

# *Practical Tai Chi Chuan*

## **The Short Form**



by Dan Docherty

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## 1. TAI CHI AT REST

1. The feet are a shoulder width apart. The arms are at the sides and the wrists bend so that the palms face the ground. Relax and breathe naturally.



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## 2. THE READY STYLE

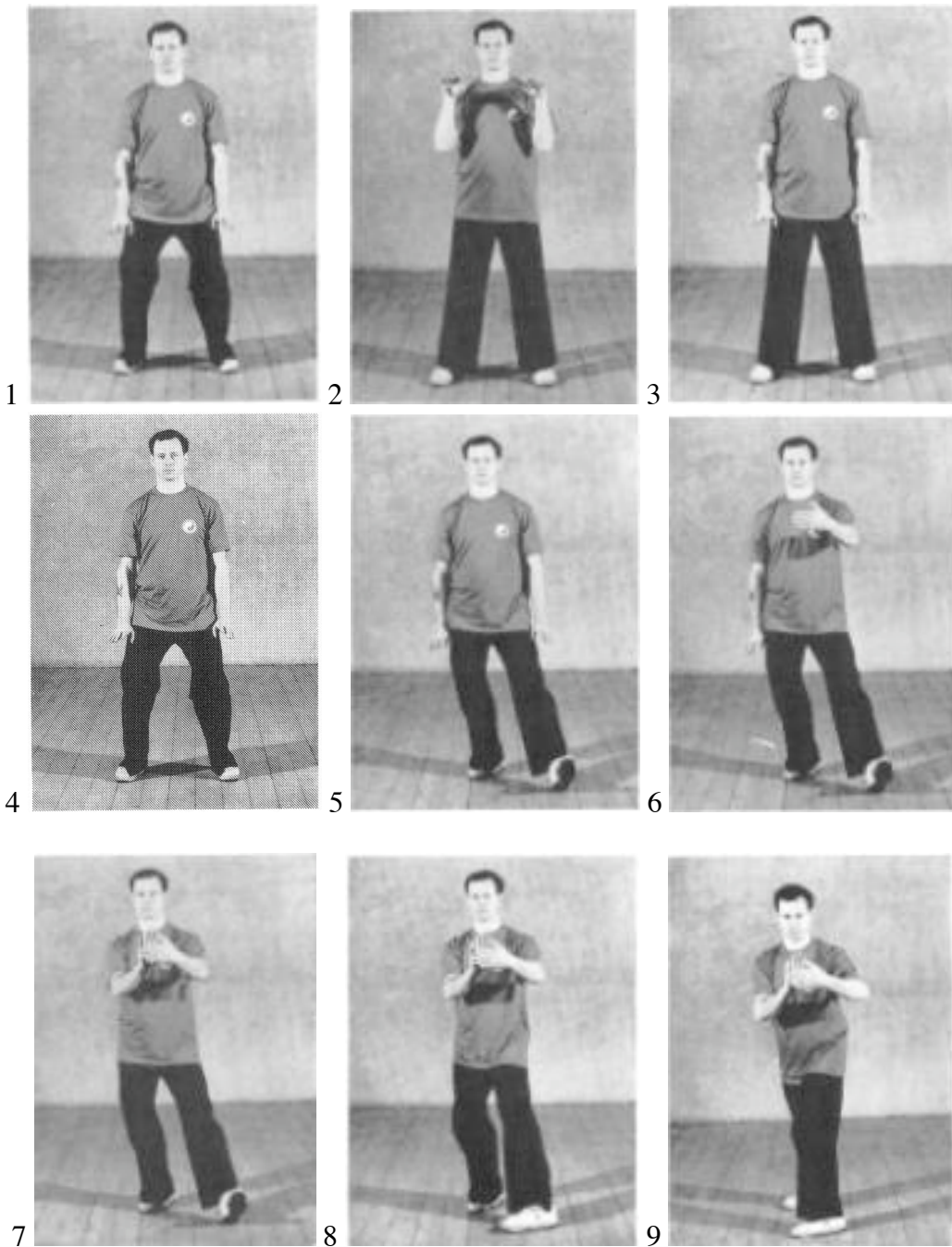
1. The wrists relax downwards.



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### 3. THE TAI CHI BEGINNING STYLE

1. Raise the arms to shoulder level.
2. Draw the arms in by bending the elbows.
3. Lower the arms to the sides.
4. Bend the knees.
5. Raise the left foot, heel first, then step forward, resting the heel on the ground.
6. In a circular motion, bring the left hand around so that the palm faces the chest.
7. Bring the right hand around until it is between the left hand and the chest.
8. Turn the left foot in, resting the sole on the ground.
9. Lean forward by straightening the right leg and bending the left.



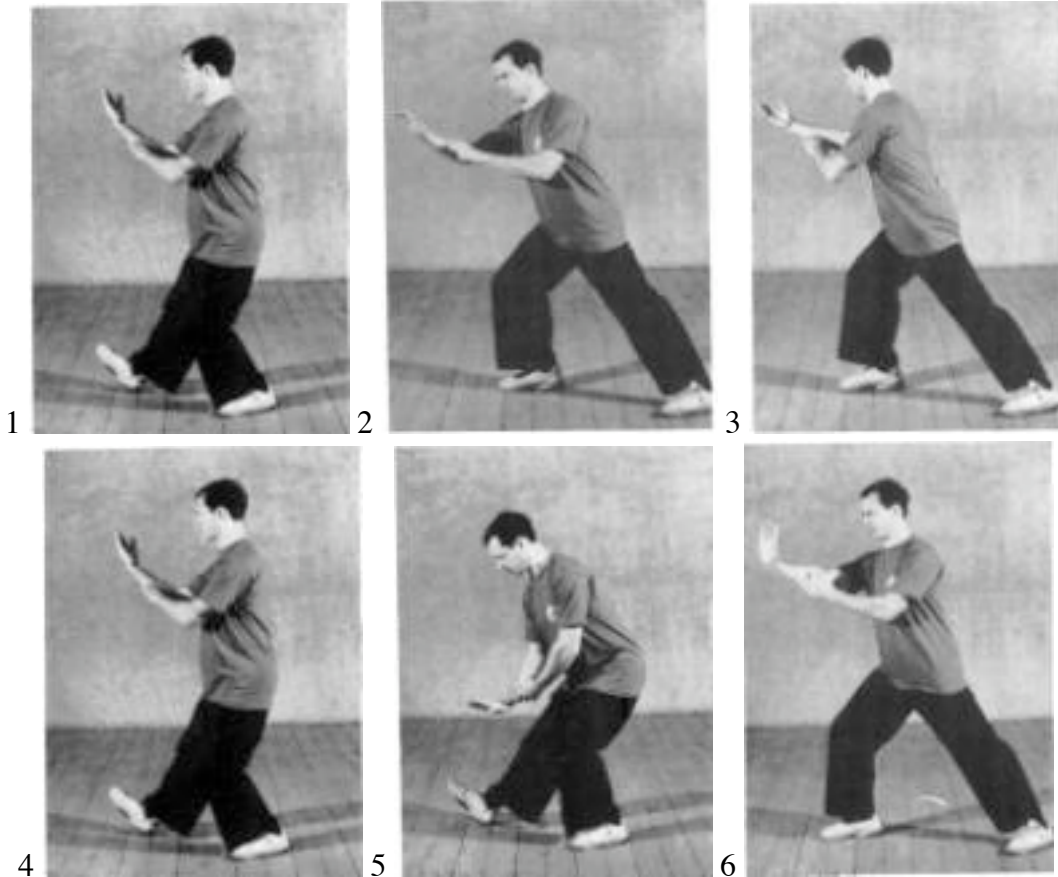
#### 4. THE SEVEN STARS STYLE

1. Reach out with the right hand at an angle of 45° to the right.
2. Raise the right heel and pivoting on the right toes, turn the body to the right.
3. Step forward onto the right heel, bringing the right wrist and the left fingertips into contact.



## 5. GRASPING THE BIRD'S TAIL

1. Bending at the waist, draw the arms in by bending the elbows out; the right palm faces up.
2. Shift forward into a front stance, simultaneously stretching the arms out, forward and to the left. The right arm is almost straight.
3. Draw the arms across to the right by twisting the hips.
4. Lean back by bending the left leg and straightening the right.
5. Bending at the waist, press down with the right palm.
6. Shift forward into a front stance, pushing out diagonally with the right hand.





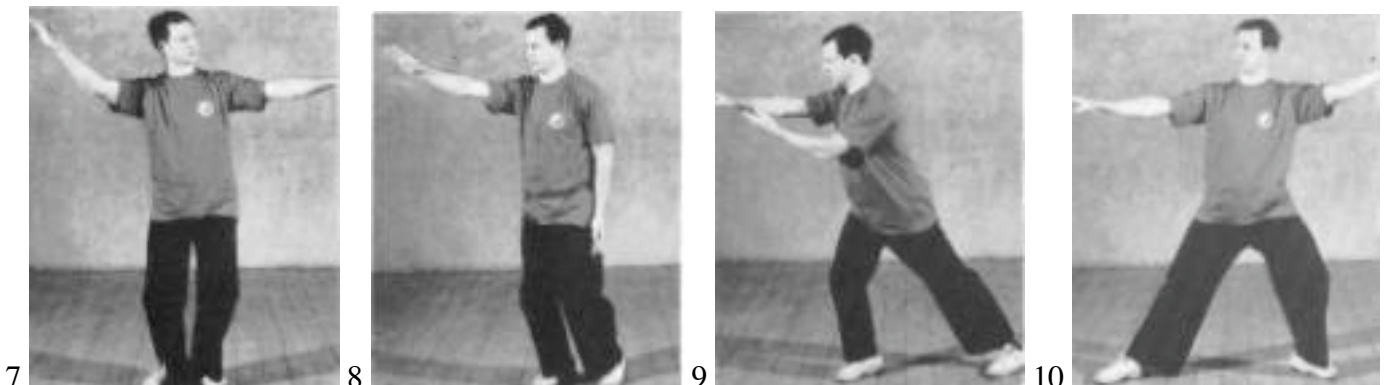
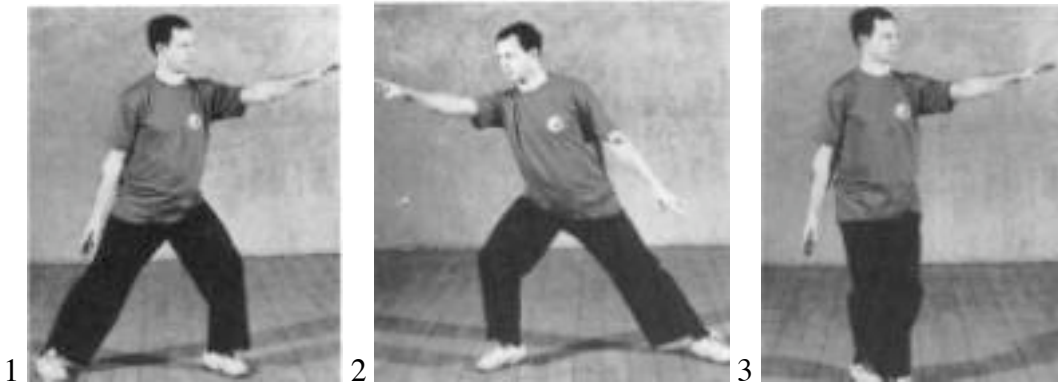
## 7. THE SINGLE WHIP

1. Keeping the right arm outstretched, bring the right hand around to the left in an arc at the end of which the hand forms a hook. At the same time the right foot turns in slightly towards the centre.
2. Take a small step to the left with the left foot.
3. Sweep the left hand across the body, palm facing inward. As it passes the body, turn the left hand and push out, sitting in the horse riding stance.



## 7. CLOUD HANDS (TURNING HANDS)

1. Turn the right foot out at 45° to the right by pivoting on the right heel, at the same time shifting the weight onto the right leg and reaching out at 45° to the right with the right hand.
2. Bring the left hand across and then up in a semi-circle until the fingertips touch the underside of the right wrist. At the same time, move into a full front stance by drawing the left foot in towards the centre.
3. Sweep the left hand around and up to the left, simultaneously turning the left foot 90° to the left and shifting the weight onto the left foot.
4. Turn the body into a front stance facing diagonally out to the left, at the same time turning the left hand palm down and lowering the right hand to the thigh.
5. Step up with the right foot, touching the right heel against the left so that the feet form a Y.
6. Raise the right hand until the fingertips touch the left wrist, at the same time sinking down slightly and keeping the back straight.
7. Draw the right hand across and up to the right, pivoting on the right heel in the same direction, but continuing to look left.
8. In one movement, turn to face diagonally out to the right by pivoting on the ball of the left foot, lower the left hand to the thigh and turn the right hand so the palm faces the ground.
9. Step back with the left foot to form a front stance, at the same time raising the left hand until the fingertips touch the right wrist.
10. Sweep the left hand around and up to the left, simultaneously turning the left foot 90° to the left and shifting the weight onto the left foot.





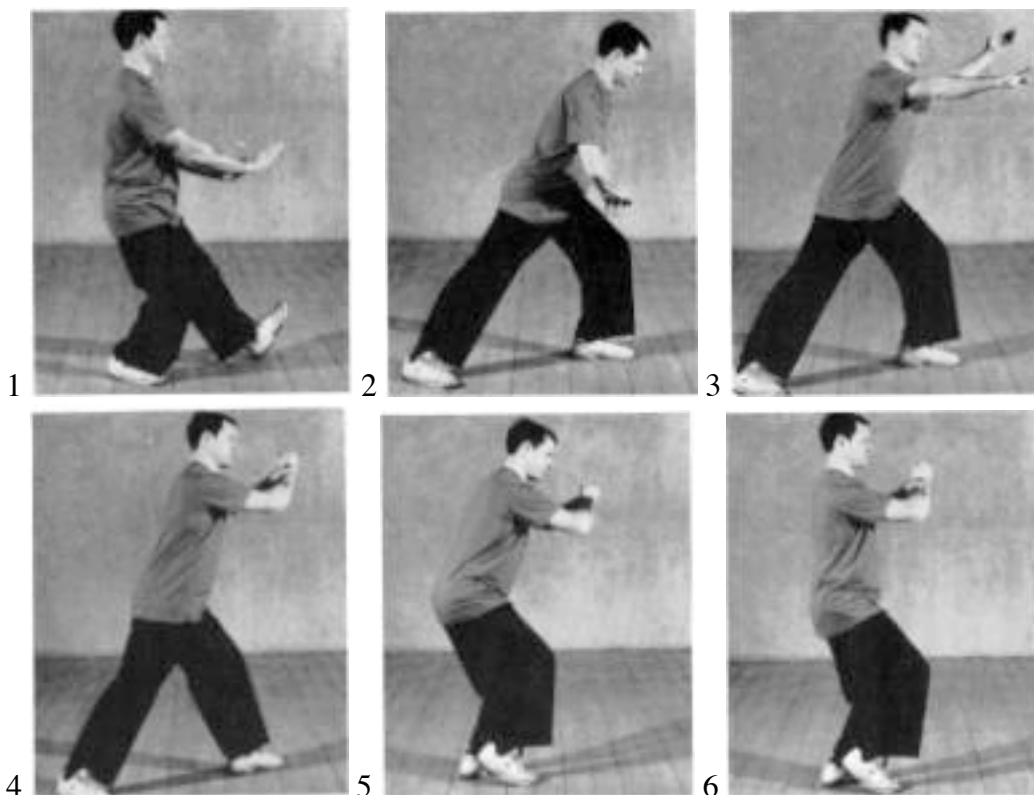
## 8. PAT THE HORSE HIGH

1. Pivoting on the heels to the left, shift the weight back onto the right leg and raise the open right hand to head level. The left palm is face up.
2. Draw the left foot back and rest the toes on the ground.
3. Bring the right wrist and left fingertips into contact by lowering the right arm and drawing in the left. Sink down in the stance at the same time.



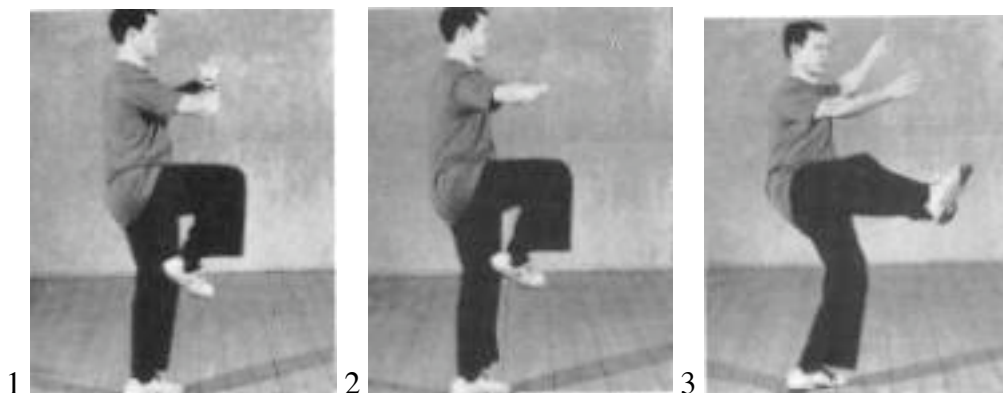
## 9. TURN THE BODY TO FACE THE LEFT

1. Step out with the left leg, placing the heel on the ground.
2. Shift into a front stance, turning the elbows out until the right palm is directly above and facing the left palm.
3. Twist the waist to the right and then back to the left, stretching the left arm out, palm up at  $45^{\circ}$  to the left, while the gaze follows the right hand which reaches out to the right at  $45^{\circ}$ , palm down.
4. Turn  $45^{\circ}$  to the left on the left heel, bringing the right wrist across to touch the left, lightly clenching the fists.
5. Sweep the right foot across in front of the left resting the ball of the foot on the ground.
6. Straighten the back by sinking down in the stance.



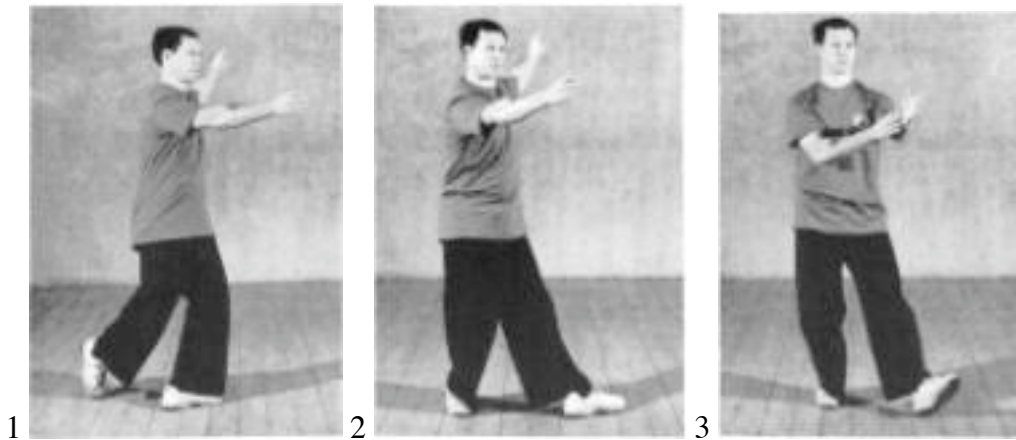
## 10. RAISE THE RIGHT LEG AND KICK OUT IN A CURVE

1. Raise the right leg. The left leg is slightly bent.
2. Open the hands, turning them palm down and drawing them apart slightly.
3. Turning the body to the right, kick out in a curve with the right leg, pointing the toes out. The right arm follows the right leg out to the right, while the left hand reaches back and to the left.



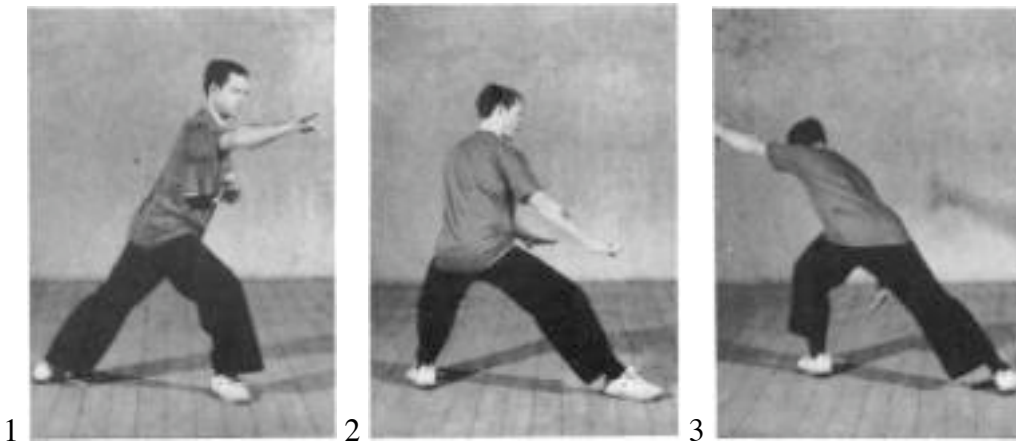
## 11. STEP BACK INTO THE SEVEN STARS STYLE

1. Step diagonally back with the right foot, keeping the weight forward. The hands remain in position.
2. Shift the weight back onto the right leg.
3. Draw the left arm in until the wrist comes into contact with the right fingertips. At the same time, turn the left foot on the heel so that the toes are raised and point forwards.



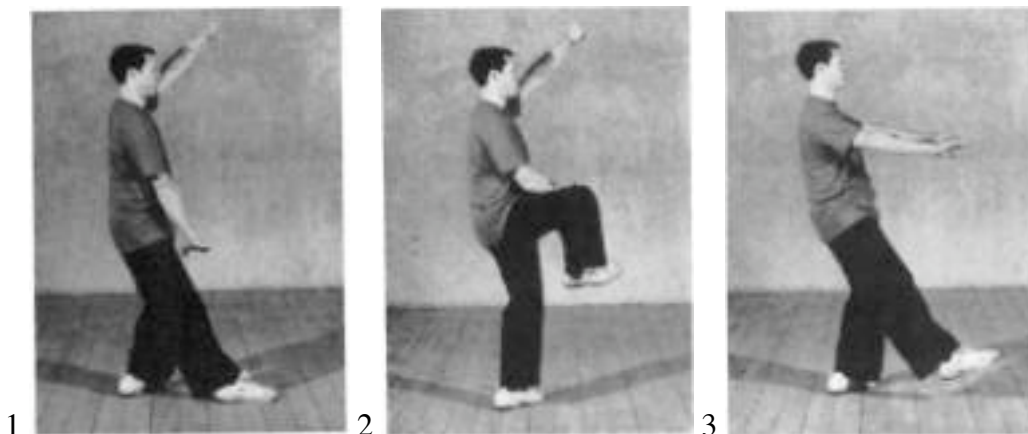
## 12. STEP BACK TO STRIKE THE TIGER

1. Step back with the left leg into a front stance, at the same time turning the palms face down and extending the right arm out over the left.
2. Pivoting on the left heel 90° to the left, shift the weight onto the left leg and straighten the right leg, lowering the hands to just above the right thigh.
3. Shift into a front stance by turning the right foot 180° around to the left, simultaneously bring the left hand up to protect the forehead and the right hand around to protect the groin.



### 13. TWIST THE BODY AND KICK

1. Turn the left foot  $90^{\circ}$  towards the centre. Sliding on the ball of the right foot, draw it in towards the left foot, simultaneously twisting the body  $90^{\circ}$  around to the right.
2. Twisting the waist to the left, raise the right arm in a  $180^{\circ}$  arc. At the top of the arc the left arm follows the right arm down and across to the right in another  $180^{\circ}$  arc. At the bottom of this arc, clench the fists as the right hand comes to rest, palm facing the navel to complete a circle. The left hand also completes a circle, coming to rest above the head, while the right leg is raised with the sole of the foot turned up and facing left.
3. Stretching the arms out to the side at shoulder level. palms down, kick out to the right at knee level with the outside of the right foot.



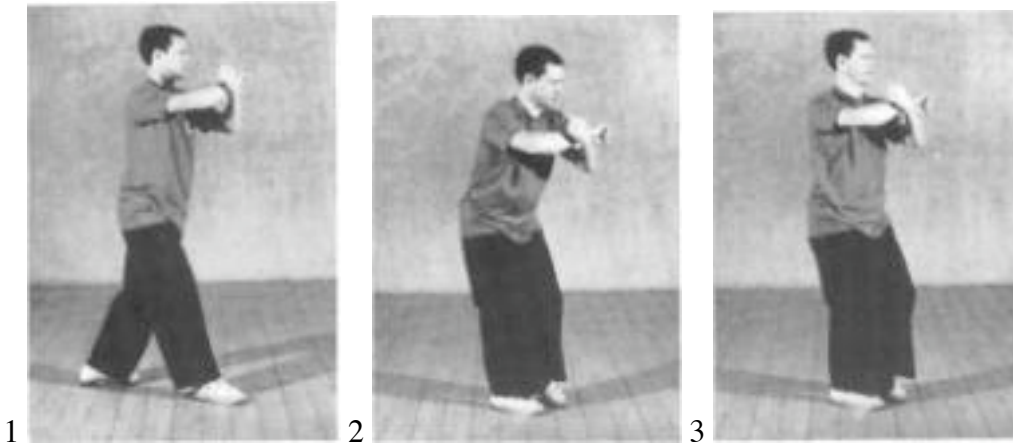
### 14. BOXING THE EARS

1. Place the right heel on the ground and draw the arms in so that they are parallel in front of the chest.
2. Lean forward into a front stance, lowering the hands to thigh level.
3. Clench the fists and bring them up in an arc as if to strike the ears of an opponent.



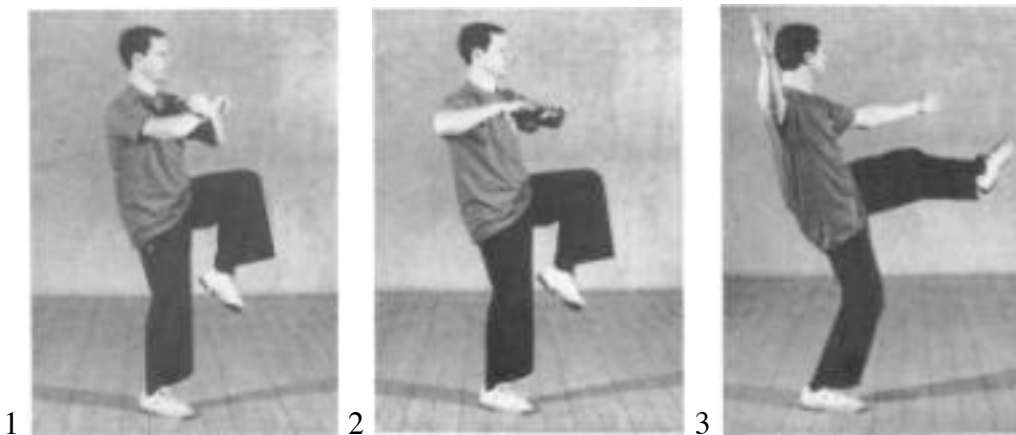
## 15. TURN THE BODY TO FACE THE RIGHT

1. Pivot 450 to the right on the right heel, bringing the left wrist across to touch the right and lightly clenching the fists.
1. Sweep the left foot across in front of the right, resting the ball of the foot on the ground.
2. Straighten the back and sink down in the stance.



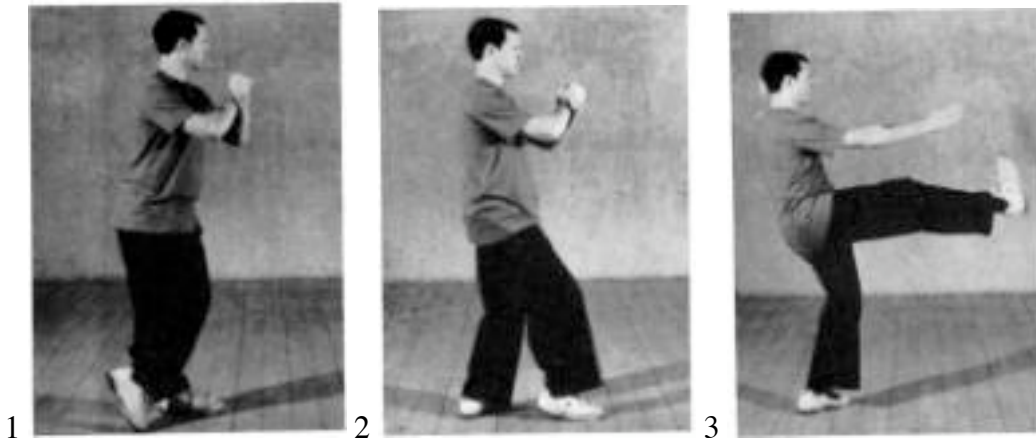
## 16. RAISE THE LEFT LEG AND KICK OUT IN A CURVE

1. Raise the left leg. Right leg is slightly bent.
2. Open the hands, turning them palm down and drawing them apart slightly.
3. Turning the body to the left, kick out in a curve with the left leg, pointing the toes out. The left arm follows the left leg out to the left while the right hand reaches back and to the right.



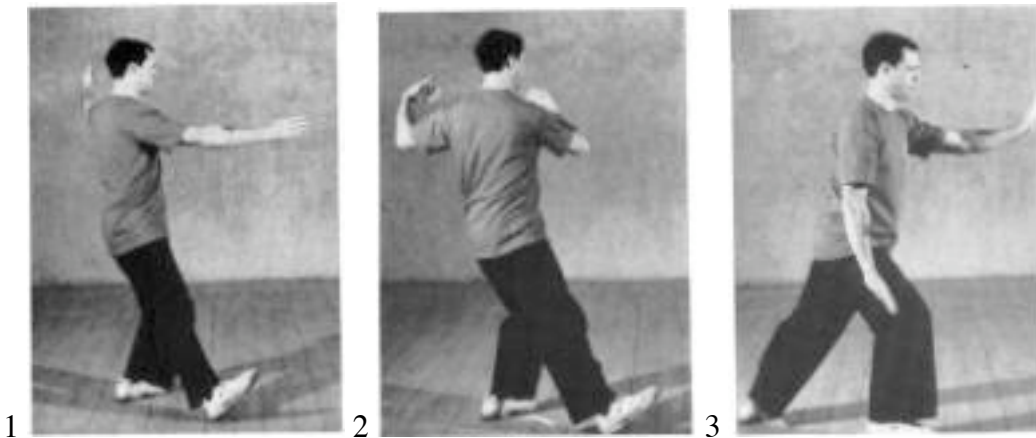
## 17. TURN AROUND AND KICK WITH THE HEEL

1. Lower the left leg, crossing it over the right, simultaneously clenching the fists and bringing the wrists into contact in front of the body.
2. Shift the weight onto the left leg and raise the right heel. Pivot 180° around to the right on the left heel and right toes.
3. Raise the right leg and kick forward with the heel. The right arm follows the right leg, while the left arm reaches back and to the left. Palms are open.



## 18. BRUSH KNEE TWIST STEP

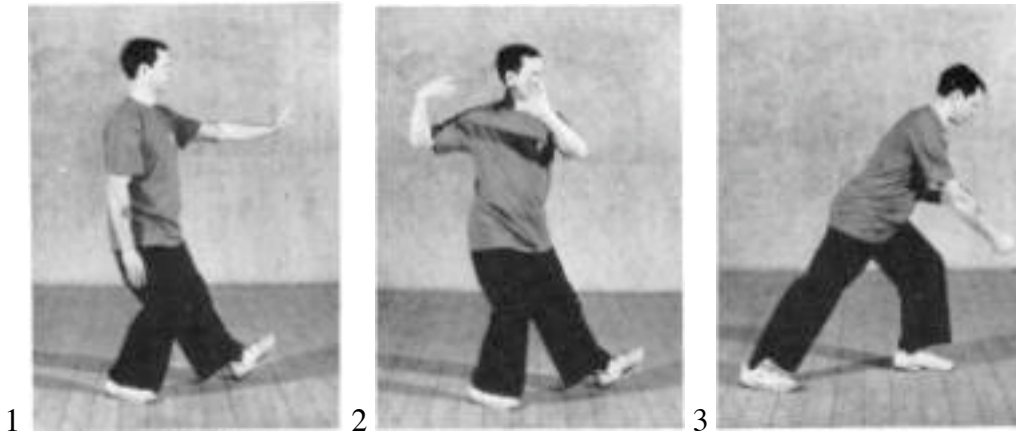
1. Lower the right leg, placing the heel on the ground.
2. Twisting at the waist, draw the hands back to just below the left ear.
3. Shift forward into a front stance, lowering the right hand to the side and pushing forward with the left hand.





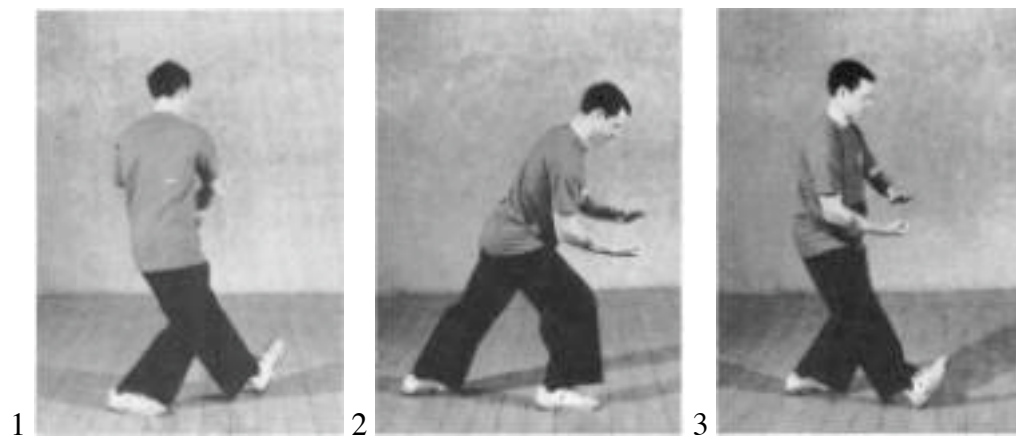
## 19. STEP FORWARD AND PUNCH DOWN

1. Step forward with the left leg, resting the heel on the ground.
2. Twisting at the waist, draw the hands back to just below the right ear.
3. Shift forward into a front stance, drawing a circle in the air with the left hand by bringing it down and out to the left. As the left hand moves back in towards the body, punch down with the right fist. Complete the circle by resting the left hand on the right forearm as the right fist completes the punch.



## 20. SWING THE FIST

1. Shift the weight back onto the right leg and clench the fists, lowering the arms to the left side, left over right.
2. Stepping back with the left leg into a front stance, open the left hand and swing both hands forward in an arc so that the left palm is above the clenched right fist.
3. Draw back, shifting the weight onto the left leg.



## 21. SNAKE CREEPS DOWN

1. Step back with the right foot and reach out to the left with the left hand.
2. Twisting the hips, reach over and across to the left with the right hand. At the same time turn the right foot in towards the centre.
3. Turning the right foot on its heel until it points diagonally out to the right, reach over across past the right hand with the left hand.
4. Shift the weight back onto the right leg, straightening the left leg and pulling the hands in close to the body. The left foot is flat on the ground.
5. Draw the hands in an arc to the right and then down just above the ground in front of the body, sinking down at the same time.
6. Shift forward and up into a front stance, stepping out slightly with the right foot, bringing the left hand up in an arc to protect the face, while the right hand protects the groin.



## 22. STEP UP SEVEN STARS

1. Cross the hands in front of the body, left over right, and at the same time step forward with the right foot, resting the ball of the foot on the ground and keeping the weight on the left leg. Lean back slightly as you step forward.



## 23. STEP BACK TO RIDE THE TIGER

1. Step back with the right leg into a front stance. Lean forward slightly.
2. Shift the weight back onto the rear leg, the ball of the foot comes up.
3. Draw the left leg back, touching the ground with the toes.
4. Bring both hands down and out to the sides in an arc. The left hand forms a hook, wrist bent, while the right palm is open and facing right.
5. Twist the hips to the right, at the same time pivoting on the left toes so that the body faces the right. The left arm moves around and down in an arc until the fingertips are pointing away from the body. At the same time the right hand comes up to protect the head.
6. Kick straight forward with the left leg, at groin level.





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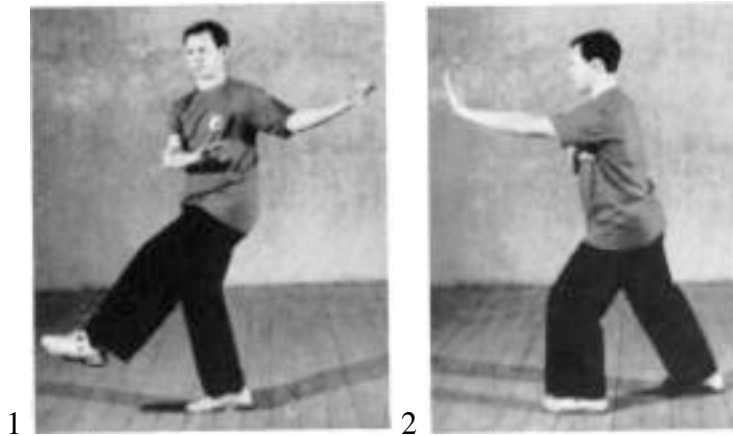
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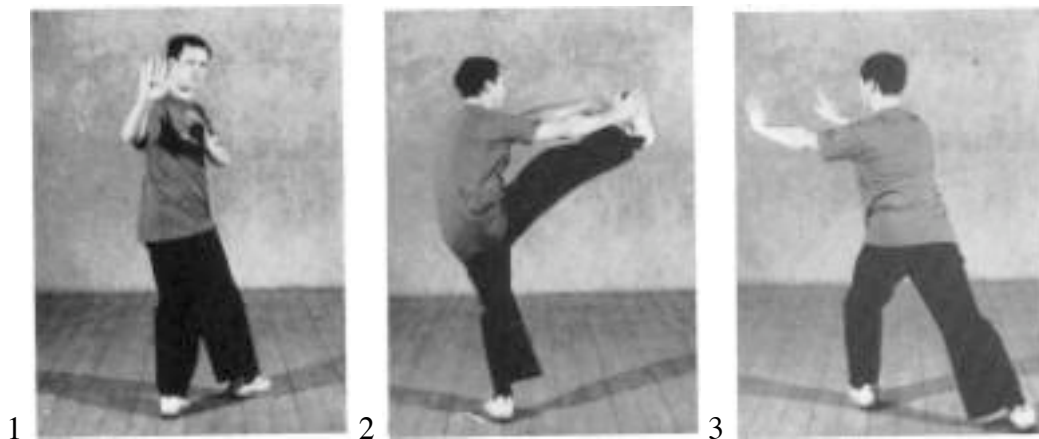
## 24. TURN THE BODY AND SLAP THE FACE

1. Pivoting 90° around to the right on the right foot, swing the left hand up and out to the left, palm up. The right hand is drawn in to protect the left armpit.
2. Step down into a front stance, slapping forward and down into the opponent's face while the right hand protects the armpit.



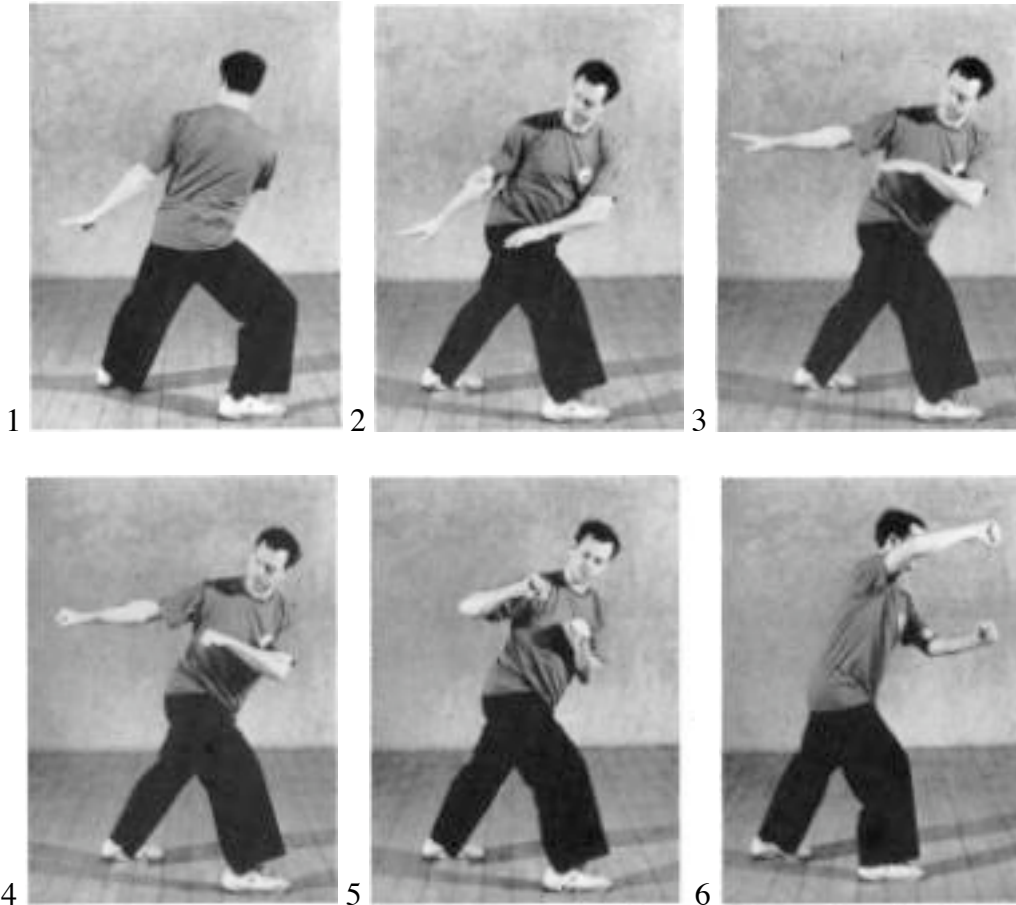
## 25. TURN BODY AND DOUBLE HAND SWEEP LOTUS LEG

1. Pivoting on the heel, turn 180° around to the right and sweep the hands across the body to the right.
1. Swing the right leg up and slap the toes with both hands by sweeping the hands to the left as the right leg swings back across to the right.
2. Place the right foot on the ground behind the left, sweeping the hands to the left and keeping the weight on the left leg.



## 26. DRAW THE BOW TO SHOOT THE TIGER

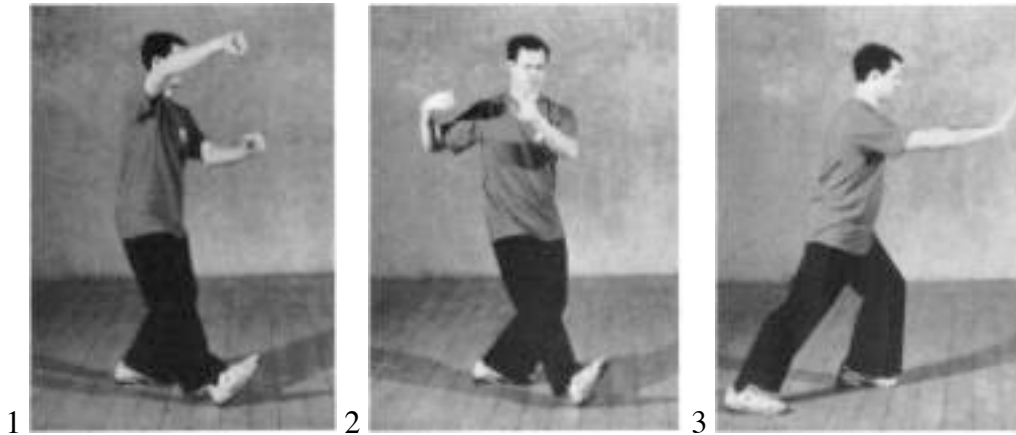
1. Turning to the right. shift the weight onto the right leg and lower the hands to just below waist level.
2. Twisting the waist to the right, swing the arms around to the right hip, palm down. The gaze is directed back over the right shoulder.
3. Raise the hands to shoulder level so the right arm is straight while the left arm is bent as if drawing a bow.
4. Clench the fists.
5. Turn to face the front. drawing the fists in towards the body.
6. Punch forward with both fists, palms facing out to the right.





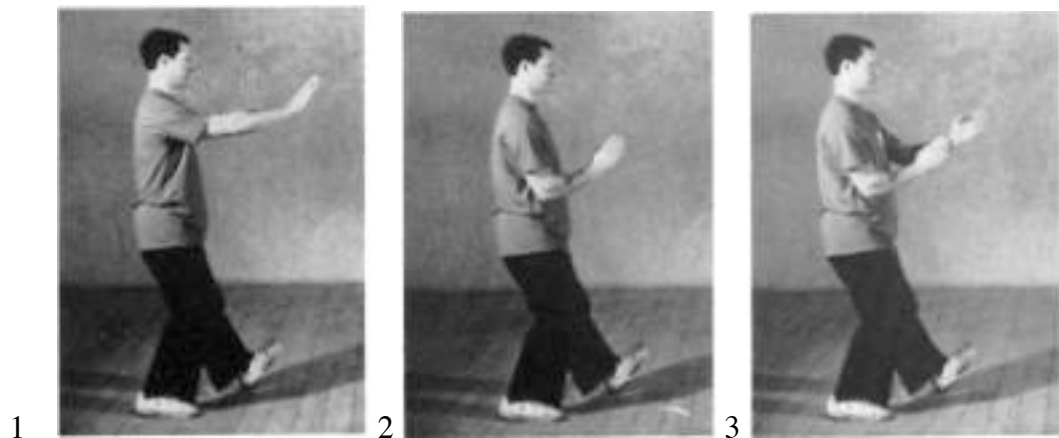
## 27. STEP BACK AND 'REPULSE MONKEY'

1. Shift the weight back onto the left leg. The fists remain clenched.
2. Twisting at the waist, draw back both hands, palms open, to just below the right ear.
3. Step back with the right foot into a front stance, pushing forward with the right hand and lowering the left hand to the left side.



## 28. THE SEVEN STARS STYLE (LEFT)

1. Shift the weight back onto the right foot.
2. Draw the right arm back by sinking the elbow.
3. Raise the left hand and touch the wrist against the right fingertips.



## 29. STROKE THE LUTE

1. Twisting the waist, turn the upper body to the right.
2. Lean forward into a front stance, pushing the left arm out.
3. Twisting the waist, turn the upper body to the left.
4. Bring the right foot up so it is level with the left. The weight rests evenly on both legs.
5. Draw the hands in by bending the elbows out to the side.
6. Stand up straight.



### 30. STEP UP, PARRY AND PUNCH

1. Bend the knees and step forward, resting the left heel on the ground.
2. Draw the hands back to the right hip, forming a fist with the right hand, then shift forward into a front stance, bringing the hands forward in an arc.
3. Shifting the weight back onto the right leg, draw back the right fist to the hip.
4. Twisting the body to the right, sweep the left hand across to the right.
5. Turning the left arm so the left palm faces the ground, turn the body to the left and draw the left arm across.
6. Shifting forward into a front stance, give a straight punch with the right hand and rest the left palm on the right forearm.



1



2a



2b



3



4



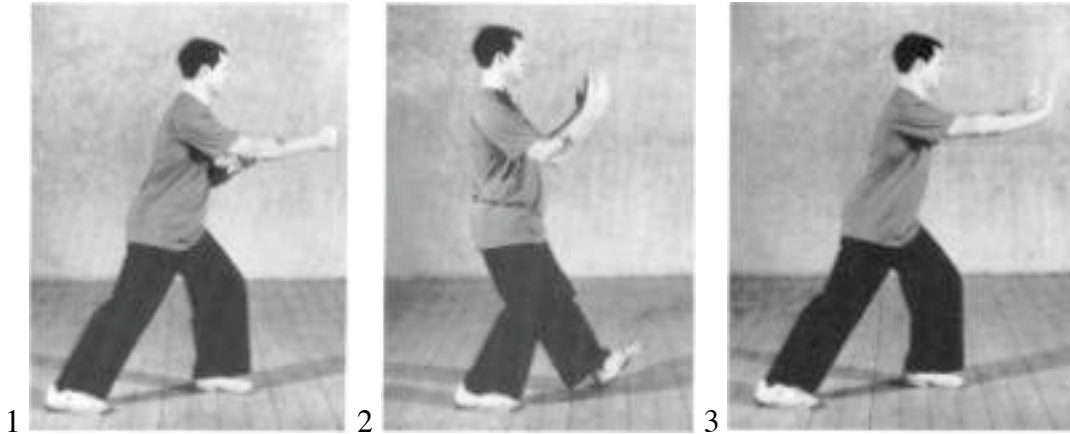
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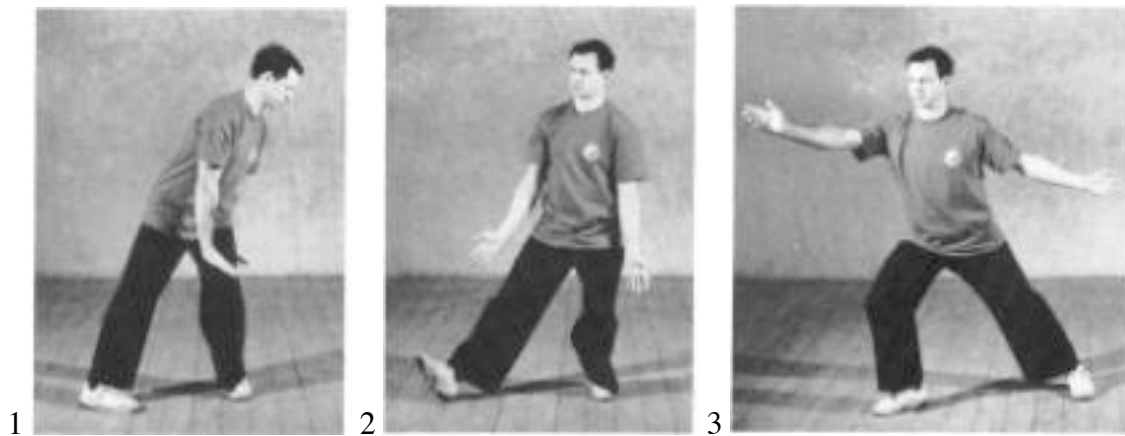
### 31. AS IF SHUTTING A DOOR

1. Place the left palm against the underside of the right wrist.
2. Lean back, bringing the arms back; both arms face the body.
3. Shifting into a front stance, push forward.



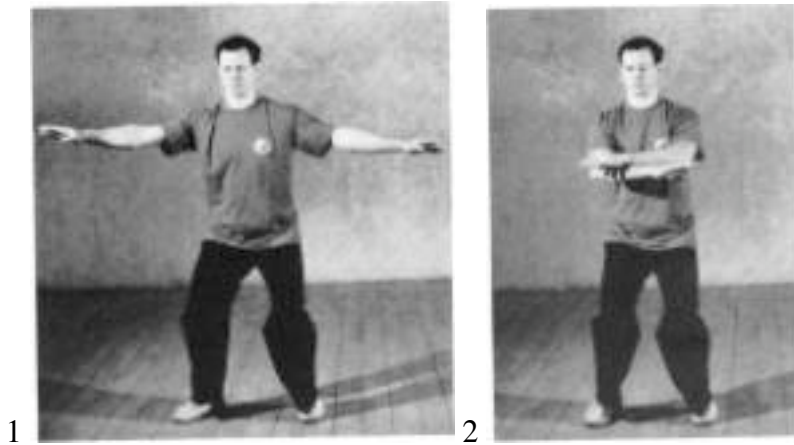
### 32. EMBRACE TIGER AND RETURN TO MOUNTAIN

1. Turning the left foot 90° in to the right, lower the hands to the left thigh.
2. Pivot on the right heel to the right and rest the backs of the hands above the thighs.
3. Shifting into a front stance, lift forward and up.



### 33. TAI CHI IN UNITY

1. Bring the left foot across to the right, turn the right foot in so the feet are parallel and the weight is evenly distributed.
2. Cross the hands in front of the chest with the left hand on top. Both knees are bent.



### 34. COMPLETION STYLE

1. Lower the hands to the sides and straighten the legs to resume the ready position of the first movement.





For information about seminars, classes, private tuition, books, videos  
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