



Linda's T'ai Chi Weekly Handout October 31, 2021

### Cloud Hands



手 摆 左

Yang Chengfu (1883–1936) is historically considered the best known teacher of the soft style martial art of Yang-style t'ai chi ch'uan. Here he is performing “Cloud Hands”

Cloud hands or wave hands like clouds is a signature posture in all styles of T'ai Chi. In Yang style, the movement of the arms is more vertical. But all of the styles have one thing in common: circular motions while stepping to the side and turning of the waist (hips). The waist (hips) has to be soft, loose and circular. Cloud hands mimics the clouds moving on a windy day.

In the martial arts application, cloud hands use the opponent's energy and movement to thwart his/her attack. It intercepts the opponent's strike and throws the opponent off balance. Practicing cloud hands will make your motions smoother, more continuous and beautiful. As you perform cloud hands, imagine being a cloud or painting a cloud. Seeing or feeling the clouds in your body connects the mind, body and spirit.

Enjoy some of my favorite images of amazing cloud formations



Asperitas clouds common in the plain states.



Lenticular clouds over Mt Rainier.



Lenticular Cloud Patagonia Argentina





Cumulus clouds



## Cirrus clouds

I encourage you to practice cloud hands on a regular basis. Besides improving your technique, it is quite calming and soothing

Peace, Linda



Lenticular Cloud Mt St Helens, WA