Red Sun Academy TAI CHI STEPS TO LEARN FOR THE BEGINNER

THE FORM – Still Postures

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

PUSH HANDS

- Sensitivity Drill (listen)
- □ Keep Ball Between Chest & Hand
- □ Square Shoulders with Partner
- Ueight 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

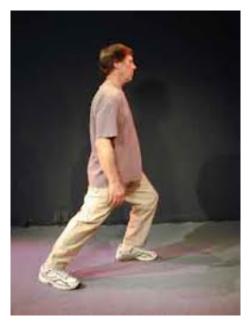


Red Sun Academy TAI CHI STANCES FOR THE BEGINNER

Beach Ball



Front Stance (70-30 Stance)



Push



Press



Ward off Left



Ward off Right





Single Whip





