

CELESTIAL TAI CHI COLLEGE OF AUSTRALIA

31 GREEN STREET RICHMOND VICTORIA 3121



ESSENTIAL PRINCIPLES FOR PRACTICE OF TAI CHI :

1. Keep head and neck erect, without strain
2. Keep all facial muscles relaxed. Breathe rhythmically.
3. Make all movements continuous, ie one movement should flow into the next.
4. Elbows should be kept down, wrists and fingers relaxed, hands slightly curved.
5. Never lift foot to proceed to next stage until balance is established on other foot.



7. STROKING BIRD'S TAIL ON RIGHT
Weight on right foot



8. PULL BACK
Weight on left foot



15. RIGHT SWEEP
Weight on left foot



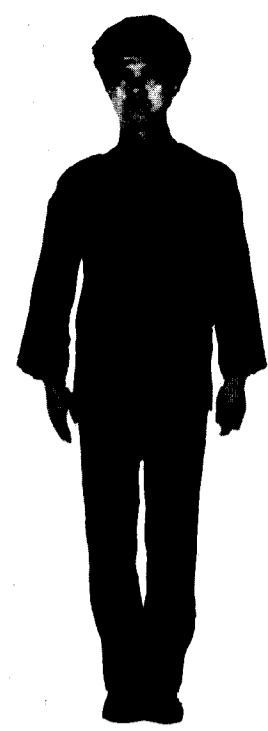
16. PLAY GUITAR ON RIGHT
Weight on left foot



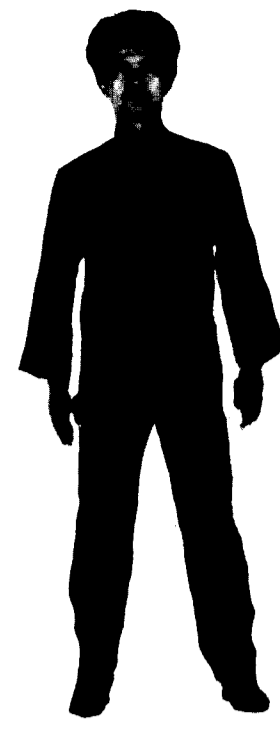
23. TURN BACK TO BLOCK
Weight on right foot



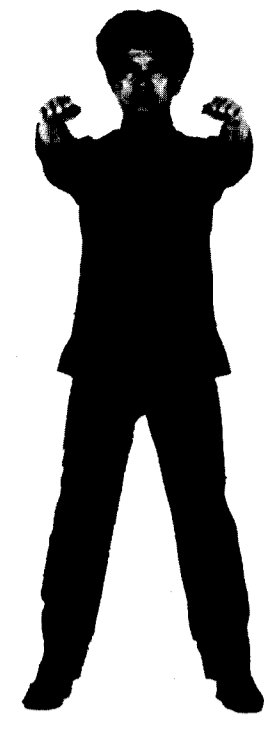
24. SLANT FLYING
Weight on left foot



1. PREPARATION



2. COMMENCEMENT



3. FLOATING ARMS
Weight evenly on two feet



4. HOLDING BALL ON RIGHT
Weight on right foot



5. STROKING BIRD'S TAIL ON LEFT
Weight on left foot



6. HOLDING BALL ON LEFT
Weight on left foot



9. PRESS FORWARD
Weight on right foot



10. PUSH TO CLOSE DOOR
Weight on right foot



11. SWEEP TO LEFT
Weight on left foot



12. HOOK AND MIRROR
Weight on right foot



13. SINGLE WHIP
Weight on left foot



14. LEFT SWEEP
Weight on right foot



17. SHOULDER RAM
Weight on right foot



18. WHITE CRANE SPREADS WINGS
Weight on right foot



19. BRUSH KNEE ON LEFT
Weight on left foot



20. BRUSH KNEE ON RIGHT
Weight on right foot



21. BRUSH KNEE ON LEFT
Weight on left foot



22. PLAY GUITAR ON LEFT
Weight on right foot



25. DOWNWARD STRIKE
Weight on left foot



26. KICK AND JAB
Weight on left foot



27. STEP TO PARRY
Weight on right foot



28. FORWARD PUNCH
Weight on left foot



29. PUSH TO CLOSE DOOR
Weight on left foot



30. CROSS HANDS
Weight evenly on two feet

WALL CHART

