

TAI CHI STEPS TO LEARN FOR THE BEGINNER

THE FORM – Still Postures

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

PUSH HANDS

- Sensitivity Drill (listen)
- Keep Ball Between Chest & Hand
- Square Shoulders with Partner
- Weight Change
- Full Range (back and forth)
- Turn & Re-Direct (stir the soup)

SWORD

- How to Hold the Sword
- 3 Parts of the Sword (cutting, sticking, blocking)
- 4 Sides of the sword (knuckle blade, knuckle flat, finger blade, finger flat)
- 10 Strikes
- 15 Blocks

Red Sun Academy

TAI CHI STANCES FOR THE BEGINNER

Beach Ball



Front Stance (70-30 Stance)



Push



Press



Ward off Left



Ward off Right



Single Whip

