



Linda's T'ai Chi Weekly Handout March March 17, 2024

A Moment of Awe



How could I possibly begin this week's handout with a mention of St Patrick's Day and more importantly, one of its symbols, the four-leaf clover. The four-leaf clover (officially known as *Oxalis deppei*) is a small plant with four distinct leaves. It's a rare variation of the common three-leaf clover, and because your chances of finding one with four leaves is about 1 in 10,000, they're considered lucky. (Better Homes and Gardens)

But now onto the subject of this week's handout- "More about the Tung style" . I got such good feedback from last week's topic – the Tung form, I thought I would write a bit more about the style you are learning.

The Tung style, besides the routine you are learning, has many other routines or forms- fast set, Single Knife, sticks, double sticks, the Tung Family Set and many more. I teach the long form that you are learning single, knife and the Tung Family Set. I teach Yang style fan and Yang style knife as well.

The Tung form is a long form. It is comprised of 89 postures depending on how each posture is counted. Some say the form has 107 postures. Before you gasp, many of the postures are repeated throughout the 89 postures like single whip, brush knee, cloud hands and peacock's tail to name a few. The difference from one set to another is how you get into and out of the posture.

The Tung form is divided into 3 sets. I teach each set independently from each other. I teach Set 1 in the beginning class, Set 2 in the Intermediate class and Set 3 in the advanced class. There is no requirement to learn the entire form. Some students only learn Set 1 and some students only go as far as Set 2. This is a personal decision based on your goals. It is up to you when you move to the next level. I can advise you but it is up to you.

I have included some photos for you so that you can see some but not all of the various other forms I wrote about last week. I start with Grandmaster Tung Kai Ying. He is performing the form you are learning.



Grandmaster Tung Kai Ying Tung Style performing “embracing the peacock’s tail”. Notice his upright posture, bow stance with the leading foot forward and back foot at the

45 -degree angle. Notice the bent elbow and open palm, chin in and bend in both knees.

This next photo is a group performing the Wu style.



The major difference with the Tung style is the diagonal body posture. Notice this form still uses the bow stance, soft open palms, chin in, bent elbow but is performed on a slant. The energy still comes from the ball of the foot and through the hips/waist.

Tai Chi Yang Style 24 Form

FORMS
1-22
MIRROR IMAGE



We now come to the Yang style. Notice the upright stance like the Tung style, open soft palms. The major difference as shown in this photo is the roll-back. Notice the lifted left foot. This is a roll-back that is very common in Yang style. They rarely if ever pivot on the weighted foot like the Tung style. The other major difference from Tung is that often, the hand uses pointed fingers not the rounded open palm like Tung.

Now we come to the Chen style. This style is very different from all the other forms, It is a hard Tai Chi. Punches, kicks, strikes. Notice the hand postures.



The Main Principles of Tung Style Tai Chi

1. Stand tall with a long spine- do not bend at the waist
2. Use the Bow stance for stability
3. Pivot on the weighted or heavy foot (often)
4. Pivot first on the stable foot and then end the pivot on the ball of the opposite foot
5. Use rounded soft hands
6. Root your energy in the feet, control with the waist and express with the fingertips
7. Think circles and spirals in all of your postures.
8. Focus the mind and stay in the moment
9. Breathe through your mouth in long, slow deep breaths
10. Keep elbows and all joints soft and bent- lower the shoulders

And, practice

Linda