

Red Sun Academy
TAI CHI STEPS TO LEARN

FORM

Still Postures:

Beach Ball
70-30 Stance
Single Whip
Ward-off Left / Ward-off Right
Press & Push

Lift Hands
Phoenix Spreads Wings
Play the Guitar
"Hold the Watermelon"
Punch
Closure / Conclusion

Embrace Tiger & Return to Mountain
Fist Under Elbow
Diagonal Flying
Golden Rooster on One Leg
Separate Right (or Left) Foot
"Low Punch"
Corners (Fair Lady Works at Shuttles)
7 Stars (right foot forward)
Step Back & Ride Tiger (left foot forward)
Bend Bow & Shoot Tiger

Moving Postures:

Beginning
Stir the Soup
Rollback-Press, Rollback-Push
Ward-offs Left, Ward-off Right
Brush Knee Left
Shoulder Strike
Block, Perry & Punch
Repulse Monkey
Wave Hands Like Clouds
Snake Creeps Down
Spinning Heel Kick
Sweep Lotus

THE FORM:

Learn the form

Clean up technique in the form

Cultivate chi in the form

PUSH HANDS

Sensitivity Drill
Keep ball between chest & hand
Square Shoulders
Weight Change
Full Range (back & forth)
Turn & Redirect

One Hand Push Hands
(try to unbalance opponent)

Two-Hand Push Hands
- Neutralizing
- Grounding
- Rooting
- Directing Chi

Dalu

Choreographed Push Hands

Free-Style Push Hands

SWORD

BASICS

How to hold the sword
3 parts of the sword
4 sides of the sword

10 STRIKES
15 BLOCKS

Apply Strikes & Blocks
Sticking Sword Drill

DOWN THE ROOM:
(no partner)

Drawing in/Drawing out

Spiral Block,
Minor Literary Star

Diagonal Slashes

PARTNER DRILLS:

Drawing out/Drawing in
Spiral Block
Minor Literary Star

Circle Drill

Thrust, Downward
Vertical Blocks

Diagonal Slashes

Little Whirlpool

CHOREOGRAPHED:

- Short Choreog. Form
- No-Partner Form
- Form with Partner
(5 Sections)

APPLICATION:

Free Sword Play