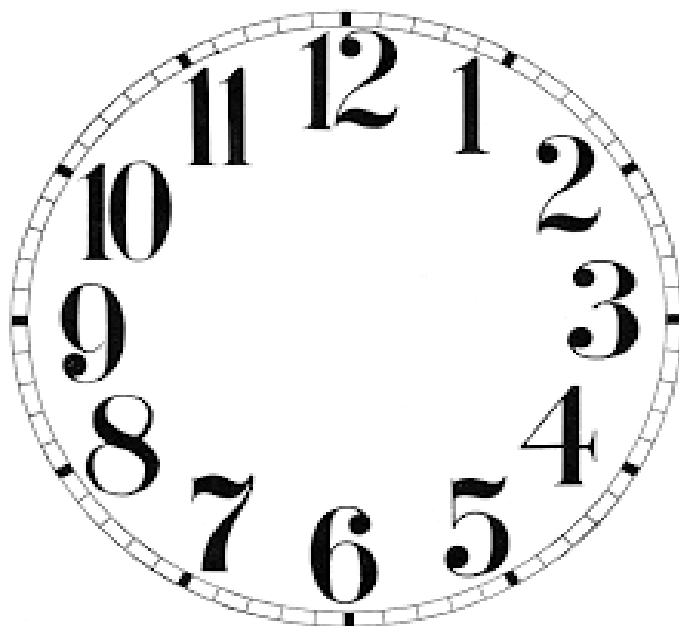




Linda's T'ai Chi Weekly Handout

The T'ai Chi Clock



The T'ai Chi clock is not about time. It is about where we place our leading foot in each posture. All of T'ai Chi and Qigong are performed in a spiral or circular motion like the face of a clock. Some examples of the circular motions we perform are rotating around the elbow; (never the shoulder) turning of hands and wrists; rotating our waist/hips; play the guitar; single whip, to name a few.

Some of the circles we perform are full circles like the windmill in Shi ba shi or a partial circle as in play the guitar.

I used this model during the pandemic shut-down when I was teaching on ZOOM. Using the clock as a directional aide was very helpful on the ZOOM platform

But I now think that reintroducing the clock model in class will be very helpful for where to step on each posture. I will certainly demonstrate this in class this week. The position on the clock is the leading foot- The back foot is always at an angle to get the best posture and stance. Remember that your eyes are in the direction of the leading foot.

Take a look at the clock on the top of the page. When we set up in our classes, we are facing the 12 o'clock position on the clock. As you look forward, that is your 12 o'clock. Here is each posture of Set 1 and Shi-ba shi with the designated clock position

1. Open the door- 12
2. Pivot- 3
3. Ward-off- 1
4. Embrace the peacock tail- 3
5. Single whip- 9
6. Close hands- 12
7. White crane- starts at 11 and ends at 9
8. Brush knee sequence- 9
9. Sun follows the moon- 9
10. Strike, punch and retreat and seal- 9
11. Pivot back to 12
12. Finish- 12

Shibashi positions on the T'ai Chi clock- this is the direction of your eyes or the position of your body. . Your feet are often spaced pelvis width. Postures 11, 12 and 13 are with the leading foot.

1. Mist rises on the water- 12
2. Open your heart and see the mountain- 12
3. Paint the rainbow- 12 (Look to 3 and 9)

4. Separate the clouds- 12
5. Hands glide like silk (Float silk in the air)- facing 12 but arms reach to 6
6. Row the boat in the middle of the lake- 12
7. Raise the sun- 11 and 1
8. Look at the moon- 1 and 7
9. Push palms-11 and 1
10. Cloud hands- 12- rotating hips at 11 and 1
11. Scoop the sea and lift heart to the sky- Step to the 11 and 1
12. Push waves- Step to the 11 and 1
13. Flying dove spreads its wings- Step to the 11 and 1
14. Dragon emerges from the sea- 12 with rotating hips to 11 and 1
15. I can fly- 12
16. Windmill turns in the breeze- 12
17. Step into heaven- 12
18. Gather fragrance of the earth and release to heaven – 12

I will demonstrate in class and refer to the clock to help you orient your leading foot



Peace, Linda