

Linda's T'ai Chi Ch'uan Postures Tung Style long form

SECTION 1

Preparatory position -The 3 Treasures- body, breath, mind- (lower shoulders)

Open the door-palms facing each other

Push right arm forward as you sink deeper- low elbow

Pivot to the right- do not shift weight

Ward-off to the corner

Embrace peacock's tail

Single whip

Close hands

White crane folds its wings and pivot to your 9 o'clock position

White crane unfurls its wings

Brush left knee and push

Follow through- raise right knee slightly

Play the guitar

Brush left knee and push

Brush right knee and push

Brush left knee and push

Follow through

Play the guitar

Brush left knee and push

Sun follows the moon

Empty step forward with left leg and shift weight as you punch through with right hand

Retreat and seal (under and over)

Pivot to center - Cross of wings- reposition right foot

Finish and Breathe