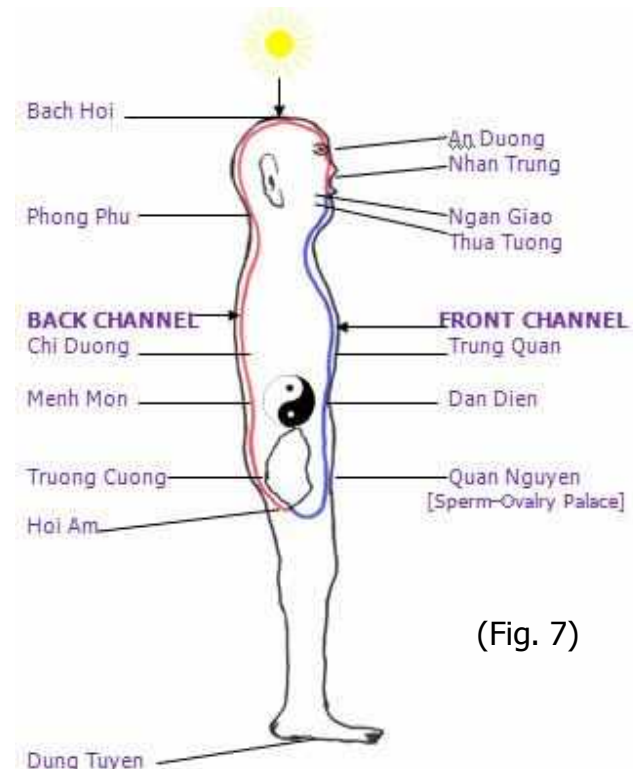
The Front and the Back Channels have cleared of obstructions, then all meridians in the body are also cleared, but to be effective, Tai Chi practitioners should follow the following principles:

- (1) The Tao of Tai-Chi Chuan, Way to Rejuvenation, Tai Chi Foundation Jou, Tsung Hwa, POB.828,Warwick , N Y. 10995, ISBN: 08048-1357-4)

Transportation of Chi through nervous system

The Front and The Back Channel associate to the innards organs to form the Small Heavenly Cycle which connect the limbs to form Great Heavenly Cycle (Fig.7). At extremities of limbs there are two important energy points: Lao Cung located in the palms and Dung Tuyen in the soles. **Lao Cung** is located on the palms at the intersection of the centerline and the line drawing the split between the ring finger and the middle finger (Fig. 8). **Dung Tuyen** is the hollow on the sole of the feet, located at the dot dividing 2/5 the line drawing from the tip of second toe to the rear rim of heel (Fig. 9). **Lao Cung** is the Yang energy point of the Heart meridian. **Dung Tuyen** is the Yin energy point of the Kidneys meridian. The effect of the fluctuations between Lao Cung and Dung Tuyen makes the correlative harmony between Heart and Kidneys as well as between Dan Dien and "Dan Trung" which according to the oriental medical, manifests a good health, and they called this phenomena "Thuy Hoa Ky Te" means "Fire-Water done communication" [Fire indicates positive Yang, Water indicates Yin negative] (*). On the other hand in the Chi-transport process, the energy point "Bach Hoi" on the crown collects the Yang Chi from the sky moving it to the energy point "Lao Cung" while the energy point "Dung Tuyen" at the sole collects the Yin Chi from the earth moving it to the points "Truong Cuong" and "Hoi Am", thus, activates also both the Front and Back Channel. This increases the resistance and the improvement of the whole functions of the innards organs.

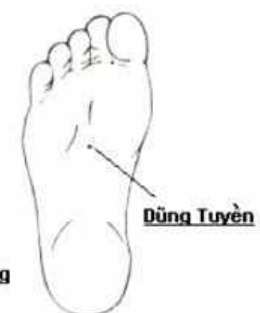
(*) **Note:**Thuy Hoa Ky Te, the name of module No **63** in the I Ching, its pictography  composes two parts: above is Water, below is Fire. This means boiling water creates pressure producing useful power for the vapor machine. So, Fire helps water to create energy power that does create successful results.



(Fig. 7)



(Fig.8)



(Fig.9)

§2- To Practice Nutri-Living Tai Chi Fundamental Principles & Basic Moves

1- Loose to relax completely body and mind (1).

a- no effort to push, do not erectile muscles while moving.

b- at the same time, keep empty mind. The mind must be totally peaceful, quite forget all sorrows and anxieties, do not think anything other than your movements, throw your "burden of worries" for smiling to monitor the progress of the Chi transporting through every step, each movement; keep the optimism, liberate the heart and the ego, be altruistic and harmony with the nature and the others.

c- The empty mind is necessary for the health, because any excessiveness is harmful for the five organs:

- * Happy too much is harmful for your heart.
- * Sorrowful too much is harmful for the lungs.
- * Angry too much is harmful for the liver.
- * Fearful too much is harmful for the nerves.
- * Thinking too much is harmful for the spleen.

2- Hold breath within "Dan Dien" (2), inhale and exhale through your nose along the process of Chi transportation. Normally breath, shut your mouth for breathing, this is a scientific application as mentioned above.

3- Exercises include a series of basic moves which require:

a- The practitioner has to move continuously without interruption, the moves proceed naturally such as streams drifting.

b- Keep straight the back, no twisting the body. The straight back isn't only helpful for the easy circulation of Chi, for keeping the body solidly balanced while moving, but also a model of the honest mind and righteous attitude.

c- There are 2 postures of the hand: the first form is to push (fig. 1), the palm is opened, the thumb a little facing to the palm like embracing the ball, the thumb does not touch the forefinger; the second form is to fist, but both form must be loose, not erectile the nerves of the wrists (fig. 2). Also the fingers should not open rigidly straight and separate each other with large gaps.

3- There are many lessons to exercise, such as "Tai Chi Pushing 130 stances", "single person pushing hands 60 and 80 stances", "the long TaiChi Chuan 210 stances, etc...However, we selected the lesson 24 stances very simple, most universal, this is a combination of important basic moves from the other lessons, convenient for all ages, suitable for those who has limited time and has not good and durable memory. For seniors, the lesson 28 stances, which simplified from the 80 stances lesson by Master Diep Quoc Huong, is easier and more appropriate.

4- To easily orientate the moves we are taking forwards to the North as the front direction, so the back is to the South, right is east, left is west.

5- Before and after the lesson, let's twisting the waist and doing the moves from No XVIII onwards. Besides, the basic forms from No. I to XVII are necessary also to access the next lesson of Pushing Hands.

(1) Below are ten crucial principles for the Tai Chi Chuan Exercises:

Each of us is a "small cosmic" including Yin-Yang and Five elements of nature, when those elements operate smoothly, one is healthy whereas the yin-yang's disorder causes all the diseases. So in order to gain more benefits from the practice of Taichi, the following essential rules are recommended:

1.1- Neck and head straight. Shen or Spirit at the crown, no use force to do, but doing naturally.

1.2- The chest slightly contracted in order to the Chi sinking into Dan Dien and sticking to the spine.

1.3- Let loose waist, every moves must be transformed according to the moving of the waist.

1.4- Distinguish between false and real moves; if the weight bears heavily on this foot, this is the real stance, while another foot is false stance.

1.5- Let shoulders loosening naturally, both elbows also lowering.

1.6- Use mind not use the force: the whole body is letting loose, the mind guiding the moves. Mind, Chi and Force are connecting together. Mind conducts Chi, Chi conducts Force, when Mind arrives, Chi comes, when Chi comes, Force arrives.

1.7- Shen (or Spirit) pursues every move, the mind is concentrated to follow them.

1.8- Shen and Body are mutually unified. Shen commands body.

1.9- Continuous motion as natural as streams drifting without interruption.

1.10- Use static to command dynamic, the softness to guide the rigid.

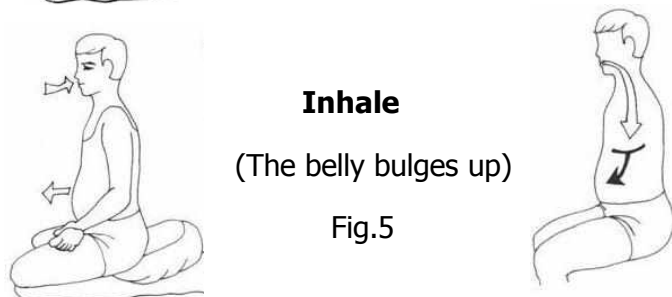
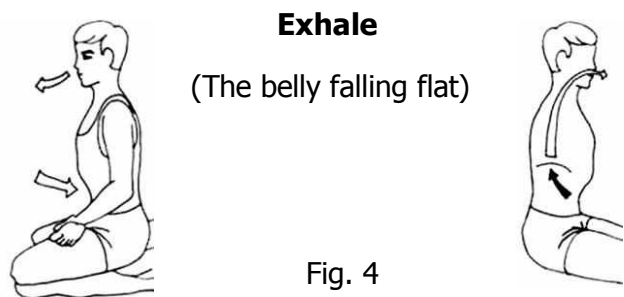


(3) hands to push



(3) fist to punch

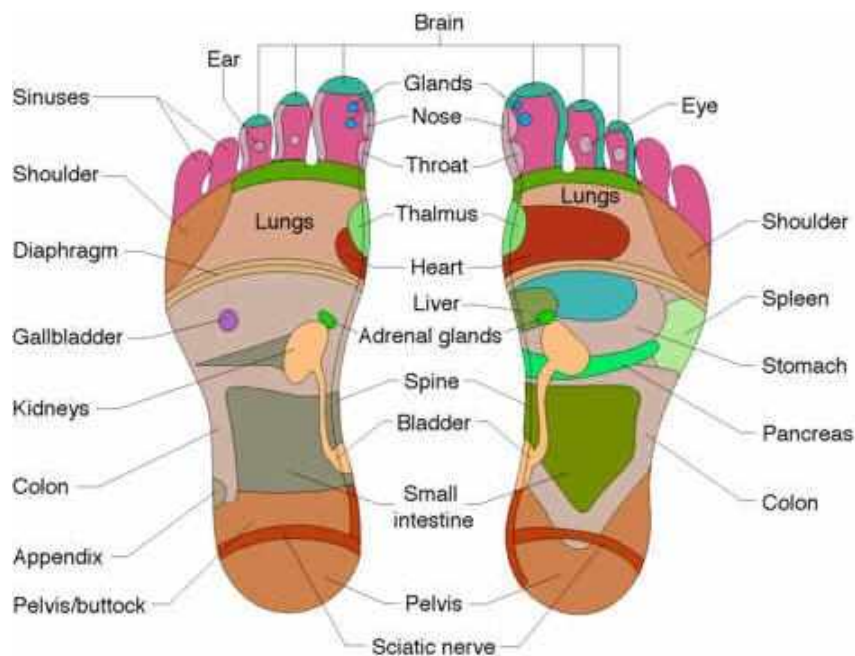
(2) When you're breathing within Dan Dien, usually called abdominal breathing, the Chi transported through inhale and exhale, activates the diaphragm, while exhaling, the diaphragm is raised up, your belly falls flat (fig. 4), while inhaling the diaphragm is lowered down, your belly bulges up (fig. 5), (the man breathes through Chigong placed his hands at the Khi Hai Center ["the sea of Chi"] located below the navel by letting his left hand lying upon his right hand, by contrast the woman letting her left hand lying below her right hand). However when practicing Taichi, the practitioners have to focus on their moves, this is difficult for them to perform the Chi transportation unlike those who meditate Thien or Chigong, therefore, the Taichi practitioners can breathe naturally, on condition that shutting mouth to breathe through the nose, this is to connect the two poles of the Front-Back-Channel circuit, and to retain the stored energy in the Dan Dien due to mouth closed which does not let Chi to escape



Besides practicing Taichi, every evening, before bed time, it is also advisable to soak feet in warm water, because the soles include countless nerve points which closely related with the brain nervous and closely related to the innards organs.

Soaking the feet within warm water can encourages a beneficial effect on other parts of the body, stimulates blood circulation, eliminates fatigue, facilitates you easy sleep, excites the nerve points, enhances memory, provides comfortable for gentle legs and brain.

In short, soaking the feet in warm water can improve general health.



§2- To Practice Nutri-Living Tai Chi : Basic Forms

I- False Stance

You are standing on one leg with its knee rather bent; another one is on tiptoe with its knee evidently raised up so that its toes touch the ground. This is likely for preparing to kick with the bent leg. (Fig. 1 &2)

II-Twist the waist

1- Release loosely the mind and body. Straddle slightly shoulders width (with the distance between both feet likely equals the one of shoulders). Two arms loose down freely without tension.

2- Twist the waist to the right side (do not twist the shoulders, suppose your waist is considered as the wrist, an axis, and your body as the plan of the hand standing up vertically, while swiveling around the wrist, your hand never bends, by contrast, always keeps lying on the same vertical plan).

3- Then, on the contrary direction, twist the waist to the left side, at the same time, along the run of twisting waist, your loosing arms which automatically beat your both waist's side, action on your kidneys, thus, also on the spinal column in order to expand the Back Grand Canal. (Fig. 3-16)



III- Bow & Arrow Stance composes two opposite stances: the Climbing Mountain Stance & the "Four-Six" Stance.

Preparation: Release loosely the mind and body. The two feet are standing with heels forming the shape of letter V; the two arms drop down freely.

A- The Climbing Mountain Stance (*)

1- Begin from the false stance with the left toes on tiptoe, touching the ground and bend lightly the right knee, at this moment you are seemingly standing on one leg whose bent knee sustains your body's weight. ((Fig. 1)

2- Raise the left leg so that its thigh is parallel with the ground, next, forward its sole, drop freely and slowly its heel to touch the ground, while its toes are still opening. (Fig. 2-4)

3- Lower the left toes in order to press the left foot upon the ground, this moment, the left leg is perpendicular to the ground while the right leg stretches out backward not straightly but rather bending at the knee, therefore the front knee sustains 60% of your weight and the back leg sustains 40% of your weight as it seem in the position of climbing mountain. Note that in this stance, the back is still vertical, and the plan of your body is still keeping perpendicular to the ground, without swiveling the shoulders but only revolving waist to face obliquely towards Northeast. (Fig.5)



B- The "Four-Six" Stance (*)

* This form, commonly used as defensive stance, is the opposite of the previous one, the Climbing Mountain Stance. Now, the back leg support 60% of your weight, and thus, 40% of your weight exerts pressure on the front leg.

* Following is the transition from the Climbing Mountain Stance into the "Four-Six" Stance:

5- You are keeping the front foot's heel, as an axis, sticking to the ground in order to rise up its toes, while bending the back knee for stretching the front leg? In this form, you are seemingly sitting on the back bent knee, which sustains 60% of your weight, while the front leg supports only 40% of your weight. This stance is helpful for the joints of knees and the hips.

Remember that, in this stance, the spinal column must be straightly and because the back knee is bent while the front leg is still adhering to the ground, the vertical plan of your body, therefore, is automatically facing towards the North.

The transition between those two stances must be regular and continuous to have your motion being rhythmical.

(*) Master Yang Jwing Ming named these forms as "Dang San Bu", the Mountain Climbing Stance and "Ssu Lieu Bu", Fourth-Six Stance (Yang Style TaiChi Chuan, Unique Publications, Inc., 1982)



C- Repeat both the Climbing Mountain Stance and the Four-Six Stance, next change directions.

6- Continue to press and open the front foot of the "Climbing Mountain" Stance then transform into the "Four-Six" Stance. Do it several times according to your capability.

7- Change into the new direction starting from the "Four-Six" Stance.

8- Slowly rise up the front heel backwards near to the rear heel in the false stance, drop it to make the stance of bending two knees with the heels forming the letter V. Next you are rising up the knees to stand up straightly while keeping the feet in the form of letter V. (fig. 11-13).

9- A new cycle begins again starting from the false stance as before but the back leg becomes now moving forwards into the front one and vice versa. (Fig.14-18))

Note that the continuous and rhythmical transition between the Climbing Mountain Stance and the "Four-Six" Stance on alternate directions is basically helpful later for the Cat's Paces Walking.



(10)



(11)



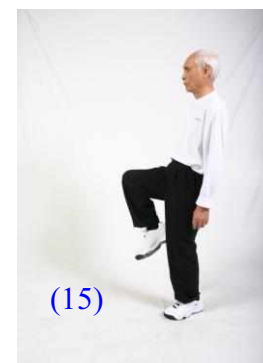
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(14)



(15)



(16)



(17)



(18)

IV- Apparent Close Up (or Pushing forward & Pulling Hands back) = rowing as prevent, as block, as the wind blew the door shut.

Preparation: Release loosely mind and body. Have the stance with two feet forming the letter V. (fig. 1)

1- Start from the Climbing Mountain Stance, but while you begin to raise up the left heel on tiptoe, you are slowly raising up your hands at the waist, then the palms upwards, swivel them around the wrists as axis until the palms facing down, then let the open hands raising up vertically with palms facing to the front, this moment, the forearms close to the armpit like you are carrying something under your arms, then while you do the Climbing Mountain Stance ended by dropping freely and slowly its heel to touch the ground, push forwards your wrists (not your hands which are still keeping in vertical position), so your forearms are still parallel to the ground. Press your front foot, and you are now in the Climbing Mountain Stance (Fig. 2-9)

2- Once you are already in the "Climbing Mountain" Stance, let the hands facing the palms parallel to the ground (Fig. 10). While you open the front foot in order to fold the back knee in the "Four-Six" Stance, you withdraw the wrists in order to get the forearms backwards until the wrists leaning against the waist. This terminates one cycle to restart the new one (Fig. 10-12).

3- Repeat those both stances many times as much as possible according to your capability. Then practice in the alternate direction by changing the front leg into the back leg and vice versa.



V- Right Grasp Sparrow's Tail, composes 4 postures: ward-off, roll back, press and push

A- Right Grasp Sparrow's Tail

1- **Suppose you're standing in False Stance**, the North is in front (The left knee little bent. Right toes placed beside left heel, you're embracing the ball at the left hip that left hand is upper, right hand supports below the ball. (Fig. 1)

2- Access the ward-off:

a- Drop the right foot backward at rear obliquely an angle 45 degree towards the East.

b- Fold the right knee. Twist waist 45 degree towards the East, left foot also turning to follow, at the same time, left hand lowers down and glides upper the right hand which is raising for transition to the Climbing Mountain Stance, this time, the left palm facing down beside left hip and right forearm parallel to the ground whose palm facing left chest seemingly you're reading something on the right palm. (Fig: 2-9)

3- Access the Roll-Back: (Fig: 10-15)

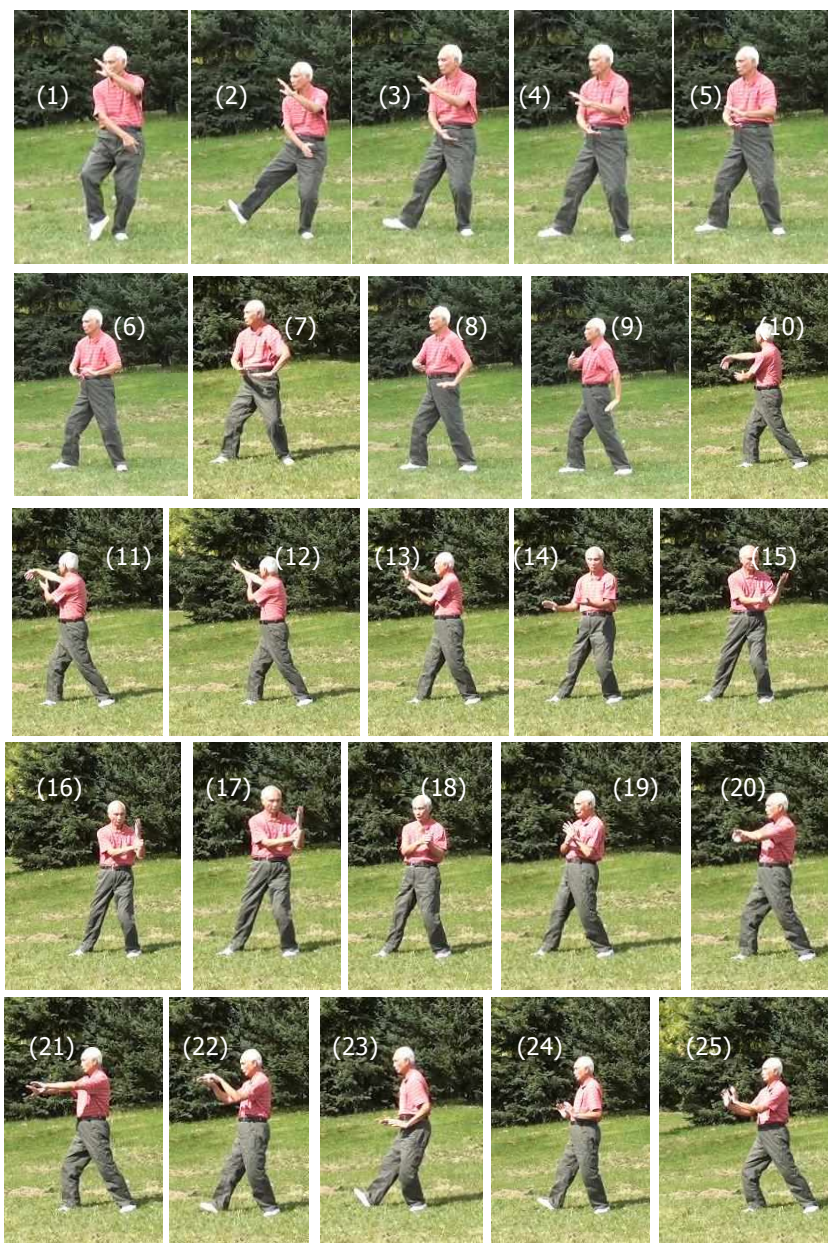
a- Right hand draws a parabola branch stretched up to the high aiming the South-East, at its summit, the right arm is also stretched up obliquely to the East-South; while the right arm raising, the left arm also leaves the left hip to raise up with its palm evidently orientating to the South-East and ultimately supporting below the right elbow, this time, both legs are still in the "Climbing Mountain" Stance: the front knee is folding and the rear leg is stretching.

b- Both legs are in "Four-Six" Stance (folded rear knee, stretched front leg), at the same time, move the right forearm close the armpit, both forearms still parallel to the ground and raising up obliquely to the Northwest at the left side.

4- Access the "Press" & "Push" postures: (Fig. 16-21).

a- Press left hand against the inner of the right wrist, two palms face each other, (or press left wrist against the right one) then move both legs into the Climbing Mountain Stance (fold the right knee, stretch the rear leg. Pull back them towards the chest, then push forward them to the front at the East side, next split them so that both arms parallel to each other and palms parallel to the ground, then pull back arms towards the waist to enter the "push" stance.

b- Push forward both arms: You're now in the "Apparent Close Up" Stance. (Fig. 22-25)



V- Grasp the Sparrow's Tail (continued)

B- Left Grasp Sparrow's Tail

Do the same as previous, yet in the contrary direction:

1- **Suppose you're standing in False Stance**, the North is in front the left knee little bent. Right toes placed beside left heel, you're embracing the ball at the left hip that left hand is upper, right hand supports below the ball. (Fig. 1)

2- **Access the ward-off:** (Fig. 2-7)

Drop left foot back the rear obliquely an angle 45 degree towards the West. Fold the right knee. Twist waist 45 degree towards the West, left foot also turning to follow, at the same time, right hand lowers down and glides upper the left hand which is raising for transition to the Climbing Mountain Stance, this time, right palm facing down beside right hip and left forearm parallel to the ground whose palm facing right chest seemingly you're reading something on left palm.

3- **Access the Roll-Back:** (Fig. 8-11)

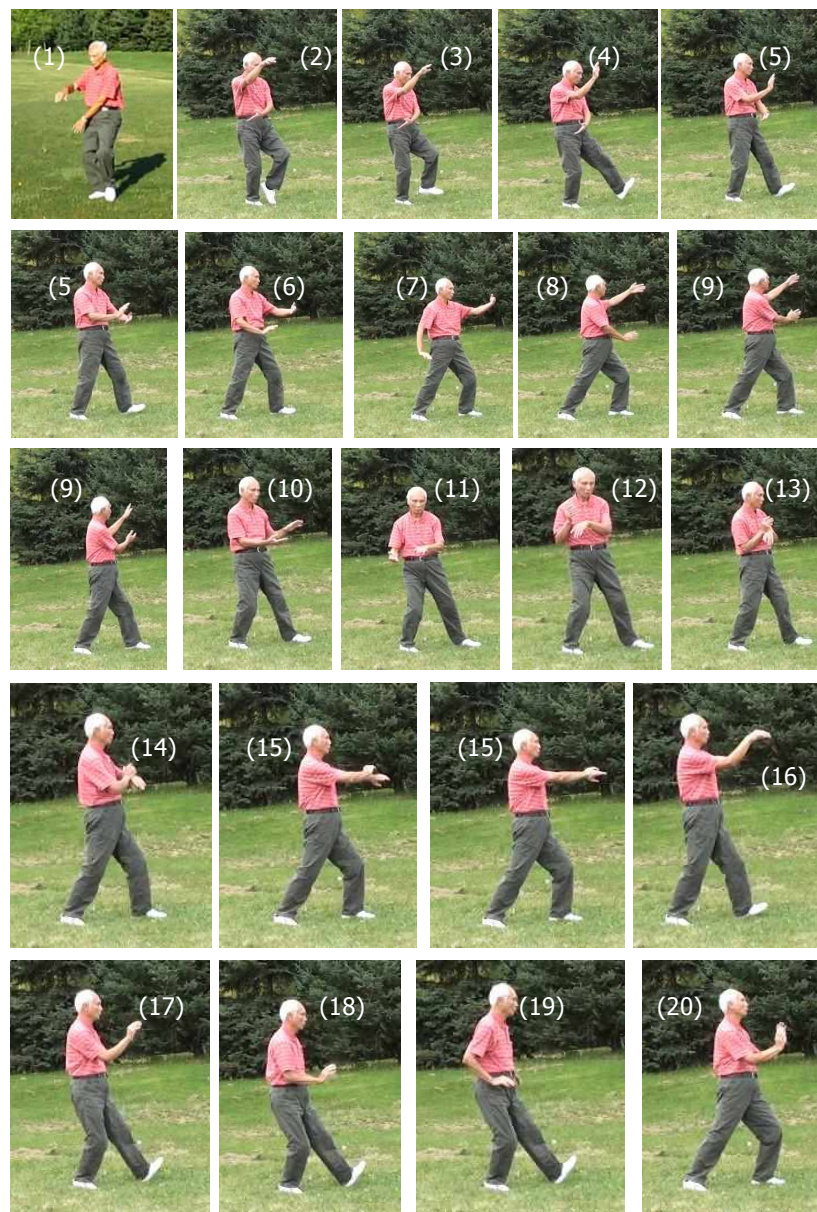
a- Left hand draws a parabola branch stretched up to the high aiming the West, at its summit, the right arm is also stretched up obliquely to the Northwest; while the right arm raising, the left arm also leaves the left hip to raise up with its palm evidently orientating to the Northwest and ultimately supporting below the left elbow, this time, both legs are still in the Climbing Mountain Stance: the front knee is folding and the rear leg is stretching.

b- Both leg are in Four-Six Stance (folded rear knee, stretched front leg), at the same time, move the left forearm close the armpit, both forearm still parallel to the ground and raising up obliquely to the southeast at the left side

4- **Access the "Press" & "Push" postures:** (Fig. 12-15).

a- Press right hand against the inner of the left wrist, two palms face each other, (or press left wrist against the right one) then move both legs into the Climbing Mountain Stance (fold the left knee, stretch the rear leg. Pull back them towards the chest, then push forward them to the front at the North side, next split them so that both arms parallel to each other and palms parallel to the ground, then pull back arms towards the waist to enter the "push" stance.

b- Push forward both arms: You're now in the "Apparent Close Up" Stance (Fig.16-20).



VI- Rubbing clouds

Twist the waist along the same side of the front leg. If the front leg is the right one, you are twisting clockwise your waist along that side and vice versa.

A- Right Rubbing Clouds:

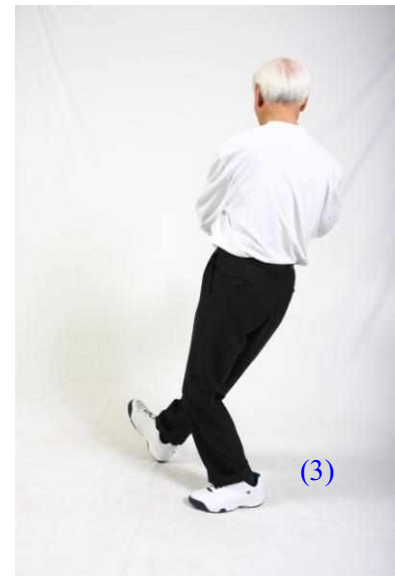
This is twisting waist clockwise whose the right leg is in front.

1- You are in the "Pushing forward & Pulling Hands back" of the "Climbing Mountain Stance" (Fig. 1).

* Open the right toes, the back sole sticking to the ground, bend the back knee on the "Four-Six Stance", keep the right heel as axis while twisting clockwise only the waist, therefore the two arms as well as the right toes automatically draw an arch along the twisting waist with two palms opened facing the right side. With this motion, the practitioner is seemingly rubbing the clouds, or more pragmatically, rubbing the film of oil on the river's surface of water along the arch around to the right side (Fig. 2).

* The body's plan will face towards the East. At this position, after finishing drawing the arch of a quadrant (Fig. 3), the two arms continue its itinerary to complete its half circle, and then draw back to the waist (Fig. 4).

* Remember that, during the practice, your vision must always follow the direction of your arms' move.



A- Right Rubbing Clouds: (continued)

2- The two arms are still at the waist. Continue the twisting waist on the opposite way.

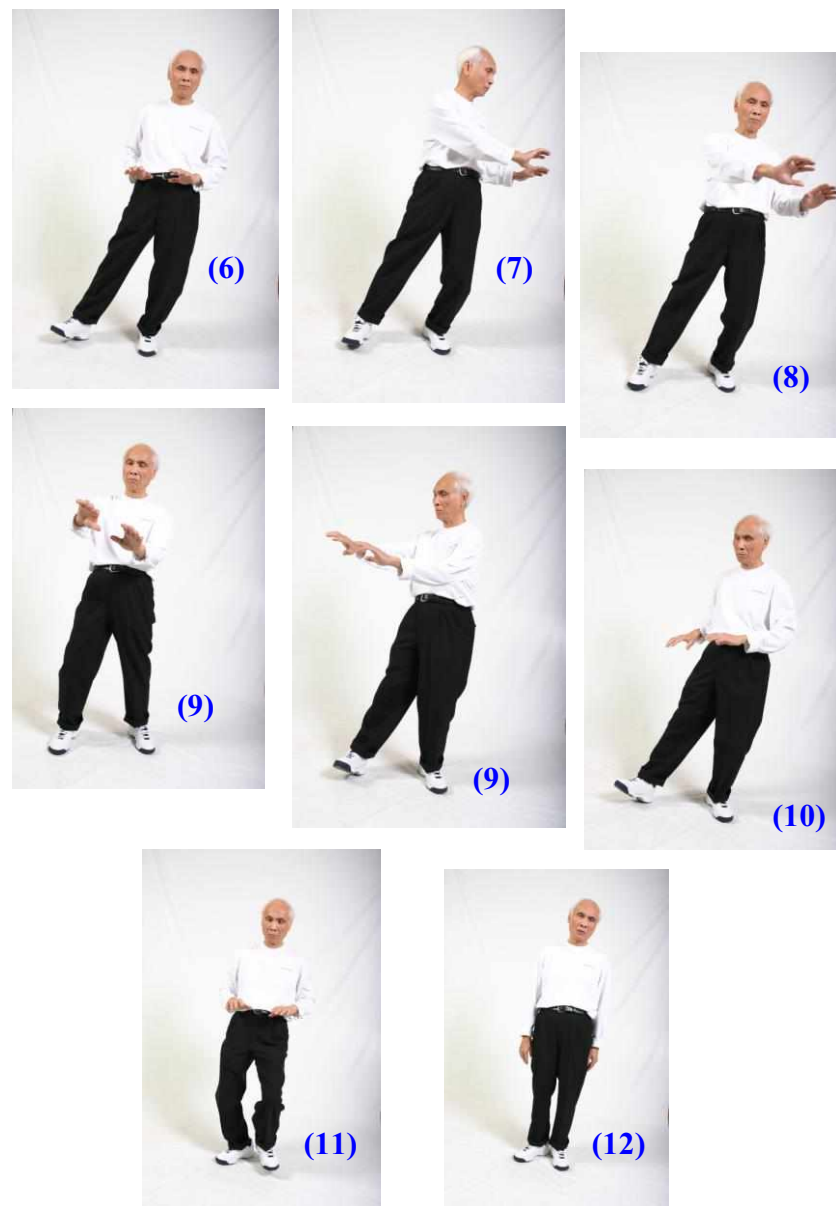
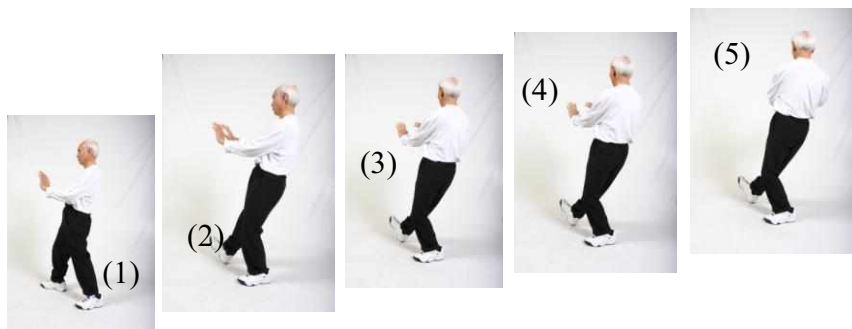
- You are now looking at the North, from this position, turn to the left (fig. 6)

- Push outside and backwards the two arms keeping still parallel each other like two clock's needles for twisting waist along the 2nd half circle starting backwards up to the North and accomplish the circle of the first round.(fig. 6-10)

- While drawing this left half circle, the right toes still opened, touch the ground once the itinerary terminates at the original position of the "Pushing forward & Pulling Hands back" at the "Climbing Mountain Stance". Then pull back the front foot beside the rear foot to stand on both feet forming letter V as the original posture (fig.6-12)

- Remember that during all the process, the back sole is still sticking to the ground, except the front toes raise up or lower down according the twisting to and fro, with also the front heel using as an axis so that the front foot can swivel after the twisting waist.

3- Repeat the successive rounds with the same ways.



B- Left Rubbing Clouds

1- From the "Right Rubbing Clouds" terminating at the position of "Climbing Mountain" Stance, you are transferring into the "Left Rubbing Clouds".

2- Turn down both hands, and both legs support the body on the "Four-Six" Stance. Then pull back the front leg in order to have both heels close together forming the letter V with both knees still bent...

- Stand up straightly without bending knees any more.
- Reestablish the "Pushing forward & Pulling Hands back" with the front leg is the left one (Fig. 1).

3- Twist the waist to the left side as the same way of the previous right one (Fig. 2-3), when reaching the West, withdraw hands to the waist (Fig. 4), twist waist passing by the North (Five. 5-6), next to the right side at the East. (Fig. 7), then "Rubbing Clouds" counter-clock to the left until facing the North to accomplish the half circle and finally back to the initial position of letter V standing as said in No. 2 above (Fig 8-12).



(1)



(2)



(3)



(4)



(5)



(6)



(7)



(8)



(9)



(10)



(11)



(12)

VII- Cat Paces –Part 1

1- You are in the “Left Climbing Mountain” Stance with the left leg bending knee is the front and the stretched right leg is backward (fig. 1).)

2- Sit on the rear bent knee in the “Four- Six” Stance while turning the opened front foot aiming the north-east (2). Press the right sole to have again the position of “Climbing Mountain” Stance at this new direction. (3)

3- The front knee is pressed to support your whole weight, and raise the rear foot, let its toes touching the front heel, next drop the rear heel forward the North to form the “Right Climbing Mountain” Stance at this new direction (4-6).

4- Similarly as the No. 2 above, sit on the rear bent knee in the “Four- Six” Stance while turning the opened front foot aiming the Est-North. Press the right front sole to have again the position of “Right Climbing Mountain” Stance at this new direction.

5- In this “Right Climbing Mountain” Stance, the right leg bending its knee is the front (Fig. 7).



(1)



(2)



(3)



(4)



(5)



(6)



(7)

VII- Cat Paces–Part 2

7- With the same way, the front knee pressed down to support your whole weight, and raise the rear foot, let its toes touching the front heel, next drop the rear heel forward to the North to form the “Left Climbing Mountain” Stance at the new direction (8-10).

8- Continue consecutively the next cycle following the precedent ways. So, with catlike tread, you have crept in zigzags alternatively towards the North-East, North-West, North-East, etc... along a straight line to the North (11-12).

9- To do “Cat Paces Backward”, reverse the previous itinerary: bend the rear knee and raise the front foot dropping backward to sit on its bent knee in the “Four-Six” Stance, next continue to do it backward in the same way.



(8)



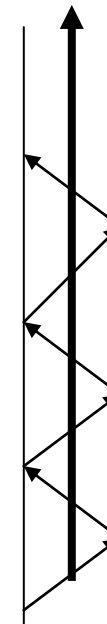
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(10)



(11)



(12)

VIII- Mustang Ruffles Mane (part 1)

Or Left Parting the Wild Horse's Mane (part 1)

Start from the "False Stance" standing on right knee with the left foot on tiptoe, facing the North; basically move along Cat's Paces.

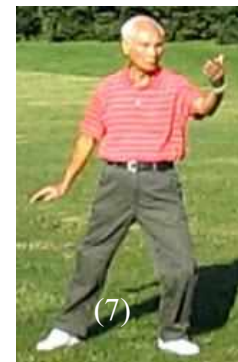
1- Left Mustang Ruffles its Mane:

a- Embrace the ball with both arms, the right arm is upper, the left one is below to support it, so evidently, two palms face each other (1).

b- Bend the right knee. Drop naturally (loosing) the left heel back so that the left toes aiming the West-North and two heels forming a 45 degree-angle (*the left toes are, thus, on the straight line joining the middle point of the right foot at the distance of shoulder width*). Twist the waist counter-clockwise around the left heel as pivot an angle of 45 degree, next press its toes and do the same for the right foot in order to form the "Left Climbing Mountain" Stance (*so, in this stance, the right leg becoming now the rear, is stretching out, and the left leg becoming now as the front one, is rather obliquely perpendicular to the ground*).

c- During this twisting, pull up and down both hands contrariwise each other along its diagonal itinerary (to do this, both palms facing oppositely, the left one below the upper, is pulled up straightly and obliquely, while the right one is drawn back the same way forming as a straight chop backwards along the above diagonal itinerary (2-7).

This move of both hands ends with the left palm facing upward and the right palm facing downward while you are looking at the left arm in the left Climbing Mountain Stance, (fig.7bis)



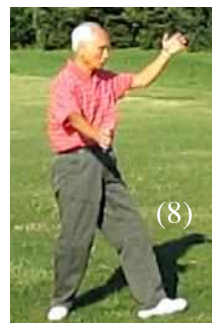
VIII- Mustang Ruffle Mane

2- Continuing the "Left Mustang Ruffle its Mane"

a- Using the left heel as pivot, twist the waist again to the left side a 45 degree-angle. Bend the left knee to support the whole body and to raise the rear foot. Let its toes close to the front foot forming the "False Stance" by standing on bent left knee and with right foot on tiptoe. During this twisting, the stretched arms are pressing contrariwise so that the right hand is lowering down close to the left knee and facing the lower of body seemingly to protect it (fig. 8-9)

b- From this False Stance, forward the right heel to the right side so that the right toes aiming the West-North and two heels forming a 45 degree-angle (the right heel is, thus, on the straight line joining the middle point of the left foot at the distance of shoulder width). Press right foot down while twisting the waist clockwise around the heels as pivots a 45 degree-angle, next press its toes to form the "Left Climbing Mountain" Stance (so, in this stance, the left leg becoming now the rear, is stretching out, and the right leg becoming now as the front, is slightly obliquely perpendicular to the ground). In the mean time, pull up and down both hands contrariwise each other along its diagonal itinerary (to do this, both palms facing oppositely, the right one below the upper, is pulled up straightly and obliquely, while the left one is drawn back the same way forming as it seem a straight chop backwards along the above diagonal itinerary).

c- This move of both hands ends with the right palm pulling upward facing your forehead and the left palm pulling down facing the ground while you are looking at the right arm in the left Climbing Mountain Stance. [fig. 10-13]



(8)



(9)



(10)



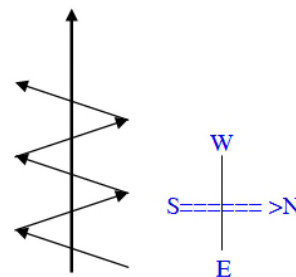
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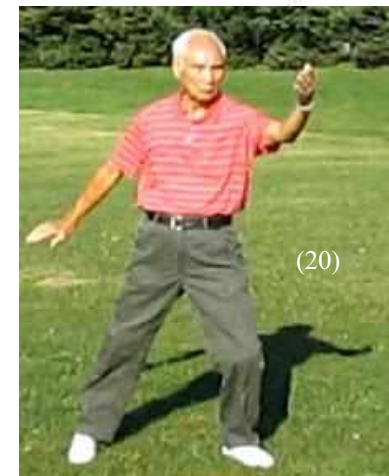
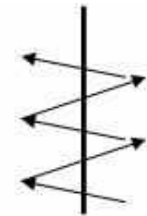
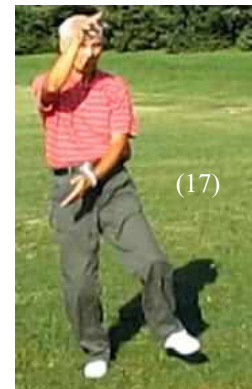
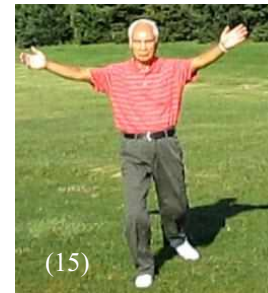
3- Continuing the Right Mustang Ruffles Mane

a- Twist the waist to the right side around the right heel as pivot an angle of 45 degrees facing the West-North. Bend the right knee to support the whole body (fig. 14) and to raise the rear foot. Let its toes close to the front foot forming the False Stance with left foot on tiptoe. During this twisting, the stretched arms are pressing contrariwise so that the left hand lowers down close to right knee and facing the lower of body seemingly to protect it.

b- From this False Stance, forward the left heel to the left side so that the left toes aiming the West-South and two heels forming a 45 degree-angle (*the right heel is, thus, on the straight line joining the middle point of the right foot at the distance of shoulder width*). Press left foot while twisting the waist counter-clockwise around the heels as pivots an angle of 45 degree, next press its toes to form the Right Climbing Mountain Stance (*so, in this stance, the right leg becoming now the rear one, is stretching out, and the left leg becoming now the front one, is rather obliquely perpendicular to the ground*). During this twisting, pull up and down both hands contrariwise each other along its diagonal itinerary (to do this, both palms facing oppositely, the left one below the upper, is pulled up straightly and obliquely, while the right one is drawn back the same way forming as a straight chop backwards along the above diagonal itinerary).

c- This move of both hands chopping ends with the left palm pulls upward, facing your front and the right palm draws back, facing downward while *you are looking at the right arm* rather parallel to the right leg stretching backward (fig. 14-20).

4- The Mustang Ruffle Mane's cycles alternatively move zigzag Right-Left-Right along the vertical line dividing two symmetric parts exactly as in Cat Spaces Moving



IX- Brush Knee and Twist Step (part 1)

1- Starting from the Left Climbing Mountain Stance with the front foot aiming the North (1), next transfer into the "Four-Six Stance", while looking at the North-East and raising both arms with opened palms up to the shoulder level seemingly you're supporting the globe (2).

2- Have the left foot on tiptoe by dropping back its toes touching the ground before the right heel. This time, the arms have risen higher to embrace the globe, the circumference is closing inside more and narrower with the right palm facing down and being upon the left one facing down too.

3- Next the left arm is lowering at the right armpit, the right hand is facing down & aiming forward to the North (3), while the left leg drop its heel forward to the North too, then press the left foot to form the "Left Climbing Mountain Stance" with bent left knee (4).

4- While pressing the such left foot, lower the left arm from the rear armpit to curve around the left knee and stop at the left hip with its left palm facing down parallel to the ground; at the same time, the right arm, from the right ear level also slanting down so that its forearm parallel to the ground aiming forward to the North and stop by raising up vertically its opened hand, next forward the right wrist pushing the opponent. (5-6)

5- Open the front toes, pivot the left foot counter-clockwise around its heel a 45 degree angle to the West North, while sitting on the bent rear knee in the Four-Six Stance and opening the both palms as well as looking at the West-North (7).



(2)



(3)



(1)



(4)



(5)



(6)



(7)

IX- Brush Knee and Twist Step (part 2)

6- Have the right foot on tiptoe by dropping forward its toes touching the ground before the left heel. This time, the arms have risen higher to embrace the globe, the circumference is closing inside more and more narrow with the left palm facing down and being upon the right one facing down too.

7- Next the right arm is lowering at the right armpit, the left hand is facing down and aiming forward to the North, while the right leg drop its heel forward to the North too, then press the right foot to form the "Right Climbing Mountain Stance" with bent right knee (8-10).

8- While pressing the such right foot, lower the right arm from the rear aisle to curve around the right knee and stop at the right hip with its right palm facing down parallel to the ground; at the same time, the left arm, from the left ear level also slanting down so that its forearm parallel to the ground aiming forward to the North and stop by raising up vertically its opened hand, next forward the left wrist pushing the opponent. (11)

9- Open the front toes, pivot the right foot counter-clockwise around its heel a 45-degree angle to the East-North. While sitting on the bent rear knee in the Four-Six Stance and opening the both palms as well as looking at the East-North (12).

10- Repeat the same way as many times as possible. This is the "Climbing Mountain" Stance & the "Four-Six" Stance combined continuously with the round moving of hands in order to punch forward while protecting backward.



X- Step back to drive away monkey (part 1)

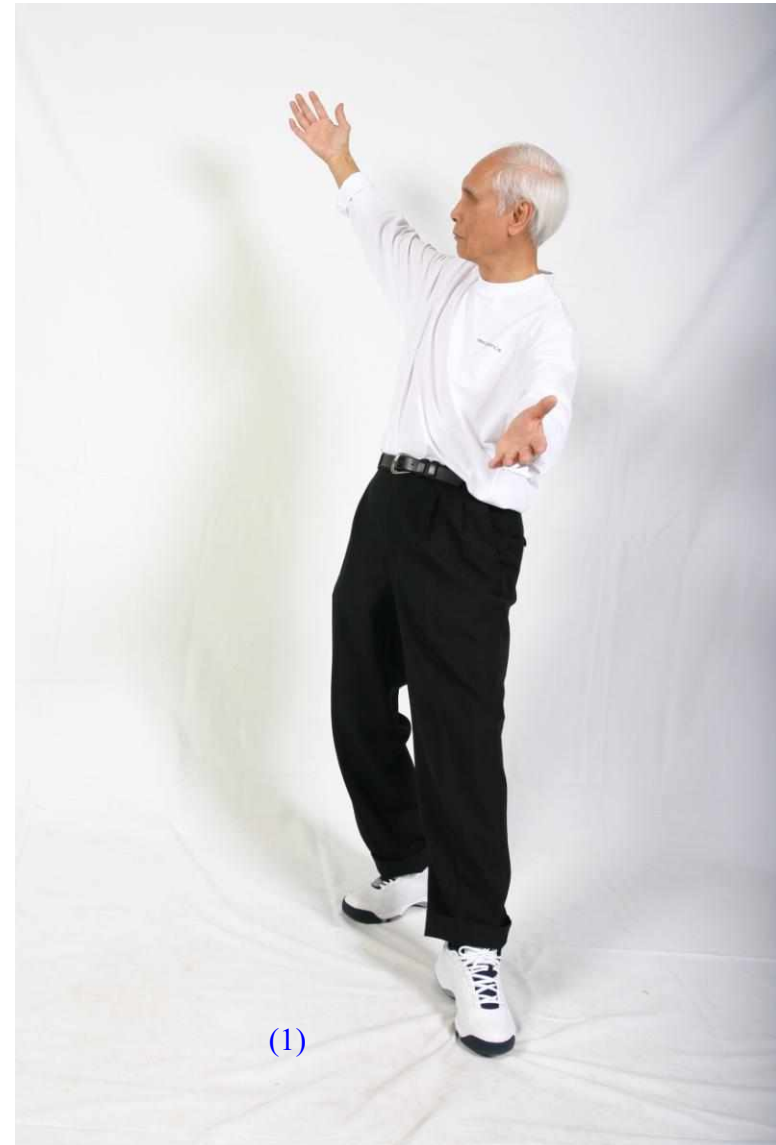
This move composes 3 cycles with 2 parts for each one. The upper part is advancing, the latter is drawing back. The first cycle starts from the East-South forwarding to the North, back to the West-South. The second cycle starts from the West-South forwarding to the North and back to the East-South. The 3rd cycle starts from the East-South forwarding to the North and back to the West-South.

A- First cycle:

1- First part: stepping forward

a- Starting from the "Four-Six" Stance. In this stance with the front leg is the left one and the During such twisting waist, the left palm is opened and considered as a book for the practitioner reading on it, and when the move terminates at the Climbing Mountain Stance towards the West, overturn it vertically facing to the West in order to punch is sitting on the rear bent knee supporting the 60% of his whole weight.

b- Like the bird spreading its wings, stretch both arms with opened palms seemingly being ready to catch the globe. Stand straightly facing to the East-South, and looking backward at the rear arm (fig. 1), and continue to follow it while it is moving forward to punch at the North later with its wrist as described in the next part below:



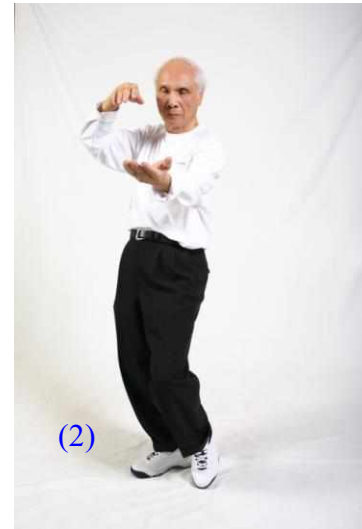
X- Step back to drive away monkey (part 2)

1- First cycle

1- First part: continue to step forward

c- You're standing with bent rear knee of the "Four-Six" Stance and have viewing the right arm at the East-North (fig. 1), now you follow it forwarding to the North, still keep the rear heel sticking to the ground to support the 60% of your whole weight. Raise the front knee [= the left] (fig. 2) to drop back the left foot (drop the toes first) (fig. 3).

In the mean time, as a bird skimming from the sky, the rear arm is simultaneously slanting over the front hand, at this point, you've just twisted waist to face the West-North and you're standing on bent rear knee (which is now the left knee), with opened front foot and you're stretching up both arms with opened palms like the bird spreading its wings, seemingly being ready to catch the globe exactly you did as described in the above No.1-a & b (fig. 4-5).



X- Step back to drive away monkey (part 3)

1- First cycle - 2nd part: stepping back

The right hand from the rear is now the front one. The left arm is counter-clockwise curving down backward, then rising higher up to the shoulder level and like the bird spreading its wings, stretches both arms with opened palms seemingly being ready to catch the globe. Stand straightly facing West-North & looking backward at the rear arm (fig. 6). This stance - opposite to the first cycle's starting as described in the No.1-a, b – terminates the first cycle to enter the 2nd one.

2- Second cycle:

Viewing the right arm at the rear and follow it forwarding to the North, still keep the rear heel sticking to the ground to support the 60% of your whole weight. Raise the front knee [= the right knee] to drop back the right foot (drop the toes first). In the mean time, as a bird skimming from the sky, the rear arm is simultaneously slanting over the front hand, at this point, you've just twisted waist to face the East-North and you're standing on bent rear knee (which is now the right one), with opened front foot (is now the left) and you're stretching up both arms with opened palms like the bird spreading its wings, seemingly being ready to catch the globe as described in the above No. [1-a, b] (Fig.7-10). Enter now the 3rd cycle.

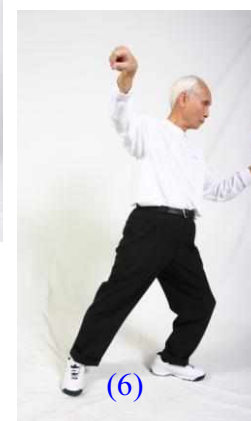


XI- Single Whip

1- You are standing and straddling slightly shoulder width, facing to the North. Bend the right knee. Look at the right arm stretching up to the East-North, then raise up its hand with the palm facing to that direction, next each finger, starting from the little one, successively shuts down seemingly for seizing and pulling down the opponent's hairs (1-2).

2- At the same time, the left palm supports the right elbow while by twisting waist, the left foot pivot counter-clockwise an angle of 90 degree around its heel. At this point, the left foot is facing to the West; press it to terminate the move at the "Climbing Mountain Stance" towards the West. In this stance, the front leg is the left one with bent knee so that its shin is rather perpendicular to the ground, and supporting the 60% of your whole weight (3-6).

[You return now to the beginning stance of the first cycle in No 2: The left arm is rising up with its palm facing the right elbow, look at this palm like you're reading a book or a mirror. While twisting waist to the left at the West, the right arm is curving down along the second quadrant, passing by the lower part of the abdomen while bending the left knee which supports your whole weight.] (14-16)



XII- Wave Hands like Clouds (part 1)

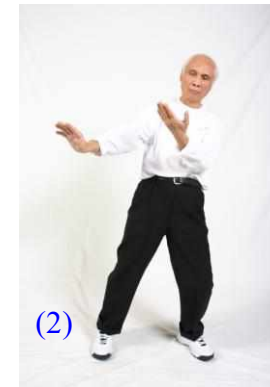
1- In this move, arms and feet are moving rhythmically at the same time. The right arm is raising up while another, alternatively, is lowering down. They curve clockwise and counter-clockwise the circles in the contrary direction. When curving up, the palm is facing inside so that the performer may watch it as reading a book or looking at a mirror. When curving down, the palm is overturned for facing down and passing by the lower of the abdomen seemingly to protect it. Both feet as soon as joining together, next separate from each other to move horizontally as the crab creeping.

1- You're facing to the North and standing with heels forming the letter V and bent knees.

2- The right arm is raising higher than head level with its palm aiming outside to the East. The left arm is raising up with its palm facing the right elbow, look at this palm like you're reading a book or a mirror. The left foot is on tiptoe. Stretch it horizontally to the left side beyond shoulder width, press its sole, bent the right knee which supports your whole weight (1-2). While twisting waist to the left at the West, the right arm is curving down along the second quadrant, passing by the lower part of the abdomen while bending the left knee which supports your whole weight (2-5).



(1)



(2)



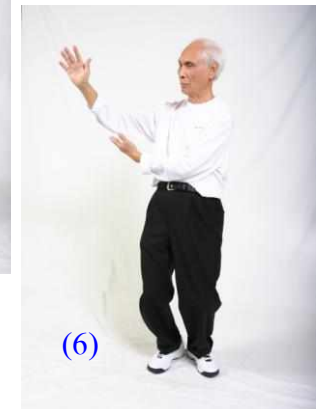
(3)



(4)



(5)



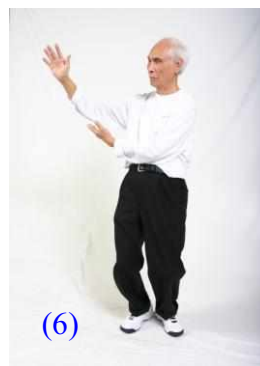
(6)

XII- Wave Hands like Clouds (part 2)

3- When the right arm reaches the left side at the West, its palm becomes overturned while the left arm also reaches the left side with its palm facing down, below and beyond the right palm. At this point, the right foot was drawn back horizontally to join with the one to have the standing with heels forming the letter V.

4- Next continue to pull up the right arm with overturned palm in order to curve the left half circle. At the same time, the left arm continue to curve down counter-clockwise along the third quadrant, passing by the lower part of the abdomen while bending the right knee which supports your whole weight. When the left arm reaches the left side at the East, its palm becomes overturned facing up while the right arm is raising higher than head level with its palm overturned outside to the East. At this point, the left foot was already stretching back horizontally to the left side beyond shoulder width, the left arm is raising up with its palm facing the right elbow, and the right knee was bent to support your whole weight, there, you return now to the beginning stance of the first cycle in No 2.

5- Note that you have moved after the crab's creeping style, and, all through this moving, you were twisting waist while keeping vertically the spine.



(6)



(7)



(8)



(9)



(10)



(11)



(12)



(13)



(14)

XII- Wave Hands like Clouds (part 3)

(When the left arm reaches the right side at the East, its palm becomes overturned facing up while the right arm is raising higher than head level with its palm overturned outside to the East) [11-13]

[You return now to the beginning stance of the first cycle in No 2: The left arm is raising up with its palm facing the right elbow, look at this palm like you're reading a book or a mirror. While twisting waist to the left at the West, the right arm is curving down along the second quadrant, passing by the lower part of the abdomen while bending the left knee which supports your whole weight.] (14-16)



XIII- Sitting on Crossed Legs

(Kneeling by folding rear leg and front leg crossed each other)

1- Standing with heels forming the shape of letter V

2- Let right toes sliding back along the linear segment that passes by the left heel as its middle point, and combines with the left foot to form a letter Y.

3- This time, the rear knee is hidden behind the front knee and thus, the right foot becomes now the rear one and still on tiptoe, only its toes touching the ground. (fig.1)

4- Keep straight the back, gradually lower body in order to have the position of "sitting on crossed legs" with the front knee covering the rear knee, instead of sitting on riding the horse. (fig.2-3)

5- Keep still straight the back, then gradually stand up and continue the consecutive cycle for sitting on cross legs.



XIII- Sitting on Crossed Legs

(Continued with left toes sliding back)

6- Return to the beginning position of standing with heels forming the shape of letter V.

7- Change the feet's moves by sitting on cross legs with the right knee is now the front one covering the left knee while left toes sliding back

(Fig 4-6)



XIV- Standing on one leg & Kicking

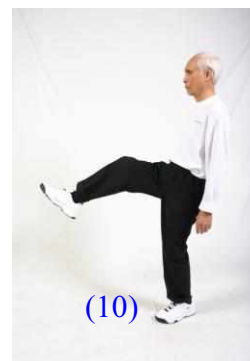
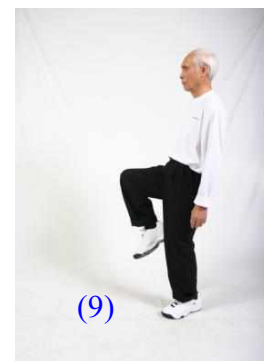
This is the horse standing on one leg:

1- Stand on the position of False Stance. (fig. 1)

2- Raise the another foot and turn its sole inside to cover the knee of the standing leg, its toes thus facing to the ground as ready to give a kick on the position of the Standing On One Leg.

3- If kicking with the left leg, the right one is standing on False Stance, and vice versa. The knee of the standing leg is rather bent and supports your whole weight.

4- If kicking with toes, the sole turned down, gradually pushes forwards. If kicking with the sole, the foot opens its sole pushing forwards. In both cases, the thigh is parallel to the ground (fig. 2-10).



XV- Standing on One Leg with Cross Hands & Kicking (p.1)

A- Kicking

1- If kicking with the left leg, the right one is standing on False Stance, and vice versa. The knee of the standing leg is rather bent and supports your whole weight.

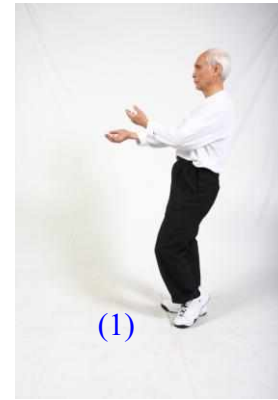
2- If kicking with toes, the sole turned down, gradually pushes forwards. If kicking with the sole, the foot opens its sole pushing forwards. In both cases, the thigh is parallel to the ground.

B- Combine with chopping hands

1- Start from the False Stance. Pull back the front foot to turn down its sole which covers the knee of the standing leg forming the "Standing on One Leg". At the same time, stretch out both arms with palms opened which, next, sweep contrariwise the air and stop at the middle, where, you are seemingly reading both crossed palms, the right palm is outside of the left one. (f. 1 -4)

2- Turn inside out both hands with palms facing forwards so that you are looking at the hands' back, this time, by contrast, the left is outside of the one, and the forearms are likely closing and parallel each other, the left forearm is upper the right one.

3- Kick the left leg while the right one is standing and vice versa, at the same time, the two forearms separate from each other to stretch out for chopping outside at the both sides. (f. 4 - 7)



XV- Stand on One Leg with Crossed Hands & Kick with Foot, continued (p.2)

1- You are standing on one leg with crossed hands (fig.1)

2- Now, kick with leg foot towards the left side (standing on right foot), at the same time both your arms split from each other, and stretch them to the both side to punch, (fig.2-3). If you kick with right foot, then you must evidently stand on the left leg (fig.4-6)

3- Once terminating the kicking, drop the kicked foot beside the standing heel to form the feet's posture with letter V, knees still kept bent while the both arms curving down to the hips then let the palms facing upward and slowly raising up like you are offering something, and when you are standing on straight legs, the palms are upturned and lowering down at both side of thighs.

Note that, if you kick with the left leg, then you stand on the right leg, and vice-versa, with its knee is rather bent to support the weight of the whole body.



(1)



(2)



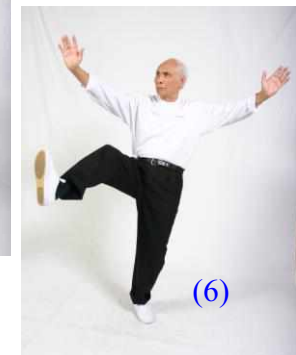
(3)



(4)



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(6)

XVI- Snake Creeps Down

A- Snake Creeps Down on the right side

- 1- You are standing on heels forming the V letter.
- 2- Bend the knees.
- 3- The right heel on tiptoe. Then drop the right feet apart to straddle.
- 4- Squat down on the left leg with bent knee by lowering the body pressed on it, while stretching out the right leg to creep on the ground towards the right side.
- 5- At the same time, your parallel arms with opened palms facing forwards (with the back of your right hand close to the inside of your left elbow), both start from the left hand side raising to draw up a half circle, when passing by the head, both palms turn to face each other, then two arms are lowering down parallel to each other and to the stretching right leg in order to throw straightly its toes, while your vision must follow the moving arms. At this extremity, the tip of your left fingers is evidently close to the inside of your right elbow.



(1)



(2)



(3)



(4)



(5)



(6)

B- Snake creeps down to the left side.

1- You are on the "snake creeps down" at the right side. Press the right leg to lift up the body standing up with spread feet.

2- At the same time, do the same way as previously, but the direction is now changed, parallel arms in the high, with opened palms facing each other, draw up a curve of 90 degree towards the left side, just at this moment you are standing up with spread feet. At this position, your both arms passed by the head. Squat down now on the right leg with bent knee by lowering the body pressed on it, while stretching out the left leg to creep on the ground towards the left side. At the same time, turn both palms to face each other, then two arms are lowering down, parallel to the stretching left leg in order to point its toes, while your vision must follow your moving arms too. At this extremity, the tip of your right fingers is evidently close to the inside of your right elbow.

3- Repeat the itinerary starting from the left side as done at the beginning. Do it many times according to your capability. Once terminating those cycles at the left side, lift up gradually the right knee to stand up, at this time both arms have raised up to draw a quadrant and stoping before the forehead. Next both arms continue to move down and up to draw at the same time the intersected circles passing by your face while slipping back gradually the feet until its heels are close each other in the form of letter V and standing relax with both palms opened upwards at the waist. Rise up the opened palms like you are offering something, up to the shoulder level, then turn over them and lower the forearms at the thighs.



(1)



(2)



(3)



(4)



(5)



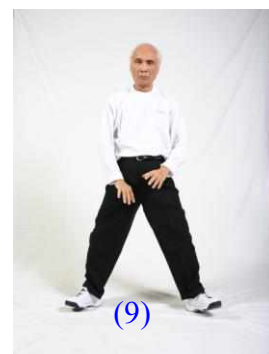
(6)



(7)



(8)



(9)

XVII- Riding the horse

a- You are standing on heels forming the V letter

b- Bend the knees with the left one supports your whole weight while the right heel on tiptoe.

c- Drop the right foot beyond, slightly shoulder width.

d- Next gradually lower the bent knees up to the position of riding the horse. However, note that you are still keeping straight back, neither leaning forward nor curving the back and both feet must remain flat sticking to the ground, not on tip toe.

B- Standing up next riding the horse

a- Start from riding the horse stance: place the feet parallel, slightly beyond shoulder width.

b- Raise the arms while turning the palms toward each other seemingly for embracing the globe.

c- Gradually lower the body for sitting on the position of riding the horse stance while still keeping straight the back as well as embracing the globe.

d- Next, gradually stand up while keeping feet flat sticking to the ground.

e- Continue the next cycle as before to do as many times as possible.



XVIII- Massage the face and the head

1- Rub two palms together, then turn upside this palm to place upon the other dorsal hand and swivel them together many times like you're washing hands, this is to create energy helpful for the inner organs, because on the dorsal hand and in the palms there are many energy points relating to the organs of body

2- When the hands are warm, use them to rub the forehead, along the nose, around the eyes, and the ears as you are washing your face until you feel warm up, likely it might running sweat.

3- Finally with bunched curved hands, using ten fingers scratch your scalp from front to take the nape (see next item)



XIX- SWIVEL THE ARMS AROUND SHOULDERS

- 1- Cup fingers of two hands to catch both shoulders, keeping two arms very close to armpits.
- 2- Keeping this position, arms out after rotating 360-degree circle around the front then back to original position
- 3- Doing so such many times within your best and keep the cycle in reverse:

* Keeping the initial position of both hands with cupped fingers to catch both shoulders as previously, keeping both arms very close to armpits.

* Arms out in front making a circle 360 degrees around the back and then returned to its original position.

XXI-Swivel the wrists & neck

- 1- Stretch in front, both arms paralleling each other and to the ground, with hands' backs facing each other and palms facing outside:

a- At that position, translate the left wrist upon the right one, and then weave hand's fingers together.

b- On the vertical plan, swivel it along counter-clock direction backward to the chest, and then forward it to the front making a whole circle.

c- Continue to do that some times as possible as you can, and then do that along the contrary cycles to return the initial position mentioned in 1-a

- 2- Keep still the initial position: stretch in front both arms paralleling each other and paralleling to the ground, with hands' backs facing each other and palms facing outside:

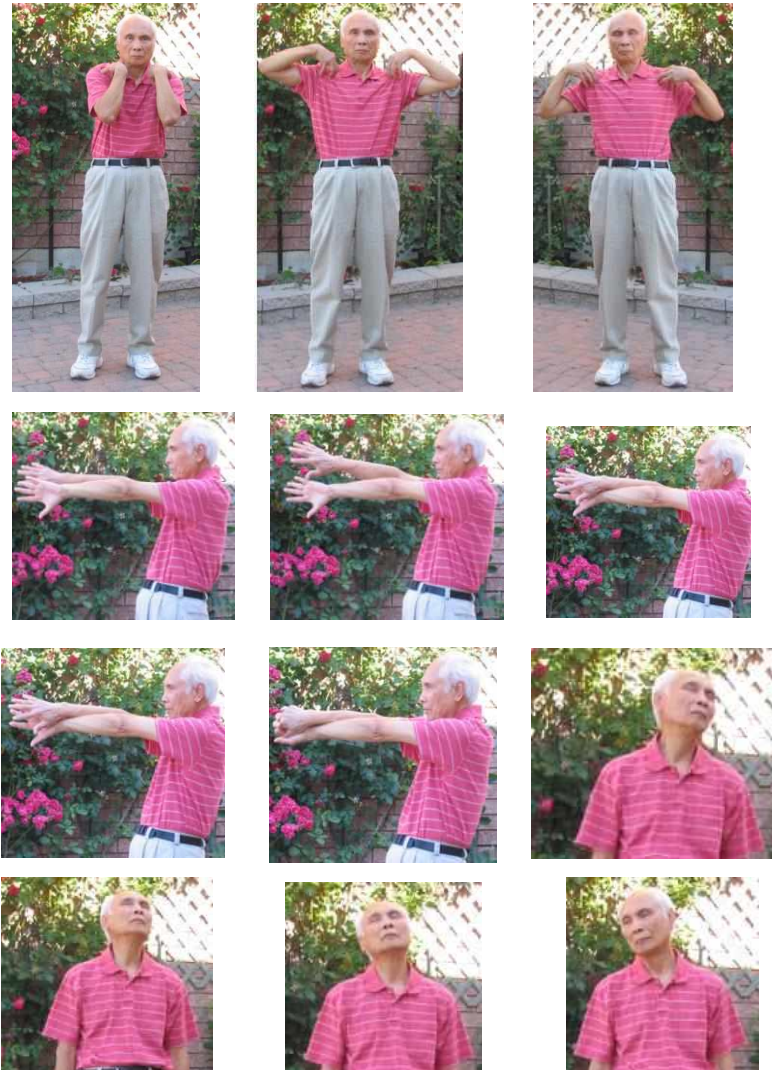
a- Translate the right wrist upon the left one, and then weave hand's fingers together.

b- On the vertical plan, swivel it along counter-clock direction backward to the chest, and then forward it to the front making a whole circle.

c- Continue to do that some times as possible as you can, and then do that along the contrary cycles to return the initial position mentioned in 1-a /2-a

XXII-Swivel the neck:

Swivel it along counter-clock direction & vice versa, do it 10 times each round



XXI- Fold down the back and stretch forth arms up while twisting waist a half circle

1- Straddle with shoulder width.

2- Fold down the back as low as possible (with is the best is the back paralleling to the ground), let loosing arms, watching down, both palms parallel to the ground (1).

3- Keep straight the back and knees. Twist the waist to the right side while no changing the arms' position to draw a curve raising high up to the terminal standing straightly towards the East (2-6).

4- From this position, twist waist to the left side while keeping still both arms stretching high up (7). Once reaching the West, fold down the back as the starting move in No. 2. Next do the same process as described in No. 3 keeping folding down the back to twist waist sweeping a low curve from West to East, then terminate the cycle by standing up with arms raising high up Fig on next page: 8-14) . After some cycles, change into the contrast direction, by twisting waist starting from the left to the right side following the same process.

5- However, note that, not doing beyond your strength particularly for those who have heart problems, they are advised to do this stance.



(1)



(2)



(3)



(4)



(5)



(6)



(7)

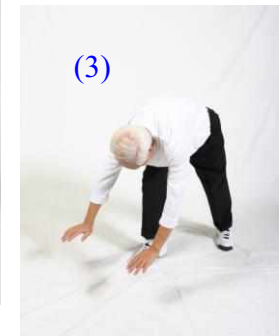
XX- Fold down the back and stretch forth arms up while twisting waist a half circle (continued)

Twisting waist to the left side (8-14)



XXII- Curving the back and stretching forth arms in the sky

- 1- Standing on feet forming letter V
- 2- The right foot with bent knee is stepping forth the East-North while the left foot is on tiptoe and both arms are throwing back as taking a run to raise them forth and up in the highest (1).
- 3- Bend your back, arms loosing down at the ground pendant (can bend the knee before) (2-3)
- 4- Slowly stand up with both arms raising high as previously. Next draw back the right foot to the starting stance in No. # 1. This is to terminate the right side cycle (4-6)
- 5- Repeat this process towards the left hand side and so on alternatively right-left-right



XXII- Standing up and Sitting Down

A- Stand on parallel feet, curving your back with straight knees. Catch your knees with arms entwined so that the fingers of each hand face inside each other and the two fore arms are being on one horizontal line paralleling to the ground. Suppose you're carrying a heavy luggage posing on the bottom of your back [at the coccyx area]

B- To sit down;

1- First, press the knees and gradually bow your head to lower the back until it is parallel to the ground (1-3)

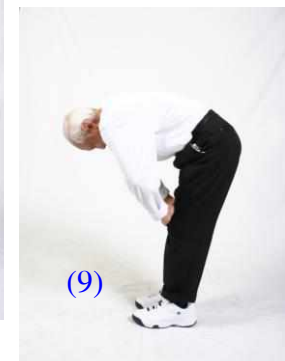
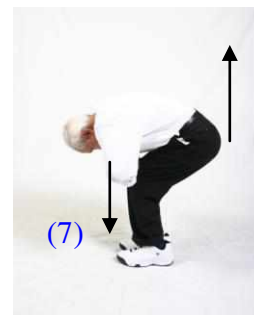
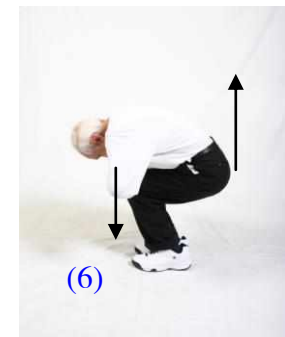
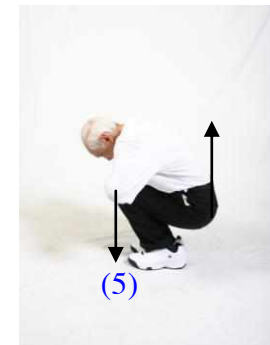
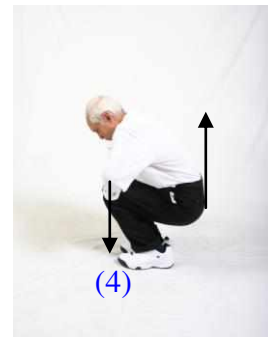
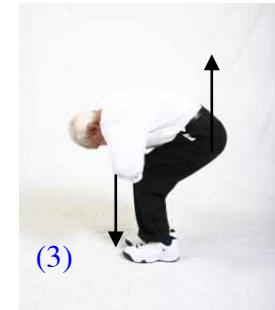
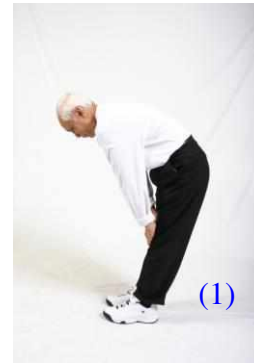
2- Keep pressing the knees to lower slowly the back's bottom until you're sitting on your heels. (4)

C- To stand up, process the inverse itinerary:

1- Press the knees, consider it a fulcrum of the lever, using the leverage to slowly & hardly lift up the back's bottom until the back paralleling to the ground (5-7)

2- Keep pressing the knees, still using the leverage to slowly lift up the back's bottom. Note that lifting up the spinal bottom not the knees. (8-9)

D- Repeat this process continuously, the back is felt relaxed.



§4- Some Simplified Lessons

Lesson 1- TaiChi Simplified Pushing Hands 28 Moves

- | | |
|--|--|
| 1- Preparation | e- Push |
| 2- Beginning of TaiChi | 12- Right Rubbing Clouds (3 times) |
| 3- Grasp the sparrow's tail, 4 postures: | 13- Sitting on crossed legs with slanting hands |
| a- Ward-Off | 14- Left Rubbing Clouds (3 times) |
| b- Roll-Back | 15- Step Forward, Stork Cools wings |
| c- Press | 16- Step Back, Middle Stage |
| d- Push | 17- Step Back Carrying Tiger to the Mountain |
| 4- Right Rubbing Clouds (3 times) | 18- Eagle Stretching Wings |
| 5- Sitting on crossed legs with slanting hands | 19- Step Forward, Punch Against Face |
| 6- Left Rubbing Clouds (3 times) | 20- Hidden Hand Punch Hanging Up |
| 7- Carry Tiger to the Mountain | 21- Move TaiChi |
| 8- Eagle Stretching its Wings | 22- Play the Guitar |
| 9- Step Forward, Bind Hand, Fist downward | 23- Carry Tiger to the Mountain |
| 10- Move Tachi | 24- Right Rubbing Clouds (2 times) |
| 11- Grasp the Sparrow's Tail (4 postures): | 25- Stork Cools Wings on One Legs |
| a- Ward-Off | 26- Moon at Sea Bottom |
| b- Roll-Back | 27- Carry Tiger on Horse Stance |
| c- Press | 28- Conclusion of TaiChi (return to the original stance) |

§4- Some Simplified Lessons

Lesson 2- Taichi Simplified Lesson of 24 Move

- 1- Beginning
- 2- Mustang Ruffles Mane
(Or Parting the Wild Horse's Mane (3 times)
- 2- White Crane Spreads its Wings
- 3- Brush Knee and Twist Step
- 4- Play the Guitar
- 5- Step Back and Repulse Monkey (4 times)
- 6- Grasp the Sparrow's Tail - left and Right
- 8- Single Whip
- 7- Wave Hands Like Clouds (3 times)
- 10- Single Whip
- 9- High Pat on Horse, White Snake Spitting Out its Poison
- 12- Kick with Right Heel
- 8- Strike Ears With Fists
- 9- Kick With Left Heel
- 10- Snake Creeps Down (left)
- 11- Golden Cock Stands on Left Leg
- 12- Snake Creeps Down (right)
- 13- Golden Cock Stands on Right Leg
- 14- Fair Lady Weaves the Shuttle (right and left)
- 15- Needle at Sea Bottom
- 16- Fan through Back
- 17- Deflect Downwards, Parry and Punch
- 18- Apparent Close Up and Cross Hands
- 15- Conclusion of Taichi (return to the original stance)

§5- Descriptive Process of the Tai Chi Moving

Lesson 1- TaiChi Simplified Pushing Hands 28 Moves

Meditation in motion

The ups and downs in the life are manifested through the motion whose moves with both hands holding the ball which represents the circle of TaiChi, this seems to be embracing the cosmic.

Indeed, each of us is a small cosmic. We are a part of the vast universe full of love and immersed in a universe of peace, of abundant vitality. The universe holds us in its arms of love. We are in the universe and the universe is in us.

Our hands revolve the Globe of TaiChi saying the intimate harmony with ourselves and with others, a harmony between the three elements "Heaven, Earth, People".

The moves conclude at the same original position where the practitioner started to move, this describes the philosophy of human being's life since his/her entrance into the world



1- Preparation

- a- Standing straight, hands hang down, like wires hanging from the crown through the genitals, straight down the ground.
- b- Looking straight, empty mind
- c- not tense tendons and muscles
- d- feeling heavy on his shoulders, hands, fingers, doing so, the energy point on the soles of the feet firmly sticking to the ground, thus there is the natural balance between Yang Chi and Yin Chi

2- Beginning of TaiChi

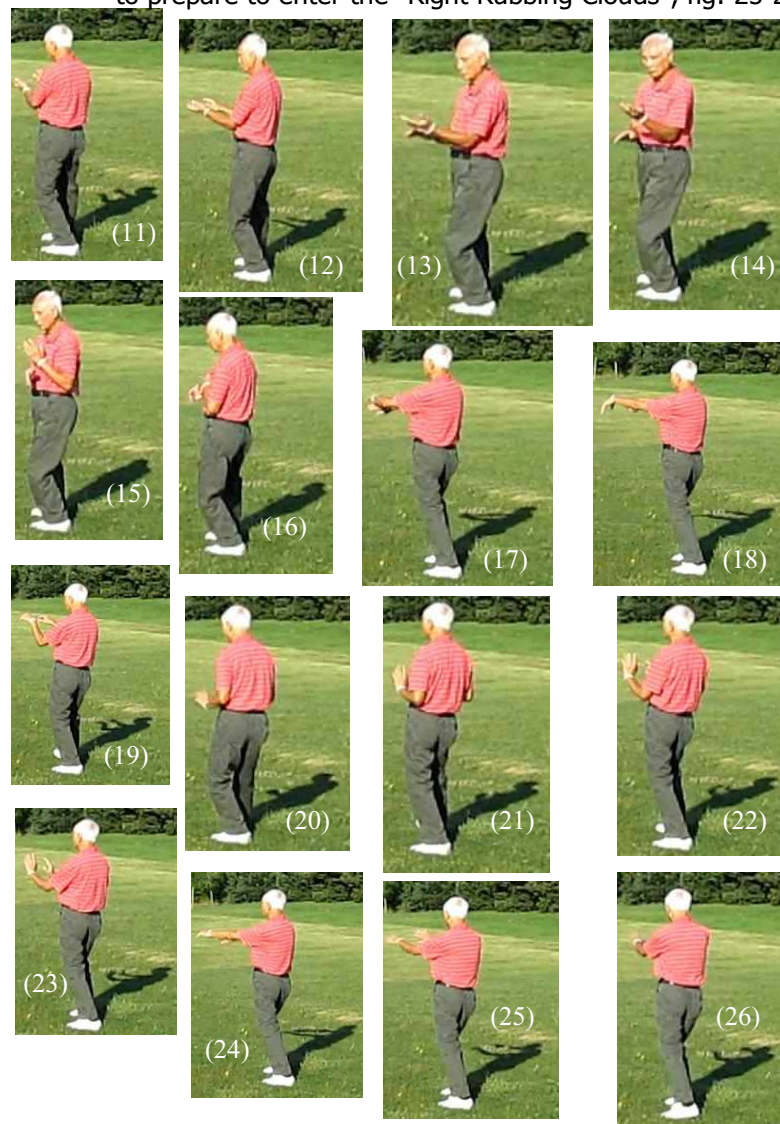
- a- standing upright, feet are parallel, the distance of two feet equal the same of shoulders
- b- 2 cupped palms facing the rear, slowly raise forearms,
- c- as soon as they are parallel to the ground raise heels on tiptoe while forearms also raising up
- d- Once the arms are parallel to the ground, slowly lower the arms down. When both feet down completely at the ground, raise right heel, let right toes placing beside left foot to begin the "False Stance" standing on left foot with right heel on tiptoe.

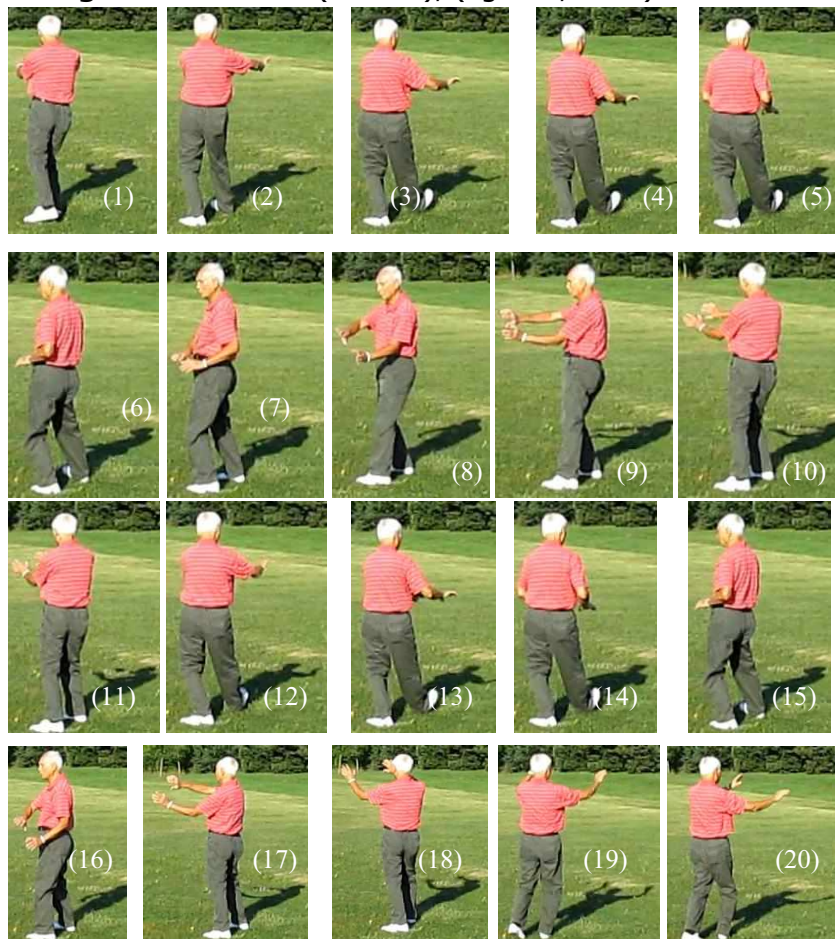


3- Grasp the Sparrow's Tail: (3 rounds) composes 4 postures: war-off, roll back, press and push

* As mentioned in # V of Basic Moves Fig: 5-24)

* to prepare to enter the "Right Rubbing Clouds", fig: 25-26)



4- Right Rub Clouds (3 times), (fig. 1-8; etc...):

5- Sitting on Crossed Legs with Slanting Hands: Once starting the 3rd round of the "Right Rub Clouds", raise your left heel to stand on tip-toe, use its toes as axis for twisting waist clockwise towards the right side then sitting on crossed legs with folded knees, at the same time, both arms lower down like the bird slanting wings on the ground (fig. 19-24)

**6- Left Rub Clouds**

a- You're in the "Sitting on Crossed Legs with Slanting Hands", now slowly stand up. Drop left heel to the left side at the North to enter the "Fourth-Six" Stance.

b- Press left foot to enter the "Climbing Mountain" Stance with folded left knee and stretched right leg at the rear. Then the two arms draw an arch along the twisting waist with two palms opened facing the left side to enter the "Rub Clouds" counter-clock to the left (3 times).



7- Carry Tiger to the Mountain:

a- You're ending the third round of the "Left Rub Clouds" facing the North

b- Raise two arms up to the North with palms facing each other seemingly you're holding the ball. Then pull them back at the right hip forming the "Carry Tiger to the Mountain" Stance.

c- At the same time, withdraw left toes back beside the right heel to enter the "False Stance" standing on the right leg and left heel on tiptoe. This time, two hands were at the right hip in the "Left Rub Clouds" Stance.



8- Eagle Stretching its Wings

a- You're at the end of the "Carry Tiger to the Mountain" Stance with "False Stance" standing on the right leg and left toes on tiptoe beside the right heel.

b- Split two arms along the oblique line with the left arm pulling up while the right arm pulling down to the rear, this time the left palm in the North on high facing down to the South and the right palm is parallel to the ground



9- Thương bộ câu thủ tài chuy: (Fig. 7-17)

a- Drop left heel to the left side an 45 degree angle, press left foot to enter the "Left Climbing Mountain" Stance while keep stretching arms as in the "Eagle Stretching its Wings"(fig.7-10)

b- Raise right heel on tiptoe, step with "Cat's Spaces" to enter the "Right Climbing Mountain" Stance, at the same time, like in the Stance of "Brush Knee & Twist Step", the left arm pushes forward and the right arm is sweeping around the right knee (fig.11-16), and stopping at the right hip with its fist pricking perpendicular to the ground, at this time the right heel is on tiptoe for folding the right knee seemingly kneeling incompletely (fig.17)

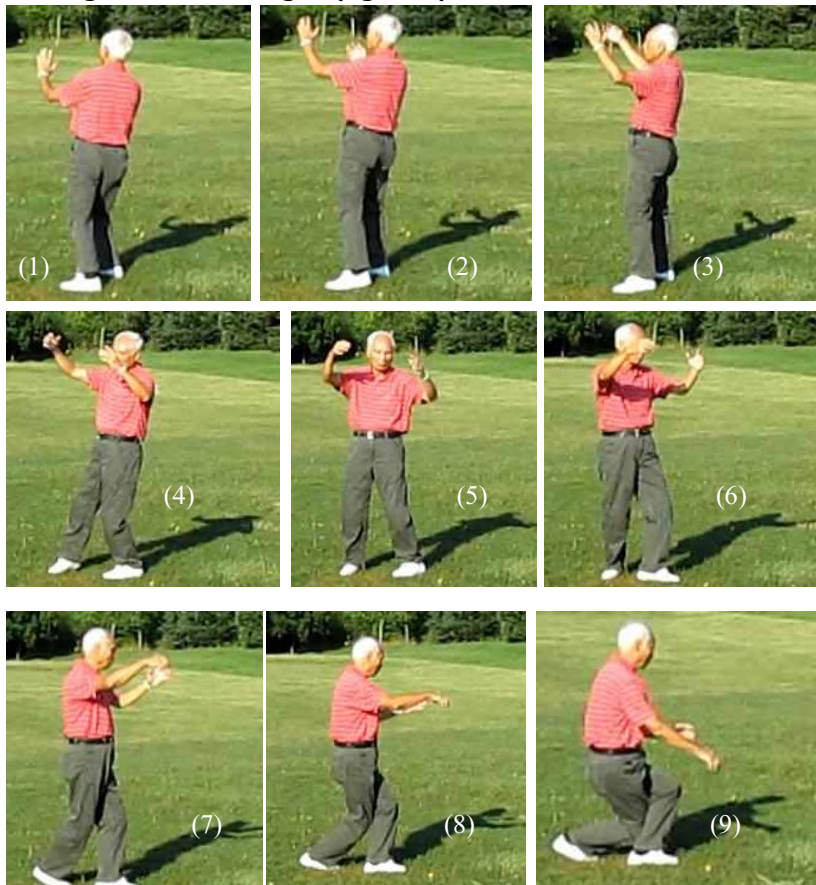


10- Move TaiChi:

a- Open the right palm out of its fist, now with the opened right palm on the high you're holding the big ball seemingly embracing the globe (fig.18)

b- Left heel on tiptoe, swivel left toes counter-clock a 45 degree angle in order to point the left toes aiming towards the initial North, at the same time, raise right heel on tiptoe to sweep an arc of 90 degree counter-clock.

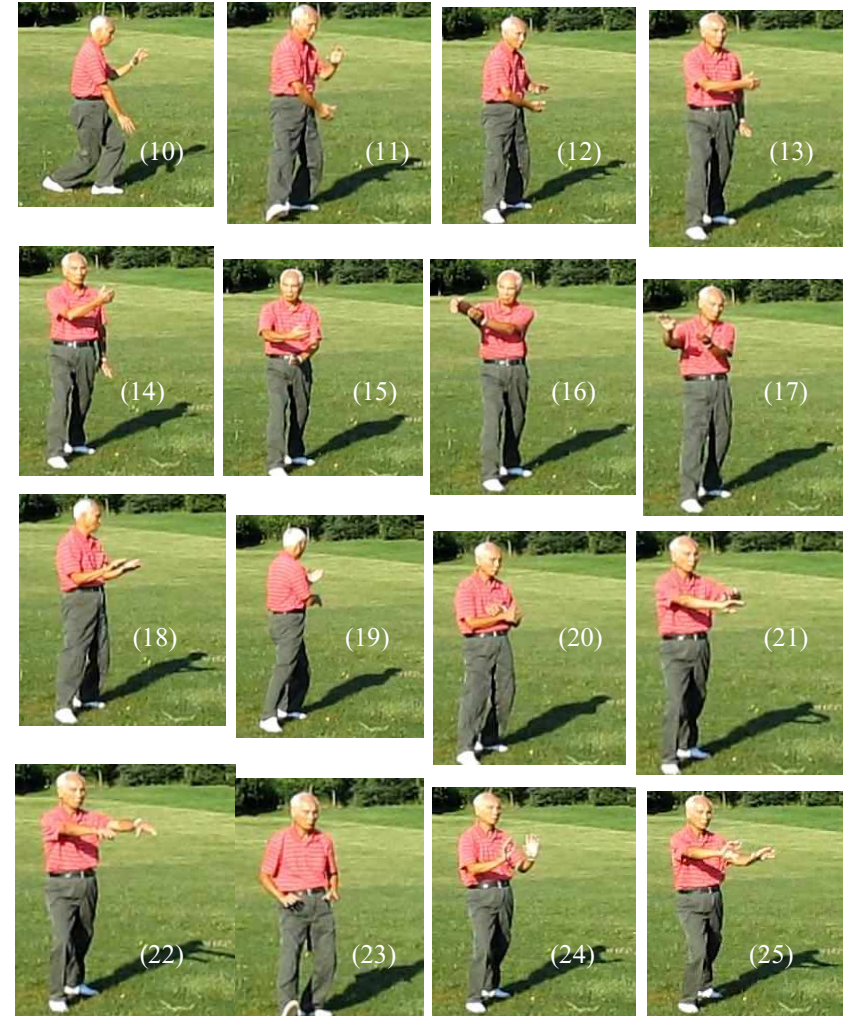
c- Again, swivel the left heel a 90 degree angle counter-clock to point the left toes aiming towards the South, at the same time, the right toes follow also to swivel a 90 degree angle counter-clock, at this moment two feet are parallel each other, then finally lower body down to form the posture of "sitting on crossed legs" (fig. 1-9)



11- Grasp the Sparrow's Tail (4 postures):

a- Stand up to enter the "False Stance" by raising the left heel on tiptoe and placing left toes beside the right heel, while two hands embracing the ball at the left waist

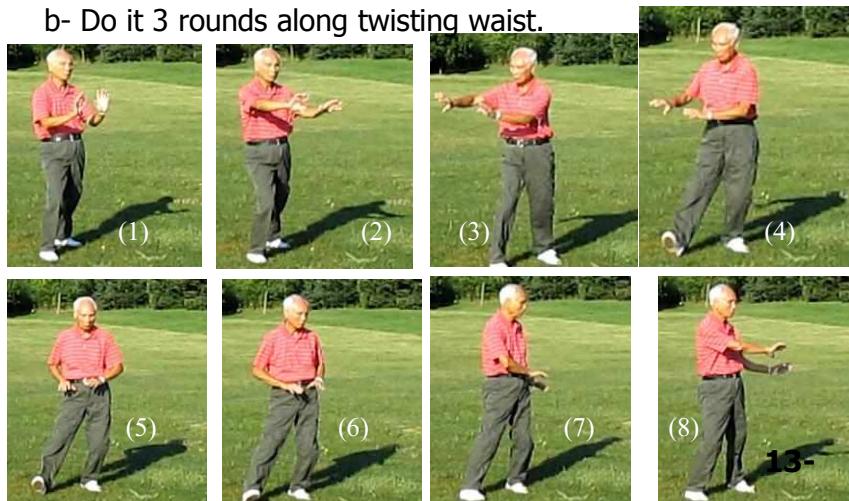
b- Then, do the postures "Ward-Off, Roll-Back, Press, Push" of the "Right Grasp Sparrow's Tail" Stance at the North.



12- Right Rub Clouds (3 times): (fig. 1-8; etc...)

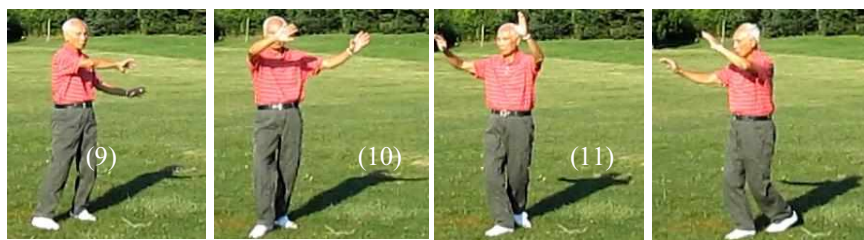
a- The Posture of "Apparent Close Up" (or "Pushing forward & Pulling Hands back" just terminated at the "Climbing Mountain Stance", enter the "Rub Clouds" Sytance as done in the form of No. 3 above.

b- Do it 3 rounds along twisting waist.

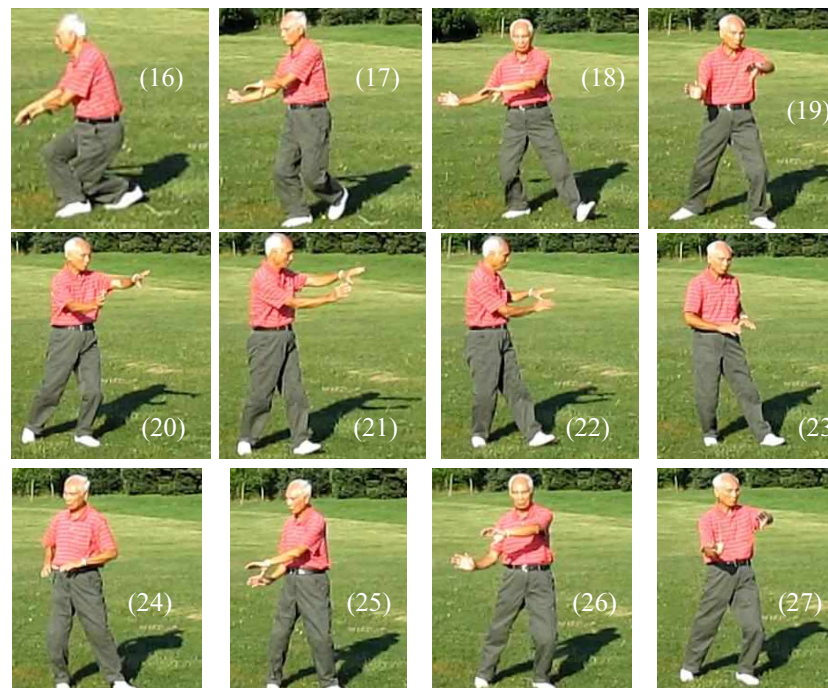


13- Sitting on Crossed Legs with Slanting Hands:

Do the "Sitting on Crossed Legs with Slanting Hands" as previously. Once the "Right Rub Clouds" Stance begins to enter the 3rd round, raise left heel on tiptoe to stand up, and when the 3rd round terminated, raise both feet on tiptoe in order to use the toes of both feet as axis for twisting waist towards the right side, then slowly enter the "Sitting on Crossed Legs" Stance, at this moment, two arms lower down slanting on the ground towards the right side at the South



14- Left Rub Clouds: Do the same as previously. Slowly stand up from the posture of "Sitting on Crossed Legs with Slanting Hands". Drop left heel to the left side at the North to form the "Fourth-Six" Stance. Press left foot down to form the "Climbing Mountain Stance" with folded left knee & stretched the right leg at the rear. While doing that, two arms are turning round towards the left side to form 3 rounds of the "Left Rub Clouds" Stance (fig.16-27).



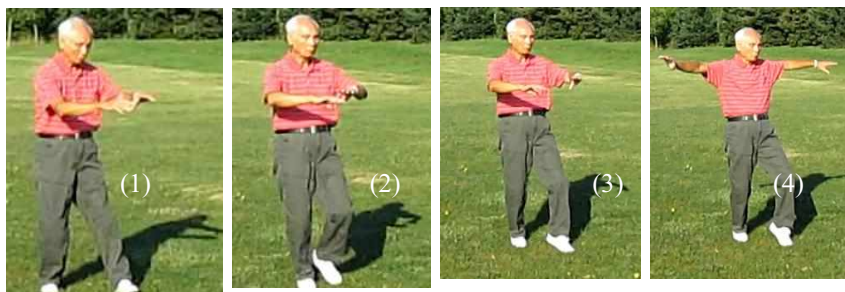
15- Step Forward, Stork Cools its Wings : (Fig.1-4)

a- Once the 3rd round of the "Left Rub Clouds" terminated, pull the two arms back before the chest, left palm upon the back of right hand while withdrawing left toes back beside the right heel to form the "False Stance" standing on right leg.

b- Drop the left heel stepping forward, then press down the left foot and fold the left knee to form the "Left Climbing Mountain Stance".

c- Again, raise the rear heel on tiptoe to form the "Right Climbing Mountain Stance", and once more raise the rear heel on tiptoe to place its toes beside the right heel to form the "False Stance" standing on the right leg.

d- At this moment, split the two arms stretching towards both side with two palms still cupping down and the wrists a little bit lowering seemingly the stork is cooling its wings.

**16- Step Back, Middle Stage,** (fig. 6-11)

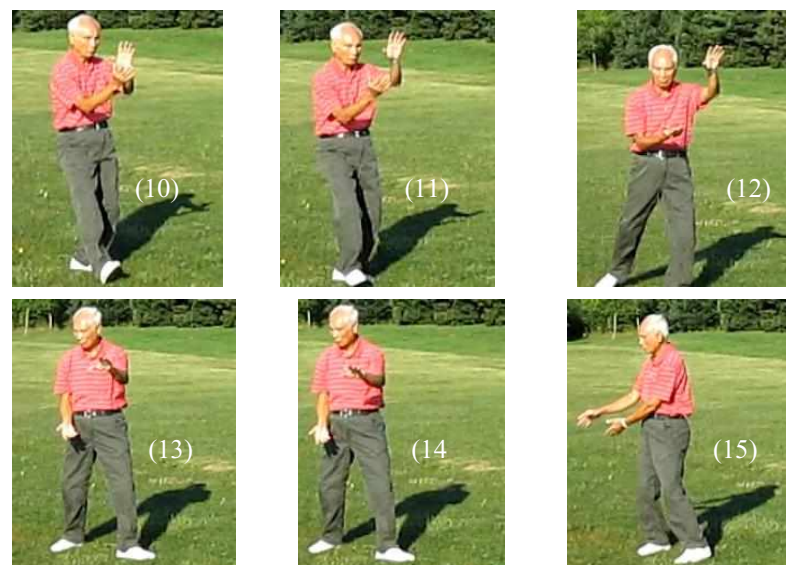
Left toes stepping backwards, press down left foot and fold the rear knee in order the rear foot supports 60% the body's weight and stretch the front leg supporting 40% the body's weight. Now, you're in the "False Stance" standing on the folded left knee, at the same time, lower the two arms along the arc curving from the hips upwards to the high stopping before the chest, at this time the two forearms standing vertically with the right palm facing the left side and the left palm facing the right

side and supporting below the right elbow. This posture is like the performer playing his cymbal and the boxer being ready for both defense and attacking.

**17- Step Back Carrying Tiger to the Mountain:**

a- Pull up the left arm facing the right palm seemingly your both hands are embracing a small ball (fig.10).

b- While the front leg stepping backwards to form the "Fourth-Six Stance" sitting on the folded rear knee, your both arms also pull backwards along the oblique line slanting from the high stopping at the right hip in the East-North, at this moment, the body is facing the North and you're aiming at the small ball within your hands (fig.11-15).



18- Eagle Stretching its Wings, (Fig. 1-4):

a- Left leg steps backwards beside the right heel to form the "False Stance" standing on the right leg, at this moment, turn over the palms so that the right palm facing the left palm seemingly you're revolving the ball.

b- You're holding the ball, now, split the two arms running along the oblique line that the left arm is pulled upwards and the right arm is pulled down. While doing that, your left sole covers the right knee to form the posture of "Standing on the Right Leg". This is the image of the eagle standing with stretching its wings.

**19- Step Forward, Punch Against Face: (Fig. 5-8)**

a- You're standing on one leg with stretching out arms.

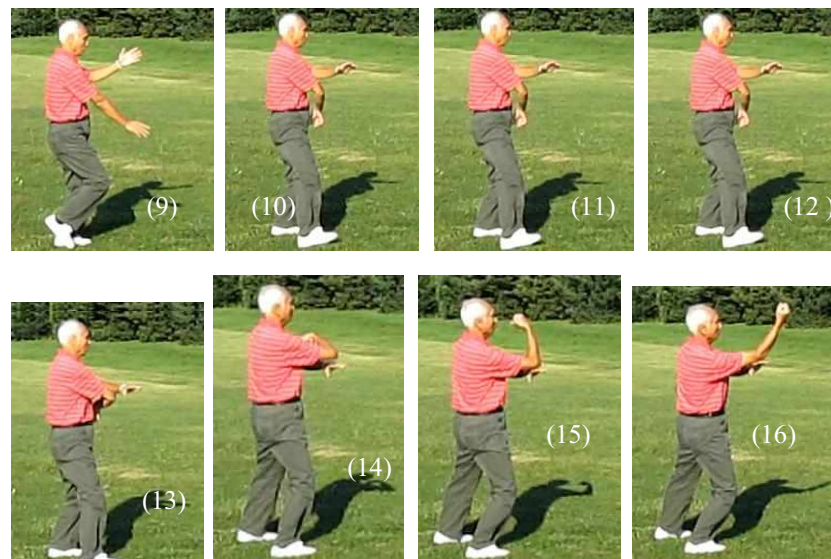
b- Drop left heel stepping forward a 45 degree angle at the East-South, using left heel as axis for twisting waist, fold left knee, stretch the rear foot to form the "Climbing Mountain Stance" while keeping left arm in the high facing the East-North, the waist facing the West-South, raise up the right arm like you're punching against the opponent's face.

**20- Hidden Hand Punch Hanging Up: (fig.9-16)**

a- Again, you're twisting waist a 45 degree angle counter-clock facing the South, the left palm facing the North, at the same time, raise the right foot stepping forward whose toes on tiptoe placing beside the left heel

b- Lower the right arm curving down to the left hip seemingly you're embracing the big ball in the "False Stance" standing on the left leg. Drop the right foot aside whose toes pointing the West-South, fold the right knee, stretch the left leg like in the posture "Climbing Mountain Stance", at the same time turn over the right palm at the left hip to pass the right forearm through the left armpit curving up an arc of 90 degree terminated at the West-South, at this moment fist the right hand with the back of left hand supporting below the right elbow, seemingly you're punching the opponent, so you must look at that fist.

c- The posture's name has meaning about martial art: the boxer set a netting-trap by hiding his right hand in his left armpit for suddenly throwing his fist hanging up to strike against his opponent.

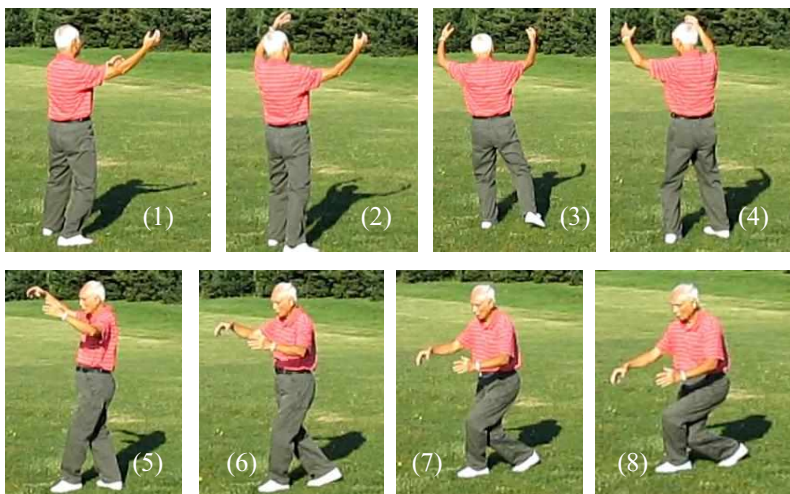


21- Move Taichi: (fig.1-8)

a- Open the palms to embrace the big ball revolving

b- Left foot still sticking to the ground, your right toes inched up a bit, then twist both the right and left toes counter-clock until the two feet parallel each other. At this time, you have accomplished a half circle of twisting waist to face the North, now slowly enter the posture of "Sitting on Crossed Legs".

c- While twisting waist, keep your hands in the posture of holding the ball seemingly you were revolving the Tai Chi Circle towards the North, the initial position. Note that even when you were in the "Sitting on Crossed Legs" Stance, both your arms still parallel each other as you're embracing the ball, means embrace the whole universe into your heart.

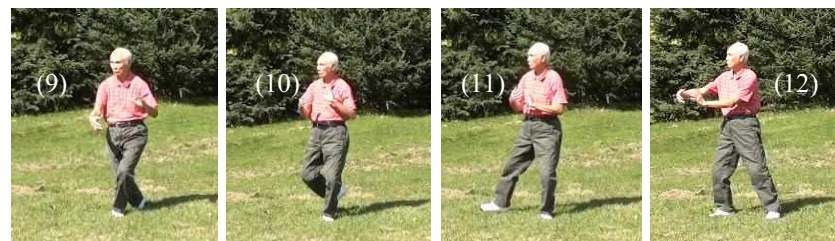
**22- Play the Guitar:** (fig.9-12)

a- Stand up from the posture of "Sitting on Crossed Legs" embracing Tai Chi. Drop the right foot towards the rear at the East forming with the left foot a 130 degree angle.

c- Use left heel as axis to swivel left toes clockwise to enter the "Right Climbing Mountain" Stance with the folded right knee

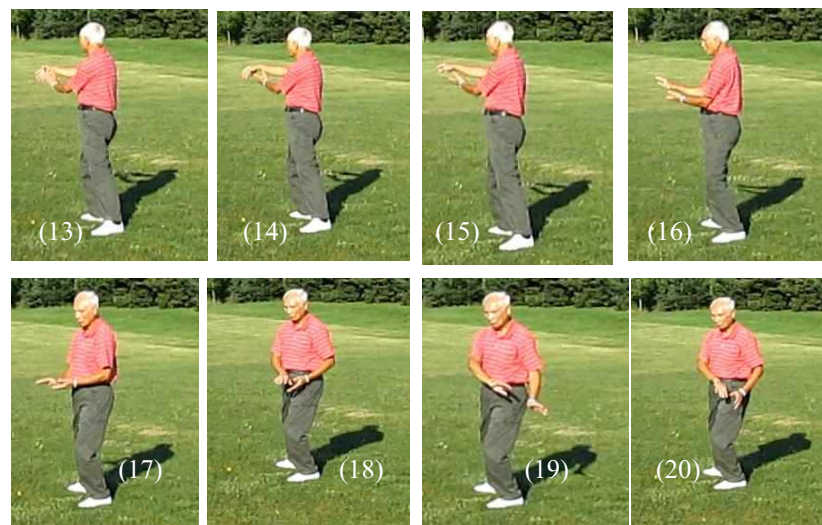
and stretched left leg. While you're stand up to drop the right foot, lower the right hand curving down at the left hip like you're revolving the ball clockwise, now the transition becomes you're embracing the small ball at the left hip.

c- After the "Right Climbing Mountain" Stance was formed, lower the left hand while raising the right hand up, and then push them towards the front before the chest

**23- Carry Tiger to the Mountain:** (Fig.13-20)

a- Turn over the palms so that the right palm is upon the left palm, both holding the small ball

b- Pull backward the two hands at the left hip while folding the rear knee and stretching the front leg to enter the "Fourth-Six Stance"



24- Right Rubbing Clouds (3 times): (fig.1-16)

a- pull the palms holding the small ball inched a bit backward at the West-South, open the palms, change the legs' posture to enter the "Climbing Mountain Stance" with folded the front knee and stretched the rear leg

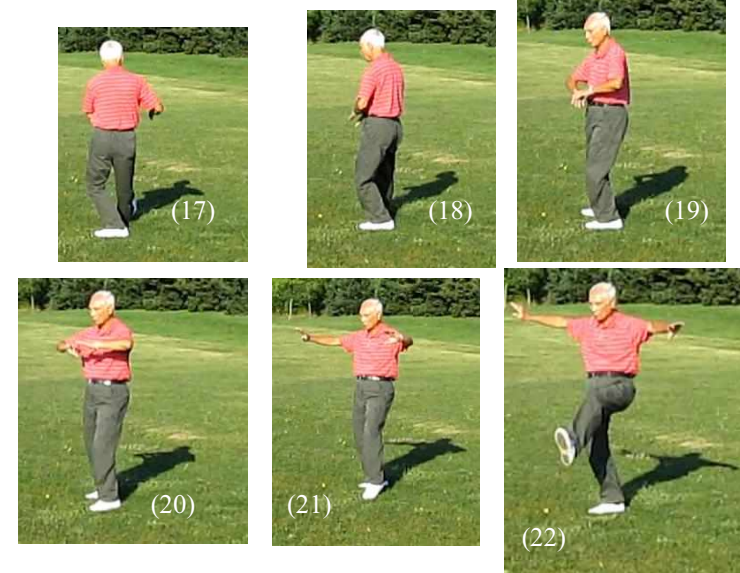
b- twist the waist clockwise towards the right side, while the two parallel arms also follow swiveling to enter the posture of "Right Rub Clouds"



25- Stork Cools its Wings on One Legs: (fig.17-22)

a- At the end of the 2nd round of the "Right Rub Clouds" Stance, stretch out the arms

b- At the same time, raise up the left leg forward to kick with left foot in the posture of "Standing on the Right Leg"



26- Moon at Sea Bottom: (fig.23-26)

a- Lower the left leg, fold the front knee, the rear leg is rather bent.

b- At the same time, lower the arms curving down along a quadrant, stopping at the front knee, then the right palm overlaps upon the left palm.



27- Carry Tiger on Horse Stance: (fig.1-5)

a- Pull the left leg backwards to form the "Sitting on Horse Stance" with the left foot beyond the right foot a distance slightly shoulder width.

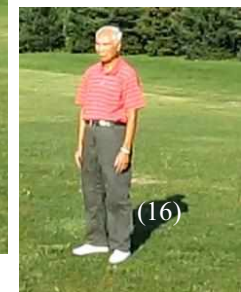
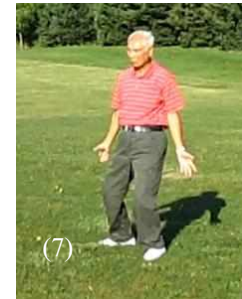
c- At the same time, split the hands to stretch out your arms towards both side, then lower them curving down at the hips and left heel inched close the right heel forming both parallel feet.



28- Conclusion of Taichi (return to the original stance): (fig.6-16)

a- Slowly stand up, open the palms raising up to the chest, then stand on straight knees.

c- Turn over the palms lowering down at the hips forming the posture of the initial position.



§5- Descriptive Process of Tai Chi Moving Lesson 2

Tai Chi Simplified Lesson of 24 Forms

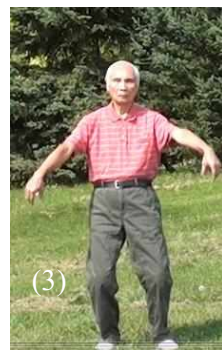
1- Preparation:

a- stand straight, arms pendant (Fig.1)

b- fold your knees, drop your left foot to the left for two feet's distance as wide as shoulder-width (Fig. 2-3)

c- at the same time, have cupped hands, laterally round draw curves around the front of the chest (Fig. 3-4), arms parallel to the ground, erect both arms and slowly lower them down (Fig.5-10)

d- slowly stand up, at the same time raise your arms up until the arms parallel to the ground, erect both arms and slowly lower them down (Fig.11-15) to enter the "Climbing Mountain" stance (Fig.16)



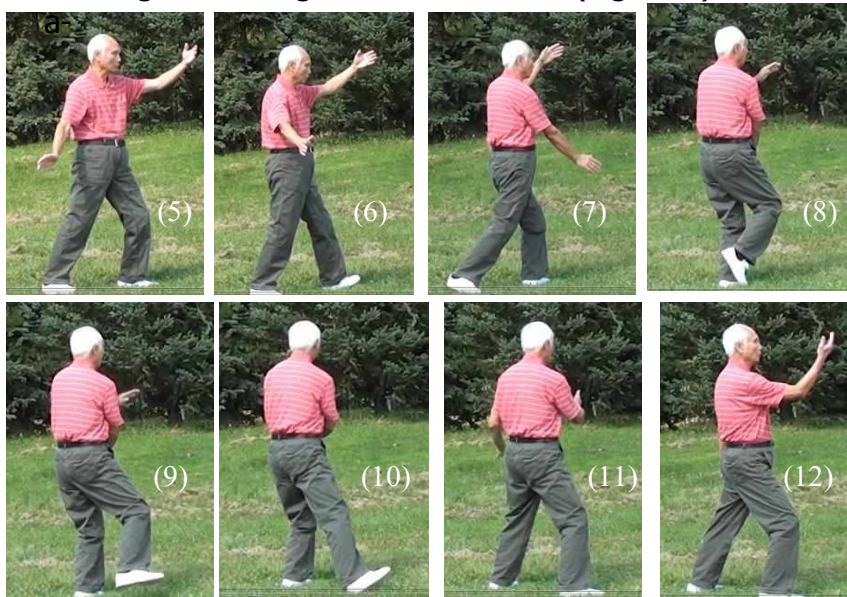
2- Parting the Wild Horse's Mane (3 times):

Walk along the stance of "Cat Paces" as mentioned in the chapter "Basic Moves", section X.

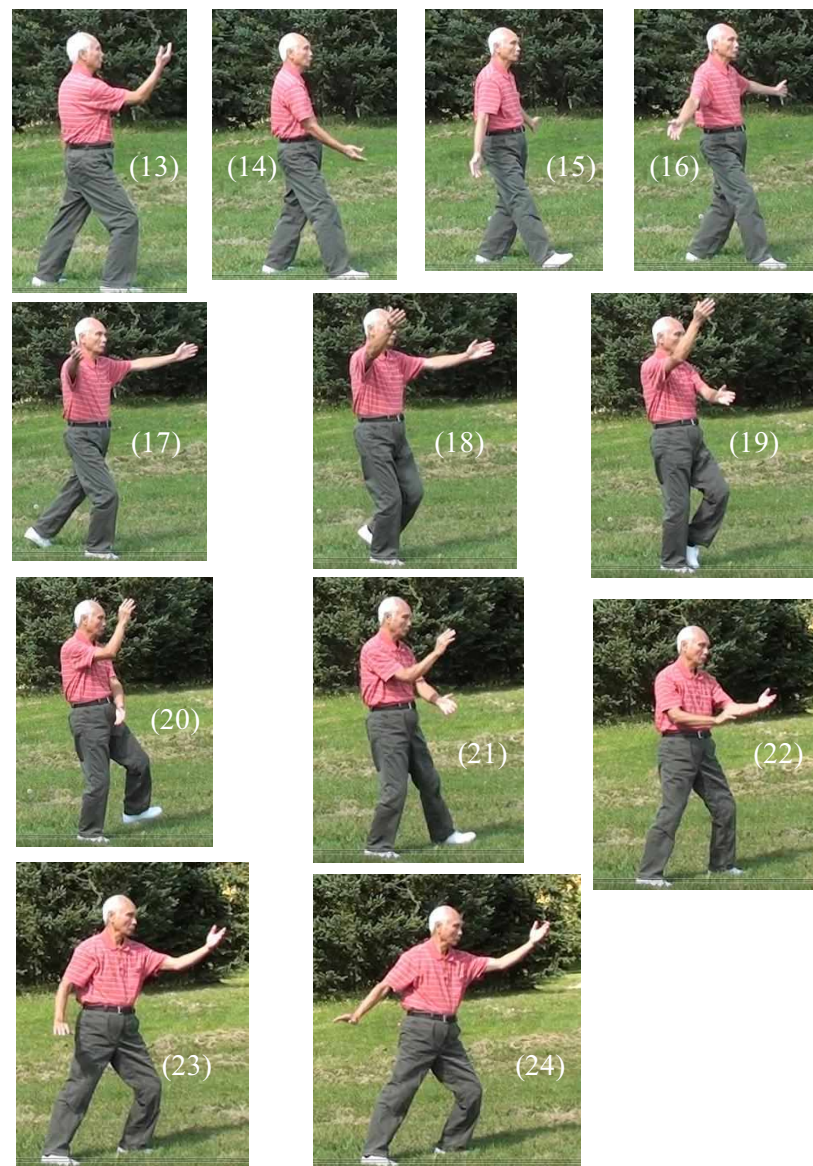
a- First round: Walk along "Cat Paces" Stance to form the "Left Climbing Mountain" Stance, (Fig. 1-4)



b- Second round: then walk along "cat paces" to form the "Right Climbing Mountain" Stance (Fig.5-12)



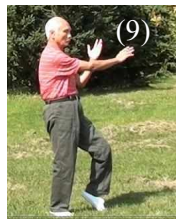
c- Third round: Walk along "cat paces" to form the "Left Climbing Mountain" Stance. (Fig. 13-24)



3- White Crane Spreads its Wings:

a- Your rear heel on tiptoe to inch your step forward and form the "False Stance" standing on the rear leg with the front knee bent. Press down your right palm at the rear then draw a curve up to the right ear level while the left hand lowers down at your left hip with the palm facing the ground like in the "Ward-Off" posture of the "Grasp Sparrow's Tail" Stance, the right arm erecting. (fig. 1-6)

b- You are still standing on the "False Stance"; fling your right hand forward and obliquely to the left, your left arm rising up to support the right elbow. (Fig. 7-8). Ready to form the stance of "Brush Knee & Twist Steps" (fig. 9)



4- Brush Knee & Twist Step:

a- Push left arm curving up, pull right arm curving down (fig.9), still keep "False Stance" standing on rear leg with folding left knee, looking at the North after the right arm's itinerary curving down to the East-North at the rear (fig.10-13)

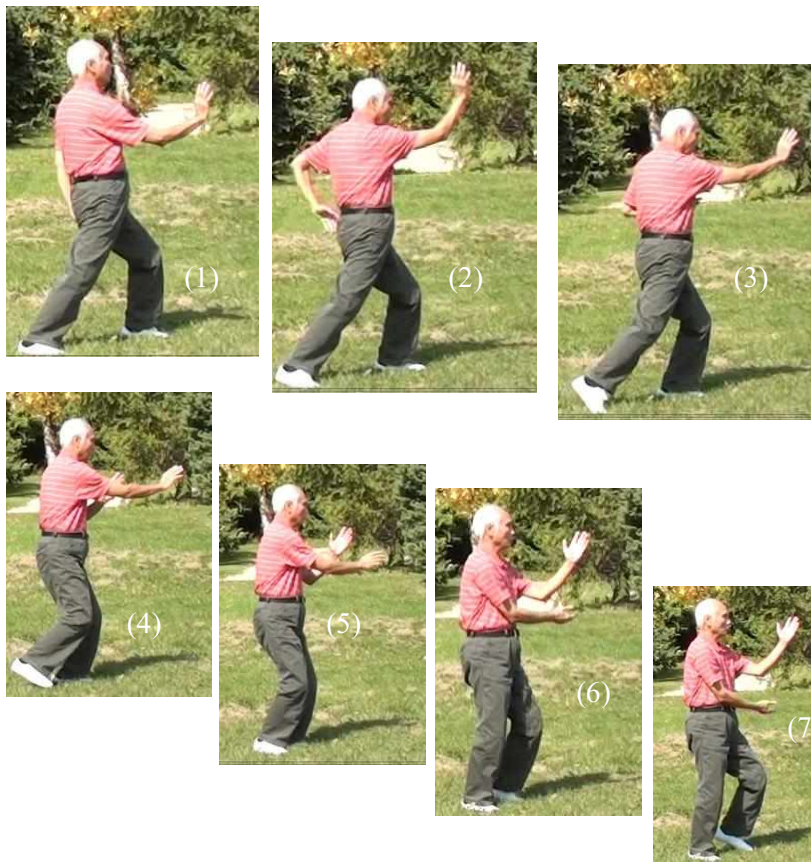
b- Drop left foot forward to form the "Left Climbing Mountain" Stance, fold front knee, stretch the rear leg, left arm sweep around the left knee then return to the left hip with the palm facing down the ground like in the posture of "Ward-Off" of the "Grasp Sparrow's Tail" Stance, at the same time the right hand punching forward as mentioned in the chapter "Basic Moves" section XI. (Fig.14-21)



5-Play The Guitar:

a- Push the right arm forward to punch, raise the rear heel for advancing to enter the "False Stance" standing on the rear leg: the front foot stepping backward on tiptoe with the toes touching the ground and the front knee folding, at the same time, the right arm pulls down to support the left arm which is pulled up and erected (fig. 1-7)

b- Ready for the " Step Back and Repulse Monkey" (fig. 8)



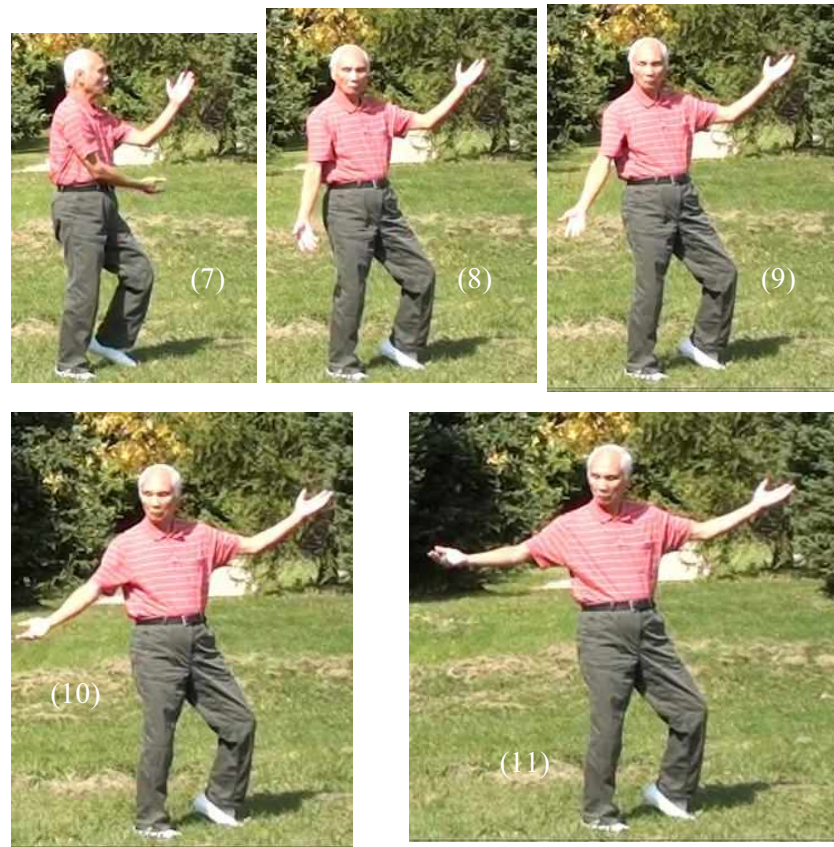
6- Step Back and Repulse Monkey (4 times)

Like the "Cat Paces" Stance moving forwards, this one is moving backwards (see the description and diagram of this move in the chapter "Basic Moves", section X)

a- Transition:

* You're in the "Play the Guitar" Stance (fig. 7), your right arm round down backward to the rear with palm facing upward

* Standing on the rear leg for the front one raising and stepping backwards along "Cat Paces" Stance (fig. 8-11)



b- First cycle": Step Back & Repulse Monkey on the left

* When the front leg touched ground, it becomes the rear one, and vice-versa, the rear leg becomes the front one. Now, the rear arm round up and glides past the front palm which is being pulled backwards then slowly darting forwards to punch. So, the front arm becomes the rear arm with palm also facing upward.

* This time, of course, the plane of the body changed direction to the left and ends the first cycle to move to the second one (fig.. 1-10)



c- Second cycle: Repeat "Step Back & Repulse Monkey" to move on the right

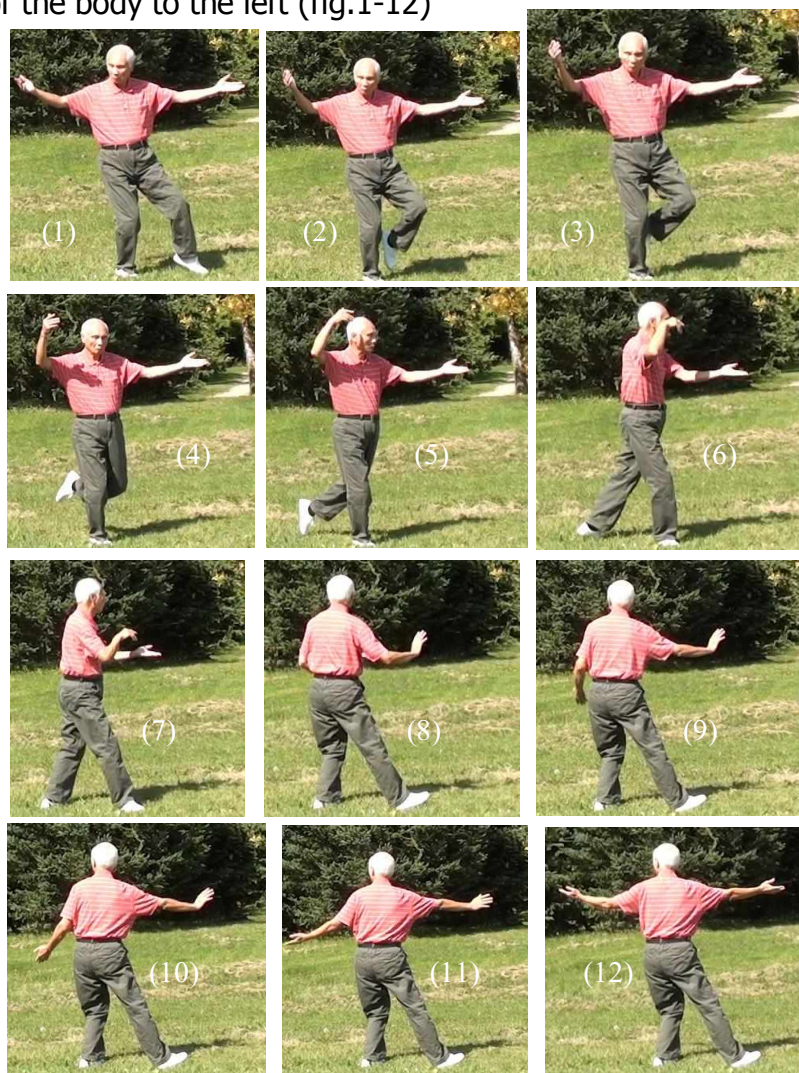
* Stand on the rear leg for the front one raising and stepping backwards along "Cat Paces" Stance. When the front leg touched ground, it becomes the rear one, and vice-versa, the rear leg becomes the front one. Now, the rear arm rounds up and glides past the front palm which is being pulled backwards then slowly darting forwards to punch. So, the front arm becomes the rear arm with palm also facing upward. (Fig.10-20)

* This moment, of course, the plane of the body changed direction to the right with both palms facing down and ends the first cycle to move to the third cycle "Step Back & Repulse Monkey on the left". (Fig. 21)



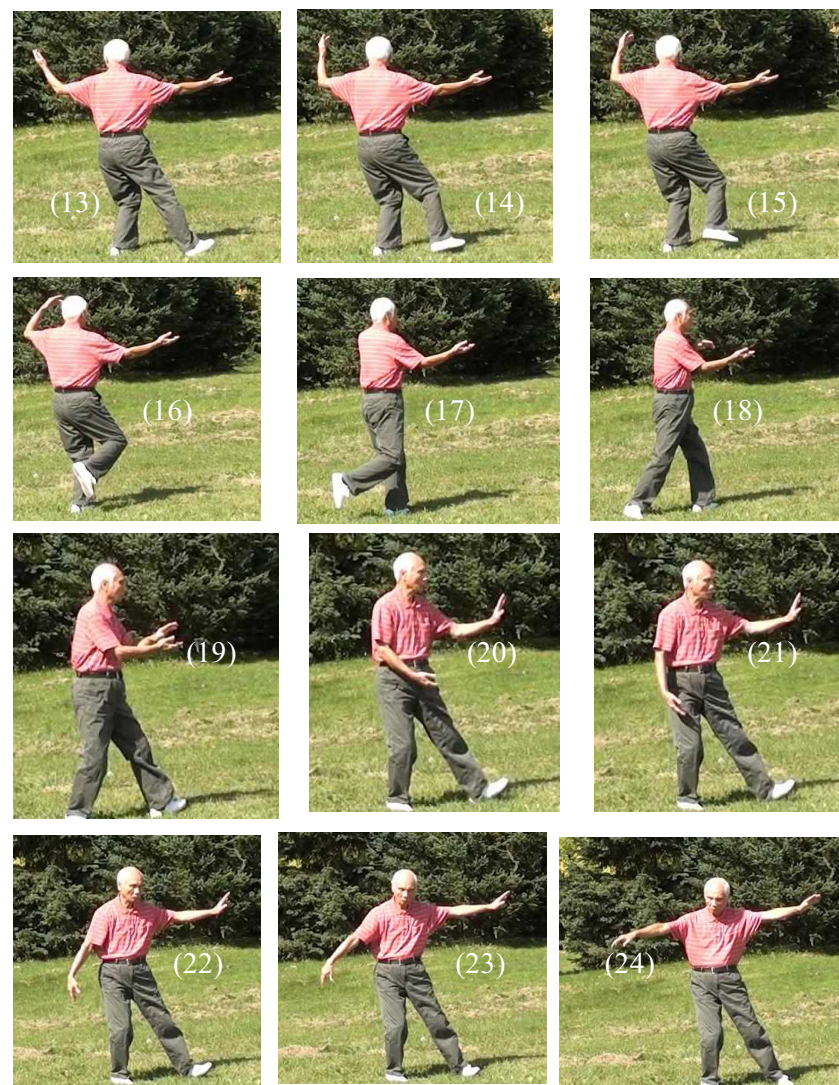
d- 3rd cycle: Repeat "Step Back & Repulse Monkey" on the left

Repeat the moving as above described in No. 6-b: moving backwards along "Cat Paces" ending by directing the plane of the body to the left (fig.1-12)



e- 4th cycle, Repeat "Step Back & Repulse Monkey" to move on the right:

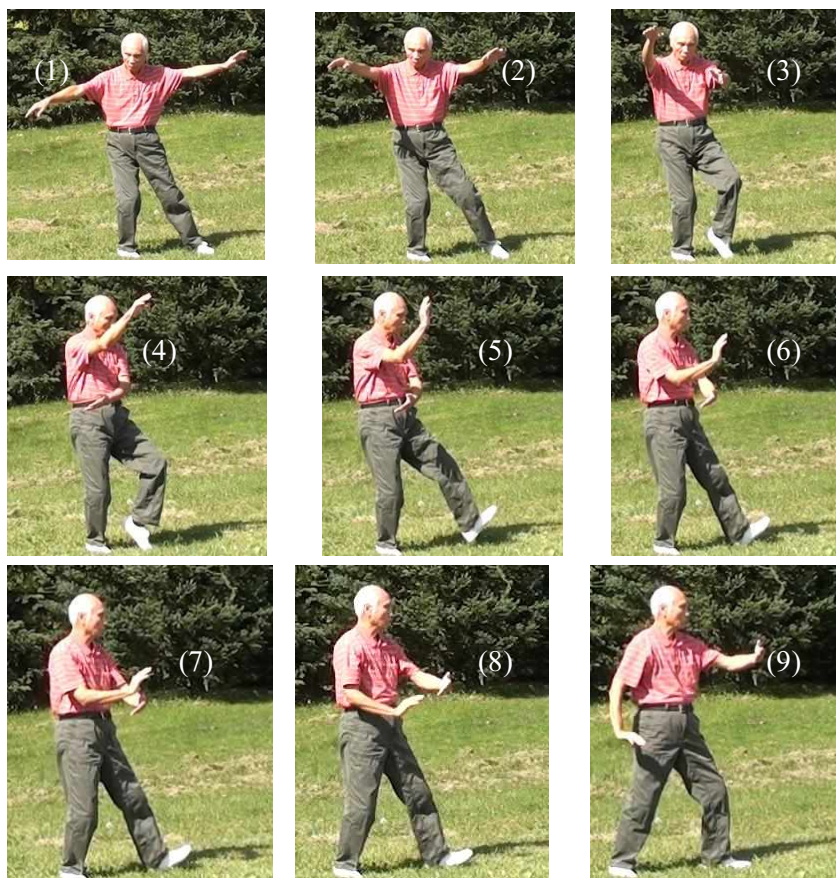
Repeat the moving as above described in No. 6-c: moving backwards along "Cat Paces" ending by directing the plane of the body to the right (fig.13-24)



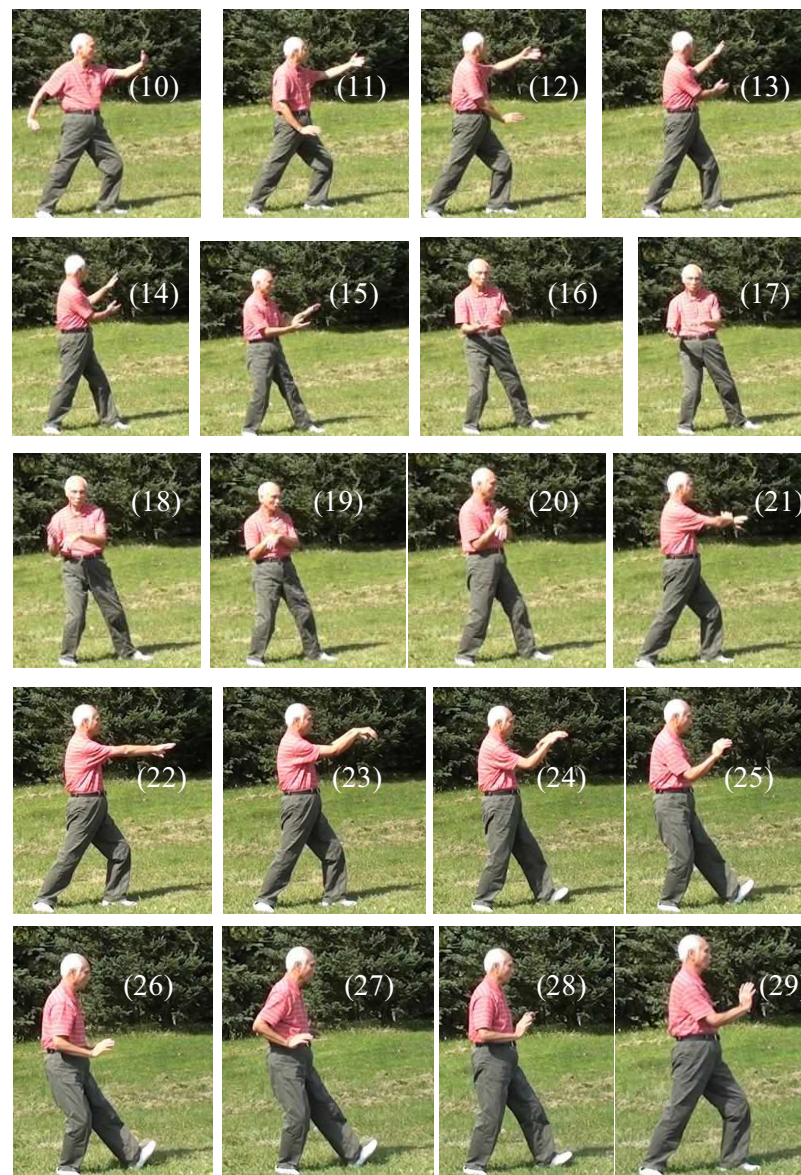
7- Grasp the Sparrow's Tail:

a- Left Grasp the Sparrow's Tail:

a.1- Your right arm at the rear draws a curve of 45 degree up to the front while your left arm is draws down to the right hip to form the posture "Ward-off" of the "Grasp Sparrow's Tail", then the right arm is pulled down and glided past the left palm which is, at the same time, pulling up to the front, this moment, you're seeing the left palm seemingly you're reading book. (Fig.1-9)



a.2- Do the postures "Roll-Back, Press, & Push" as described in the chapter Basic Moves No. V-B (Fig.10-29)



b- "Right Grasp Sparrow's Tail"

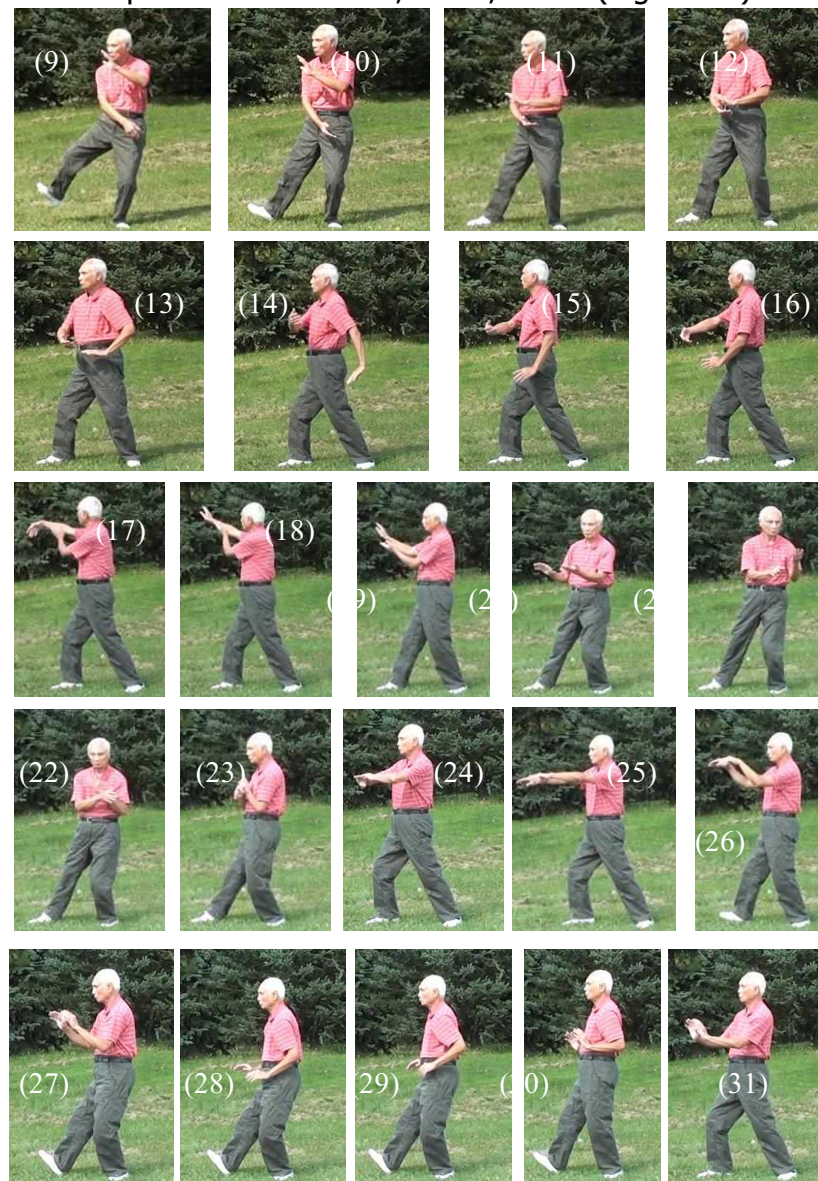
b.1-Turning back: You're facing the West in the "pushing forward & Pulling Hands back" Stance, now twist the waist for turning to the rear, and pushing both arms up to high to draw a half circle curving backwards passing by the North then lowering to the East, at the same time, turn your left heel clockwise with toes directing to the North, while your right heel is turning the same also to end by facing the North. Then, pull right toes back close to the left heel while your right arm lowering curving down beside the left hip to form the "False Stance" standing on left leg with both arms embracing the ball. (Fig. 1-8)



b.2-Forming the "Right Grasp Sparrow's Tail".

Drop right heel to the right with toes directing to the East, while twist waist to the East, and your left foot also turning to form the "Right Climbing Mountain" Stance with bent front knee, stretched rear leg. That time, your right arm pulled up gliding past the left palm which is also pulled down to the left hip. This is the posture "Ward-Off" of the

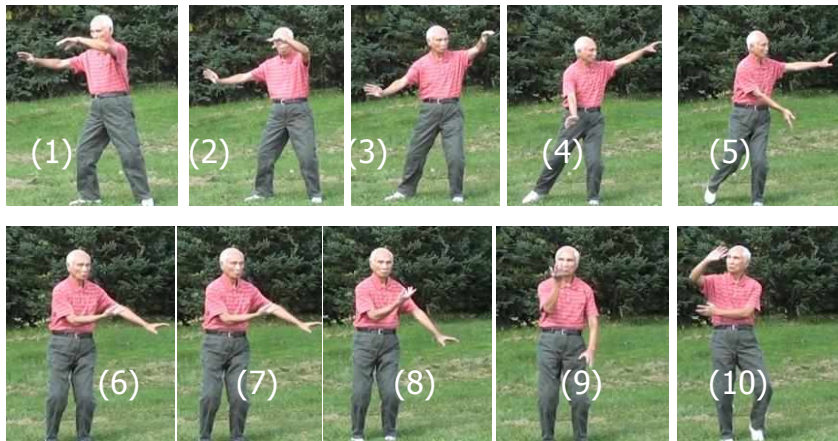
"Right Climbing Mountain" Stance (fig.9-14). Continue doing the next postures "Roll-Back, Press, Push" (Fig.15-31)



8- Single Whip

a- Turning back: You're in the stance of "Pushing forward & Pulling Hands back" facing to the East, now twist the waist to push left arm up to eye level, right arm at the waist level, then both arms at the same time draw the two arcs in the opposite direction as follows: while the left hand round down clockwise, across the right hip, by contrast, the right arm counterclockwise going down, passing by the right hip then open the palm to continue to round up a 360-degree rainbow arc stopping at the north east on the high.

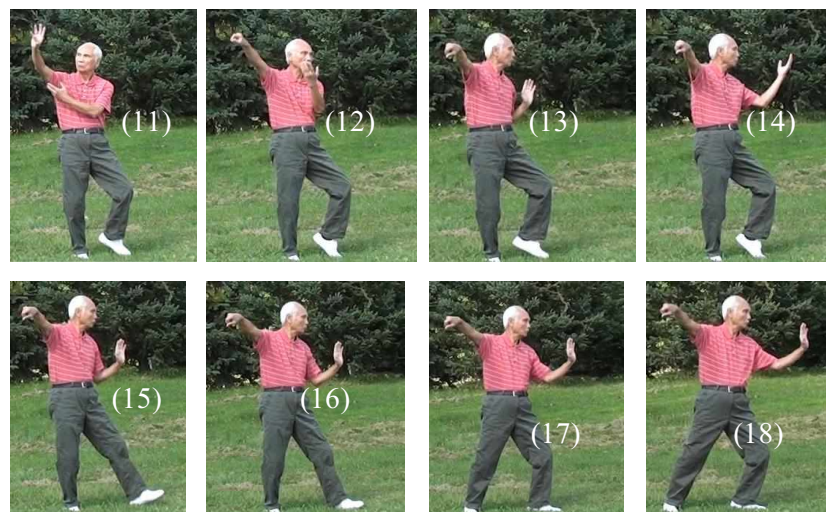
While the arms rotate, the right heel also rotates counter-clockwise at a 90 degree angle towards the north, left toes rotate the same until the plane of the body opposite to the north. Then drag the left toes back to the right heel's edge to enter the "False Stance" standing on the right leg, now your left arm was already curved down whose palm opened upward next to your right waist seemingly you're holding the big ball on the palm, and your right arm already curved up whose palm also opened upward stopping at northeast on the high, (Fig. 1-10). Continue doing to enter the stance of "Single whip" (Fig. 11-18)



b- Forming the "Single Whip"

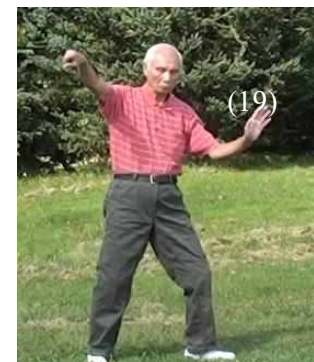
* Eyes on your right raised hand as if to seize something above (Fig. 11), now five fingers twist hairs' rival huddled together and bent down to snatch them, (Fig. 12)

* Twist the waist while you're watching on the left palm which is raising along the 90 degrees arc counter-clockwise, then stop at the west to punch, this moment, the left toes left the "False Stance" to drop heel towards the west, so the plane of the body tilted to the west, (Fig.18).



9- Wave Hands like Clouds: (3 times)

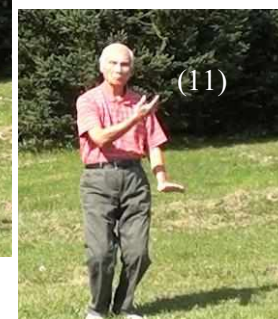
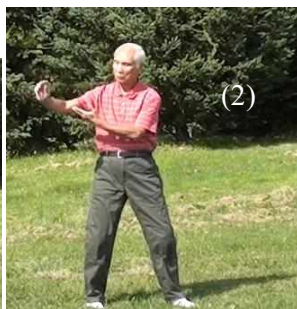
At this point, lower your left arm and begin to twist the waist towards the north to enter the stance of "Wave Hands like Clouds" (Fig. 19)



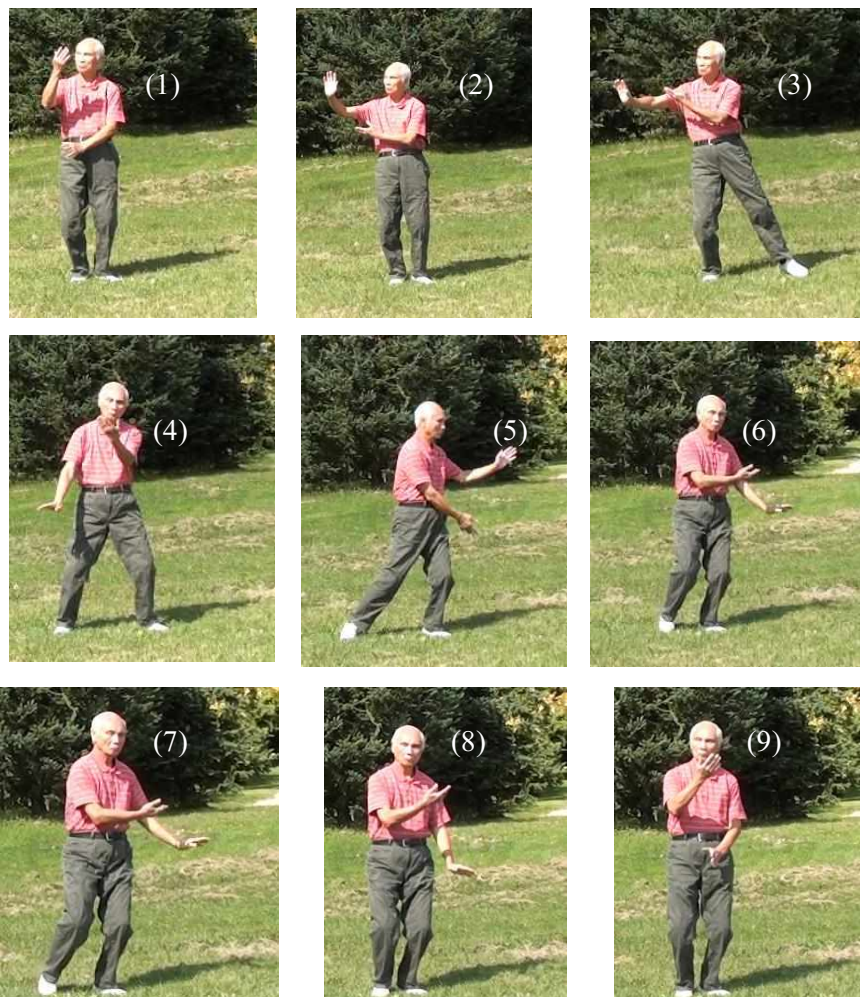
a- First Cycle:

Twist the waist towards the north, open the left toes, and rotate left heel to follow, while your right hand remains on the high, your left arm lowering down to draw up a clockwise arc supporting the right elbow, now press down your left foot (Fig.1-2), open your left palm up, then lower it down to sweep a clockwise arc passing by the groin, when your waist twisting stopped at the west, your right foot stepped already sideways near to the left heel. This moment you're now standing on slightly bent knees, and you open right palm to draw up a clockwise arc in front of your eyes so that you may look at the left palm which is moving as if you're reading or looking at yourself in a mirror lay on this palm.

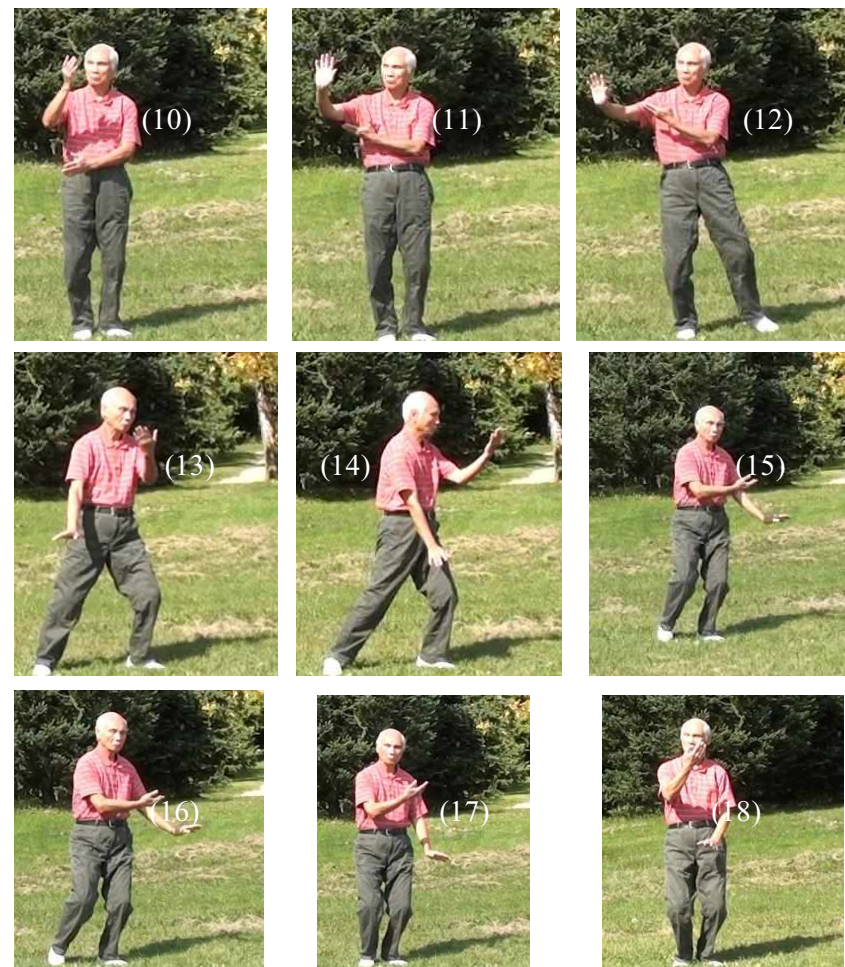
Just at the moment two feet are adjacent, your left arm moved already to the west, then you open right palm and capsize down your left hand and lower it down to sweep a counter-clockwise arc passing by the groin towards the right side. When you twist the waist, you should always look at your opened palm. Here ends the first cycle of "Wave Hands like Clouds" (Fig. 2- 12)



* **Second Cycle:** from the end of cycle # 1 (Fig.1) both hands draw the paths in the opposite direction as follows: right hand turns upward, bracelets up along a 90 degrees curve towards the northeast, left arm lowers down to sweep a counter-clockwise curve across the groin then goes up to support the right elbow (Fig. 2-3), and continue doing as the first cycle until the end of cycle 2. (Fig.1-9)



* **Third Cycle:** from the end of cycle #2 (Fig.9 & 10) both hands drawing the paths in the opposite direction as follows: right hand turns upward, bracelets up along a 90 degrees curve towards the northeast, left arm lowers down to sweep a counter-clockwise curve across the groin then goes up to support the right elbow (Fig.11-12), and continue doing as the first cycle until the end of cycle 3. (Fig.10-18)

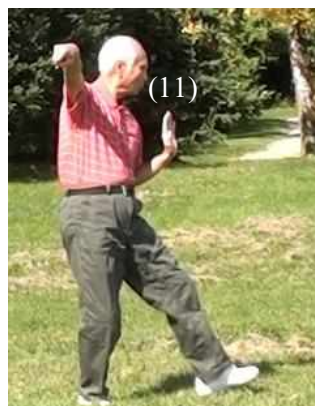
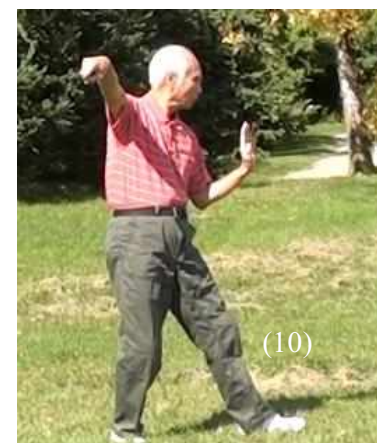
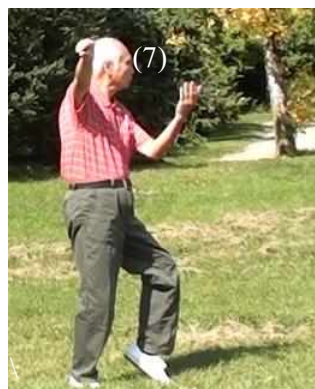
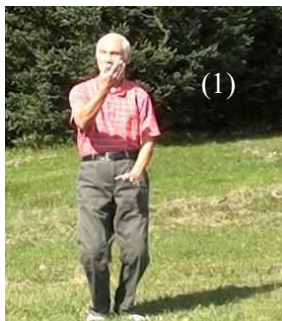


10- Single Whip:

Repeat the process as above in section 8-b:

* From the end of the third cycle (h.1), eyes on your right raised hand as if to seize something above (Fig. 2), now five fingers twist hairs' rival huddled together and bent down to snatch them, (Fig. 4-5)

* Twist the waist while you're watching the left palm which is raising along the 90 degrees arc counter-clockwise, then stop at the west to punch, this moment, the left toes left the "False Stance" to drop heel towards the west, so the plane of the body tilted to the west, (Fig.5-12).



11- High Pat on Horse, White Snake Spitting Out its Poison

You're in the Stance "Single Whip" facing the west-north with right leg stretching at the rear and your left knee bent, (Fig.1) now turn upward your left palm, fold your right knee and stretch the left leg, then pull your left toes backward to the rear for standing on right leg at the rear with the left leg stretched, while twist your waist towards the West, push forwards your right arm whose palm gliding on the left palm of the left arm which is pulling back at the left belt, (Fig. 1-5)



12- Standing on Left Leg with Cross Hands & Kicking With Right Heel: Let left foot steps up for entering the "Left Climbing Mountain" Stance with front knee folded, rear leg stretched and right hand pulled backward to glide under left arm, then raise rear foot to stand on front leg, while twist waist slightly skewed to the left, wrists crossed each other, and raise your rear leg to kick forward (Fig. 7-15).



13- Strike Ears With Fists: Your hands turn upward lowering down in surfing curves and gliding across the right knee (Fig.1-3); front foot drops to enter the "Climbing Mountain" Stance with folded front knee, stretched rear leg, then the palms turned outside, and fist both hands whose backs turned inside to complete surfing curves upward to punch the rival's ears (Fig. 1-9)

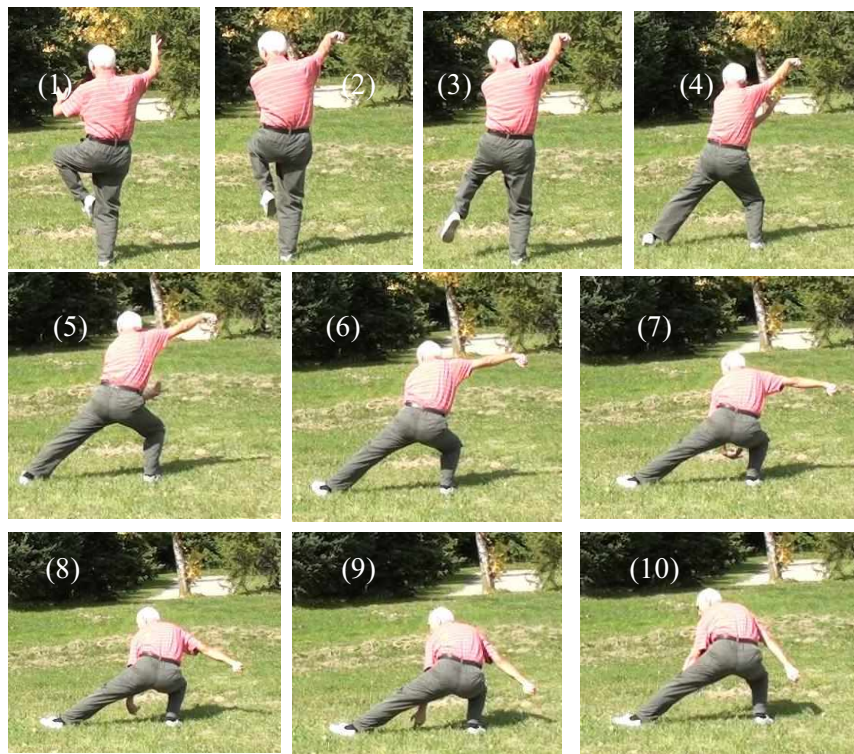


14- Kick With Left Heel: Raise your arms up high, turn the waist to the left towards the South, bend left knee, stretch right leg, your body's leaning 45 degrees to the left, then turn your hands to the two sides (Fig. 10-13), lower your arms along surfing curves down to the lower abdomen, then cross your hands whose backs turned out, palms turned inward, fold your right knee, pull your left foot toward the right knee, stand up in the posture "Standing On One Leg With Crossed Hands" (Fig.14-16) with standing on the right leg and then turn hands upward making a loop for your hands turned outside, stretch arms while raising left foot to kick with heel, (Fig. 17 -19)



15- Snake Creeps down (Left):

Grasp your right hand the same way as in "Single Whip" Stance, your left hand back toward supporting under the right elbow, drop left foot to stretch leg horizontally (Fig.1-4 & Fig. 4 on appendix, p. 93), (seniors don't need to do beyond your ability), fold your right knee to sit down, left hand lowers down to sweep gliding along the left leg like a snake crawling on the ground (Fig. 5-10).

**16- Golden Cock Stands on Left Leg**

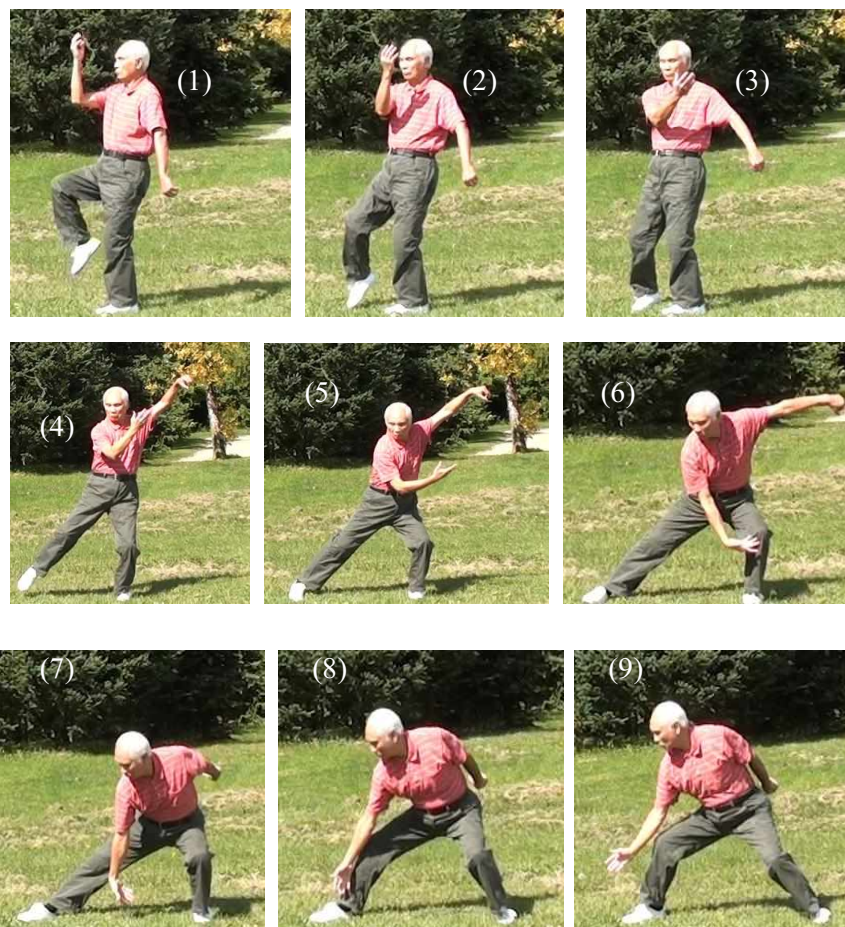
Use your right leg as lever to slowly stand up, and turn heels 90 degrees to twist waist to the Est., fold your

left knee as pillar supporting the body's weight to stand up, and enter the posture of "Standing on The Left Leg", your right arm erects whose palms turned out toward the left at the north, while your left hand hangs straight down at the left side (Fig.10-22)



17- Snake Creeps down (Right):

Twist your waist to the left at the North. Grasp your left hand the same way as in "Single Whip" Stance, your right hand back toward supporting under the left elbow, drop right foot to stretch leg horizontally (Fig.1-4), (seniors don't need to do beyond your ability), fold your left knee to sit down, right hand lowers down to sweep gliding along the right leg like a snake crawling on the ground (Fig. 5-10).

**18- Golden Cock Stands on Right Leg**

Use your left leg as lever to slowly stand up, and turn heels 90 degrees to twist waist to the East, fold your right knee as pillar supporting the body's weight to stand up, and enter the posture of "Standing on The Right Leg", your left arm erects whose palms turned out toward the right at the South, while your left hand hangs straight down at the left side (Fig.10-15), ready to enter the "Fair Lady Weaves the Shuttle (right and left)" (Fig. 16-18)



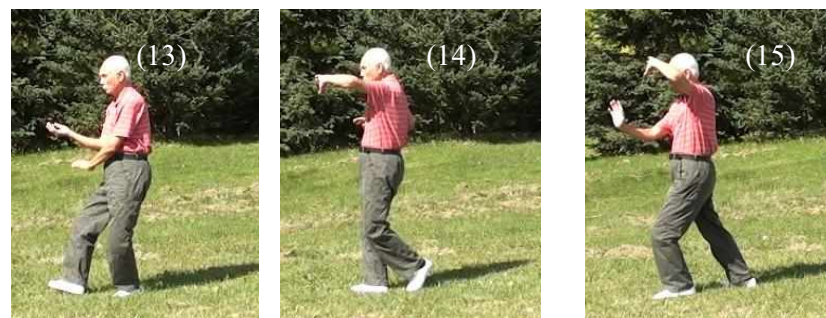
19- Fair Lady Weaves the Shuttle (right and left)

* Turn the waist to the left, drop left heel 45 degrees to the northeast, press your left foot down, fold left knee, left hand raising at eye level, right hand curving down to form the "False Stance" with both hands embracing the ball (Fig.1-6).

* Drop your right heel at the right diagonally toward the southeast, press your right foot down to enter the "Right Climbing Mountain Stance" with folded right knee, stretched left leg, turn upward two hands whose right hand raising at eye level and the right forearm parallel to the ground, while your left hand put forward at the chest, left forearm parallel to the ground, and elbow close to the left waist. This doing seems to ward-off protecting the face with your right hand and to punch opponent with your left hand (Fig.7-10)

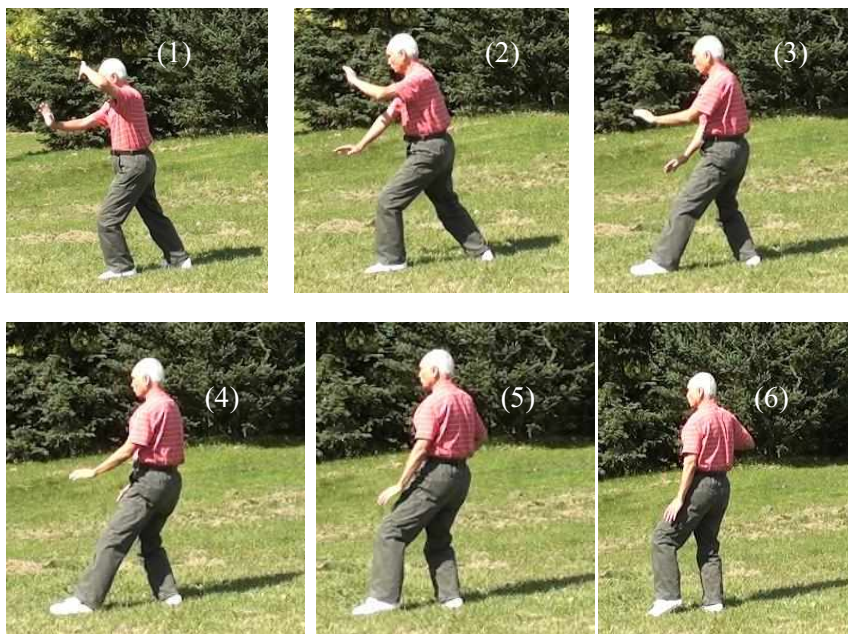


* Your right palm is facing northeast, now erect the right forearm and rotate the wrist for the palm facing eyes then pull it back at the right hip; maintain left leg as pillar to raise right foot stepping forward at the northeast, while your left hand pushed up to ward-off at the front with palms facing outward, and your right hand pushes forward in "Left Climbing Mountain Stance" with folded left knee, stretched right leg (Fig.11-15)



20- Needle at Sea Bottom

- Let your right foot stepping back the rear to stand on folded knee with stretched left leg in the "Four-Six" Stance, and then stand up in the "False Stance" with left leg folded on tiptoe. While the right foot steps back you pull also the right arm back to the hip with palm facing the left and fingers darting the ground, and the left hand lowers down along the curve to the left side with palm facing down, (Fig. 1-6).
- Continue to fold the right knee seemingly you're sitting on folded right knee to support the whole body's weight, while your right hand dart down the ground, and left leg on tiptoe nearly parallel to the ground due to the folded knee. (Fig. 7-9)



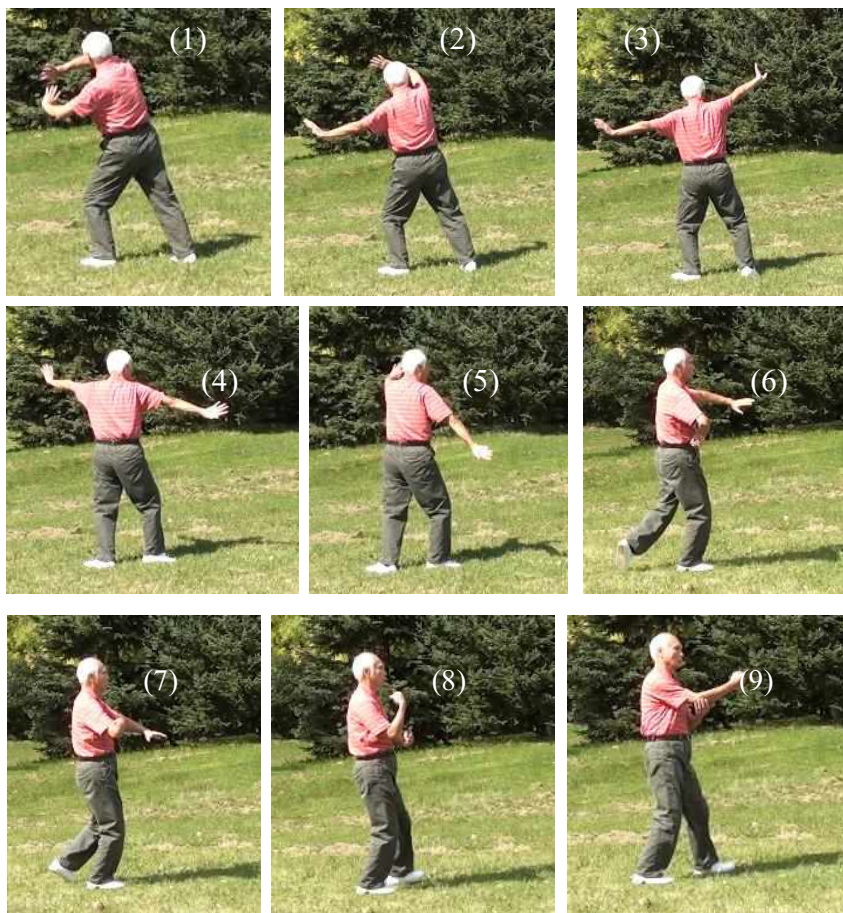
21- Fan through Back

- Stand up on the right leg, left leg stretched out with opened toes while left arm raises curving to put its palm on the right elbow with right palm facing outward (Fig. 10-12)
- Then turn right waist toward the south, tilt the body 45 degrees toward the left, fold left knee, stretch the right leg (Fig. 13-15)



22- Deflect Downwards, Parry and Punch

Let your hands detached each other and outstretched while twist waist 180 degrees clockwise to the west, fold right knee, your rear heel on tiptoe to step forward. Your right hand raises up in surfing curve 360 degrees then flings the forearm on the front while left hand raising up on surfing curve 180 degree, then lowering down to wrap the right elbow (Fig. 1-9)



23- Apparent Close Up and Cross Hands

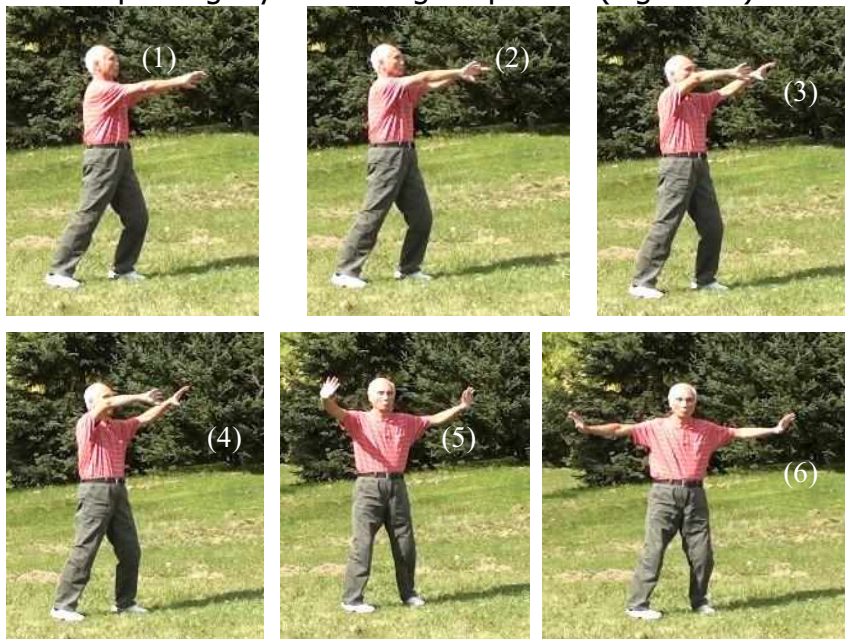
Let your left hand detaches from the right arm, and open palms then draw your forearms back to the waist (Fig. 10-15). Turn upside down both palms, and then push forward your hands to punch in front, (Fig.16-18).



24- Conclusion of Tai Chi (return to the original stance)

- Turn the waist toward the right at the north, while two hands rise up in surfing curve 180 degree, fold left knee, and stretch the right leg (Fig.1-6). When you're facing the north, lower your hands down in surfing curve passing by the both waists then raising up in surfing curve and cross arms before the chest with palms facing the chest (Fig.6-10).

- Turn upside hands for the palms facing down, separated from each other and outstretched to the sides then open the palms facing upward before the chest to slowly raising up like you're offering something to heavens, finally turn your palms upside down, and lowering backward to the waists, at the same time stand on both adjacent leg with folded knees to return to the original posture then stand up straightly on two legs in parallel (Fig.11-18)



VIEILLIR AM I REALLY OLD?

1- Je croyais que vieillir.....
Je croyais que vieillir me rendrait bien maussade,
Craignant chaque saison, les années, le tapage
Le grand vent et la pluie, l'esprit qui se dégrade,
Les cheveux clairsemés, les rides du visage.

2- Et puis je m'aperçois que vieillir n'a pas d'âge,
Qu'il ne faut point gémir, au contraire chanter.
Et même à petits pas les jours ont l'avantage
d'être beaux et trop courts quand ils sont limités.

3- Je croyais que vieillir c'était le ciel tout gris,
Le printemps sans les fleurs, les lèvres sans sourire,
Les fêtes sans chansons, les arbres rabougris,
Un livre sans histoire, un crayon sans écrire.

4- Et puis je m'aperçois que vieillir rend bien sage,
Que je vis chaque instant sans penser à demain,
Que je ne compte plus les années de mon âge,
Peu importe le temps, le crayon à la main.

5- Je croyais que vieillir transformerait mon âme,
Que je ne saurais plus contempler les étoiles,
Que mon cœur endurci n'aurait plus cette flamme
Qui transforme la vie lorsque le ciel se voile.

6- Et puis je m'aperçois que les plus belles roses
fleurissent à l'automne et sous mes yeux ravis,
Je respire très fort ce doux parfum que j'ose
garder pour embaumer l'automne de ma vie.

1- Am I really old? Still I am thinking:
Too execrable for my grumbling!
Watching years and seasons changing,
With wrinkly face and sparse hairs from senility,
I fear the noise, the rains and winds
That decline my health and spirit quickly.

2- Then I realize that age has no age,
It must not moan, sing instead!
And slight steps groping my long way, I made.
How nice and beautiful the days though limited!

3- Am I really old? Still I am thinking:
That's a melancholy and gloomy sky,
A spring without flowers, and the lips without smile,
The holidays without songs and the trees are stunting,
A book without history, a pencil without writing.

4- Then more and more I realize:
Once surpassed my youth, I become wise.
How much time remaining?
So why for tomorrow should I think?
No need to count the time,
Then a few poems to compose I can write!

5- Lost in the confused thoughts, I'm getting:
Years and years heap up on my shoulders,
I thought that I am being old,
That age would transform my soul,
That the stars I can watch no longer,
From my hardened heart, the flame is extinguished,
It staggers life when the sky is veiled.

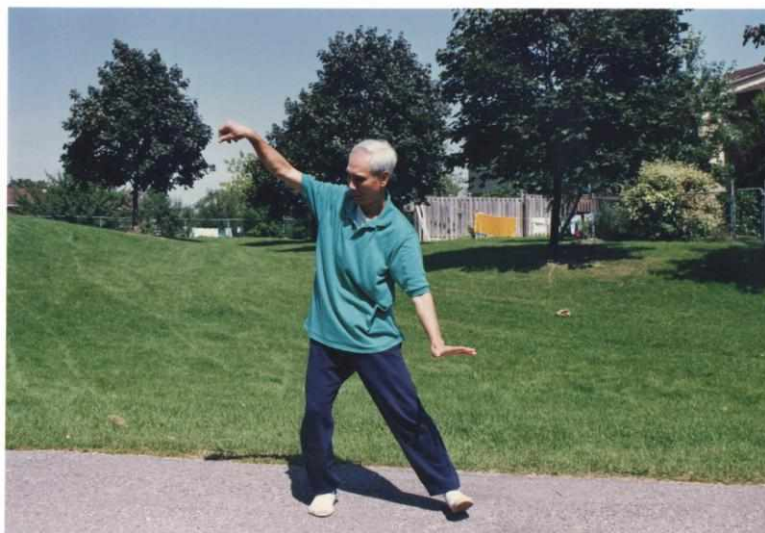
6- Then I see again under the shining sky,
The most beautiful roses blooming in the fall gardens;
Strongly I inhale their sweet fragrance
That I decide to keep embalming the autumn of my life.

Marcelle PAPONNEAU

Adapted translation by Vinh Quang Do
<http://www.geocities.ws/doquangvinhvenguan/>



Fig. 1- Author talking about TaiChi at French SBC Radio Canada (CJBC 860,Toronto, Canada) 27-3-1992



#3- Preparation for the "Wave Hands Like Clouds" Stance (Canada, 1990)



Fig. 2- Author talking about TaiChi at the Congrès IV & Assemblée Générale (Réseau des Femmes du Sud de l'Ontario), 1, May 1992 (Kempfenfelt Conference Centre, Barrie, ON, Canada)



4- Author in the "Left Snake Creeps Down" Stance (Canada, 1990)



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Thái-Cực Dưỡng Sinh

Thân, Tâm buông thả: thuốc tiên

Lao-tử, kiệt lực, ốm phiền làm chi?

Thong-dong tản bước mà đi!

Hài-hòa, xả chấp, ấy thì dưỡng sinh!



Canada, Mùa Thu 2013
Tác-giả với thế kiếm "Đại Kkôi Tinh"