

# CELESTIAL TAI CHI COLLEGE OF AUSTRALIA

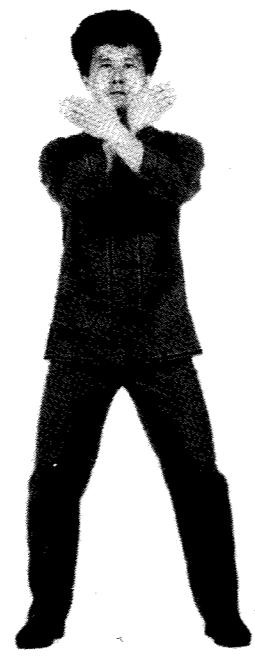
31 GREEN STREET RICHMOND VICTORIA 3121



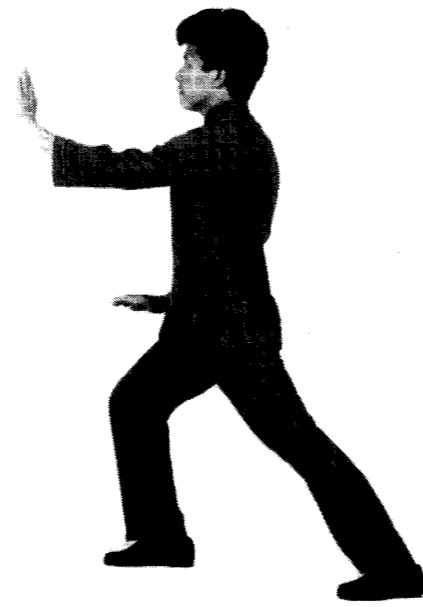
## ESSENTIAL PRINCIPLES FOR PRACTICE OF TAI CHI

1. Keep posture upright and comfortable — chest in and back straight.
2. Attain slow rhythmical movements with a calm but alert disposition.
3. Keep muscles and joints in a relaxed (not lax or limp) state. Use only enough energy to assist body to achieve a certain position.
4. Keep movements continuous and circular and create the visual picture by concentrating upon the names of the movements.
5. Maintain slow, deep abdominal breathing. Aspire to breathe out of and into the centre of the abdomen (dan-tian).

Snr. Master Eng Chor Khor



1. CROSS HANDS  
Weight evenly on two feet



2. EMBRACE TIGER (R)  
Weight on right foot



3. EMBRACE TIGER (L)  
Weight on left foot



4. EMBRACE TIGER (R)  
Weight on right foot



5. NEEDLE AT BOTTOM OF SEA  
Weight on left foot



6. FAN TO BACK  
Weight on right foot



7. SNAKE CREEPS THROUGH VALLEY  
Weight on left foot



8. SEVEN STARS PUNCH (Transition)  
Weight on right foot



9. SEVEN STAR PUNCH  
Weight on right foot



10. JADE LADY (R)  
Weight on right foot



11. JADE LADY (L)  
Weight on left foot



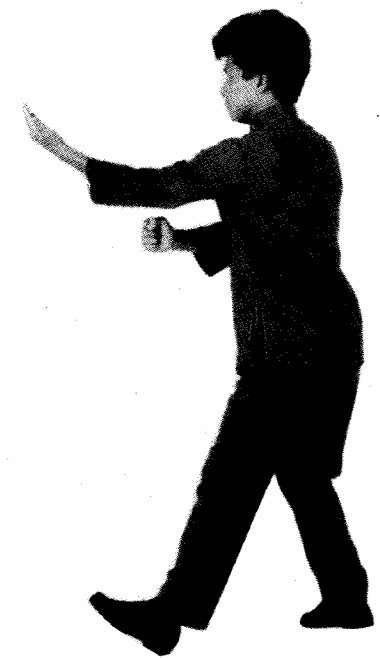
12. JADE LADY (R)  
Weight on right foot



13. JADE LADY (L)  
Weight on left foot



14. PUNCH UNDER ELBOW (Transition)



15. PUNCH UNDER ELBOW  
Weight on right foot



1. REPULSE MONKEY  
Weight on right foot



2. REPULSE MONKEY  
Weight on left foot



3. REPULSE MONKEY  
Weight on right foot



4. TURN TO CHOP  
Weight evenly on two feet



5. TURN TO STRIKE  
Weight evenly on two feet



6. SLOT-IN  
Weight on right foot



7. GROIN PUNCH (Transition)  
Weight on left foot



8. GROIN PUNCH  
Weight on right foot



9. NEEDLE AT BOTTOM OF SEA  
Weight on right foot



10. FAN TO BACK  
Weight on left foot



11. HIGH PAT ON HORSE  
Weight on right foot



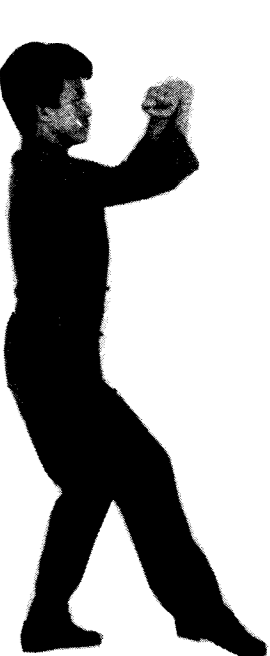
12. HIGH PAT ON HORSE  
Weight on left foot



13. SLANT FLYING  
Weight on right foot



14. LEFT BLOCK (Block on Left)  
Weight on right foot



15. SEVEN STARS PUNCH  
Weight on left foot

## WALL CHART

