

Marion VA Health Care System

Tai Chi Guide



Figure 1- taijijian practitioner in yellow uniform

wellvets.com/marion

What is Tai Chi?

Taijiquan (tai chi chuan) is a healing/martial art that combines martial arts movements with energy (qi or chi), circulation, breathing, and mobility techniques. It utilizes the ancient philosophy of yin and yang, and the five element theories for its foundation and training principles.

Internal Vs External Martial Arts

Both internal and external martial arts develop the mind and body of the practitioner.

Internal martial arts focus on internal balance. You are going to focus on controlling your body and mind by using slow movements that require you to be very aware of your movement and weight shifts between movements.

Most martial artists practice both types of martial arts to develop the whole self.

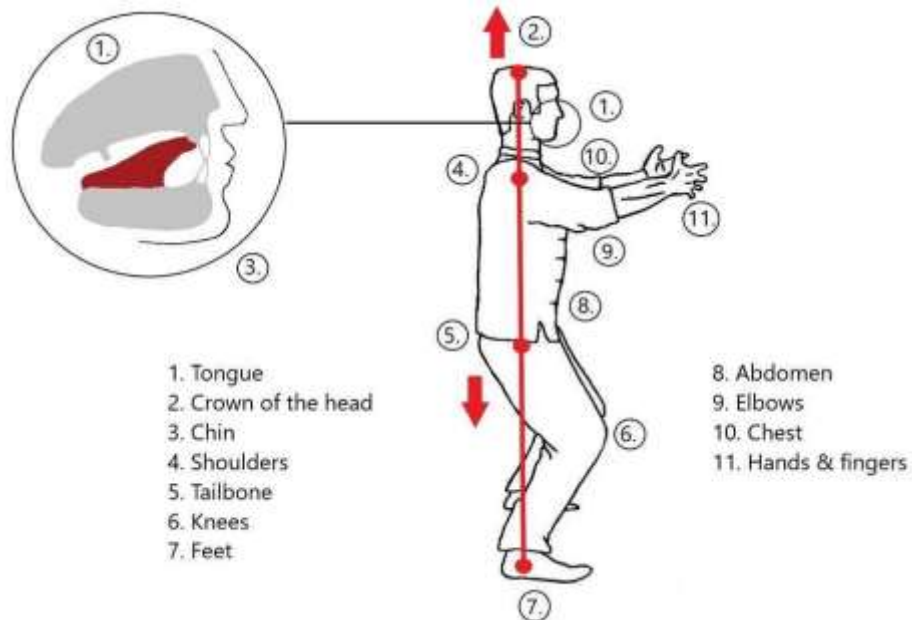
Types of Tai Chi (Taiji)

Tai Chi/Taiji (Grand Ultimate Fist)

1. **Chen**- this is the original & oldest style of tai chi. It is characterized by dynamic tempo changes, kicks, punches, and jumps.
2. **Sun**- this style incorporates qualities from 2 other internal martial arts- Xing Yi Quan and Bagua Zhang. Excellent for improving balance.
3. **Wu**- this is the second most popular style in the world. It utilizes a medium stance and shorter, more compact movements.
4. **Yang**- this is a slow, graceful form that utilizes wide, low stances. It is the most widely practiced style in the world. The simplified 24 and 48 forms and adapted 7 and 13 forms are all based on yang style.

Body Position in Tai Chi (Taiji):

1. Head:
 - a. Crown of head (baihui point) should be lifted.
 - b. Chin should be tucked gently down
 - c. Tip of tongue should touch roof of mouth just behind teeth
 - d. Lips are gently closed
 - e. Eyes follow the leading arm or leg
2. Torso- Centered and naturally upright
 - a. Chest should be relaxed and slightly concave, allowing upper back to round slightly
 - b. Belly button (dantian) should be slightly pulled in, allowing the lower back to round slightly to keep mingmen point (gate of life) open
 - c. Waist and hips should be loose and relaxed
3. Arms/shoulders
 - a. Shoulders should be relaxed and sink down
 - b. Armpits should be “open”
 - c. Elbows should always keep some bend. When arms are extended forward or to side, elbows should stay low
 - d. Hands (in taiji)- wrists are flexed, fingers are extended
4. Legs/feet
 - a. Knees should maintain some bend
 - b. Feet should have even weight distribution from ball to heel



Tai Chi Resources

Dr. Lam- <https://taichiforhealthinstitute.org/>

Dr. Guo- <https://appliedtaiji.com/>

YMAA- <https://ymaa.com/>

International Wushu Federation- <http://www.iwuf.org/>

Video Resources:

Adapted 7 Form

<https://www.youtube.com/watch?v=wsyOOSuR5Ws>

Adapted 13 Form

<https://www.youtube.com/watch?v=wOwD5TpwYCA>

Chair Chi Form

<https://youtu.be/ZkxSNPgPjAo>

24 Form

Jenny Lu- https://www.youtube.com/watch?v=a1D8w4g0dnM&list=PL9It_VGnz2FhPnuP-7gokweVx5xiRm3eS

Coach Li- form + martial applications https://www.youtube.com/watch?v=ZjN0kL_SVJw

Liang demo- <https://www.youtube.com/watch?v=5LsyuDml8YI>

Ageing Partners demo- https://www.youtube.com/watch?v=aXC4bAb_jU8

Adapted Tai Chi Group (30 min)

This group is ideal for anyone with limited mobility or those who prefer to participate seated. The group will follow the adapted 7, adapted 13, or the Chair Chi form.

Tai Chi requirements:

Plan on wearing loose-fitting clothing and non-slip athletic shoes.

If you plan on attending the adapted group and want to do this practice seated, make sure you have a chair that will remain stable as you change positions.

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Adapted 7 & 13 Forms

Adapted 13 Form

Commencing Form

Part the Wild Horse's Mane- Both
Sides

Brush Knee and Push Hand- both
sides

Single Whip

Transitional Move

Grasp the Bird's Tail- both sides

Transitional Move

Hold the Sky and Push the Earth-
both sides

Fist Under the Elbow

Transitional Move

Flying Arrow Chases the Tiger

White Crane Spreads Wings

Deflect, Parry, and Punch

Transitional Move

Apparent Close

Needle at the Bottom of the Sea

Flash Arms

Transitional Move

Bend the Bow and Shoot the Arrow

Closing Form

Adapted 7 Form

Commencing Form

Part the Wild Horse's Mane- Both
Sides

Brush Knee and Push Hand- both
sides

Transitional Move

Grasp the Peacock's Tail

Transitional Move

Hold the Sky and Push the
Earth/Golden Rooster Stands on One
Leg

Transitional Move

Flying Arrow Chases Tiger/Hidden
Hand Punch

Transitional Move

Needle at the Bottom of the Sea

Transitional Move

Bend the Bow and Shoot the Arrow

Closing Form

Chair Chi Form



1
Opening of the form: Hands up, hands down.



2
Grasp the sparrow's tail and hold the ball: Right hand on top.



3
Ward off: Left hand goes up, on top.



4
Hold the ball: Left hand on top.



5
Ward off: Right hand goes up.



6
Roll back with both hands.



7
Push or press with the right hand in front and the left hand supporting.



8
Pull with both hands.



9
Push with both hands.



10-14
Single whip: Pull across from the right side of the body to the left side of the body. Return to the right side of the body. Pull the string with the right hand and push with the left hand (10-14).



15-16
Trip the dragon: Picture picking up a ball with both hands (15-16).



17-18
The tiger takes a step: Picture pushing the ball away with your right hand (17-18).





The white crane spreads its wings: The right hand goes up.

The white crane flies: Right-side twist.

The white crane flies: Left-side twist (21-22).



Brush knee: Brush the left hand to the left knee.



Push: With the right hand.



Play the guitar: The left hand goes up and the right hand goes down.



Brush knee: Brush the left hand to the left knee (26-28).



Brush knee: Brush the right hand to the right knee.



Push: With the left hand.



Brush knee: Brush the left hand to the left knee.



Push: With the right hand.



Play the guitar: Left hand is up and right hand is down (33-34).





Brush knee: Brush with the left hand to the left knee (35-36).

Yin/yang hands: The left hand goes up and the right hand goes down (37-38).

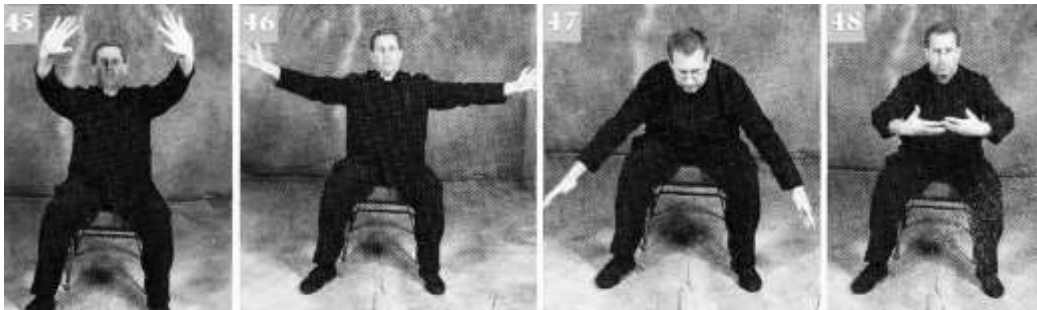
Dragon step: Kick with the right foot.



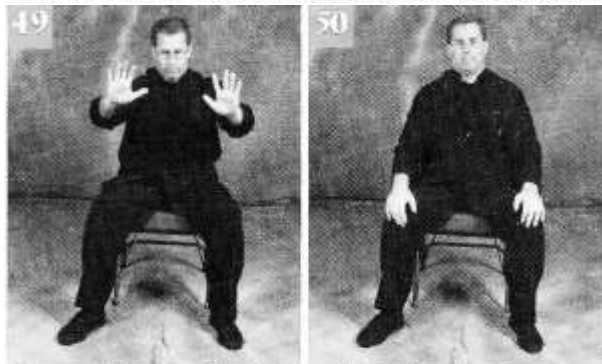
Punch with the right hand.

Roll back with both hands (41-43).

Push with both hands.



The tiger returns to the cave: Reach up high with both hands and stretch. Now reach low as if grabbing an object (45-48).



Closing of the form: The hands go down (49-50).

Yang Tai Chi Group (45 min)

Coming Soon




























This group is ideal for anyone interested in learning Yang style Taiji/Tai Chi. Forms utilized in this group include the 24 and 48 forms.

Tai Chi requirements:

Plan on wearing loose-fitting clothing and non-slip athletic shoes.



Yang 24 form

						
Starting.	Parting The Wild Horse's Mane. 3 times.	White Crane Spreads It's Wings.	Brush Knee, Push. 3 times.	Playing The Guitar/Lute/Pipa.	Repulse Monkey. 4 times.	Hold The Ball, Ward Off.
						
Grasp The Bird's Tail.	Press, Sit Back.	Open up and Push. Repeat the last 4 moves, going right.	Single Whip.	Cloud Hands, going left.	Single Whip again, High Pat on Horse.	Right Heel Kick.
						
Carry The Tiger Over The Mountain.	Turn.	Left Heel Kick.	Snake Creeps Through The Grass.	Stand on one leg. Repeat on Right side.	Shuttle Back And Forth.	Needle At Bottom Of The Sea.
						
Fan Through The Back.	Turn.	Right Back Fist.	Parry and Punch.	Apparent Closing.	Cross Hands.	Close.