

TAI CHI SHORT HAND FORM

CLASSICAL YANG STYLE

Updates available from www.taichichuan.org.uk

Common rules: Arm movement is usually from the wrist and elbows with the shoulders and upper arm remaining fixed and relaxed. When hands are held in front of the body they must always be in line with the centre of the body and move up or down this centre line. When hands are held to the sides of the body they must never go behind the body. Leg movement is instigated by turning the hips whilst remaining upright on a pole down the centre of the body and sinking into one leg so that the other leg becomes empty and can be picked up.

These notes are kept brief and may not be entirely accurate. They are intended as a memory aid to help you to practise what is covered in more detail in your lessons.

Key: N,S,E,W = compass directions; CW/ACW = clockwise/anticlockwise

1. **Attention (Wu Chi) Posture** - Stand to attention facing N, body relaxed, knees slightly bent, shoulders dropped, arms hanging loose at side of body 'holding golden apples under armpits' and palms towards body, head suspended, tongue on roof of mouth, pole down centre of body.
2. **Preparation** - Sink down into right leg and step out sideways shoulder width to W. Turn NE with hands raising slightly to front of body and opening palms upwards. Turn N rotating hands at wrist to finish with fingers pointing down.
3. **Beginning** - Raise both hands to shoulder height with fingers down, draw them in and then lower them back with fingers up, then drop fingers down to finish at previous position. Most of the movement being at wrists and elbows.

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4. **Ward-Off Left** - Sink into right leg, turn NE raising right arm to shoulder height and cupping left hand under at waste height 'to hold a large beach ball'. Turn and step left leg forward to N raising left hand to ward-off left, right hand drops to side at waste height (photo 1).
 5. **Ward-Off Right** - Sink into left leg and turn E with hands turning to hold beach ball. Step right leg out to E, turning and raising left hand to point to palm of right hand at shoulder height. Yield to right by sinking more into right hip and right hand turning up 'to grasp sparrows tail'.
 6. **Rollback** - Sink into left leg to turn NE, left hand drops slightly to left (as if pulling someone by the wrist) and right arm turns and rolls up to left (as if rolling up an opponent's arm).
 7. **Press** - Turn E raising and swivelling left hand over top of right hand to end with palms crossed at shoulder height. Sink forward into right leg to press.
 8. **Split** - Sink back into left leg opening both hands to shoulder width.
 9. **Push** - Sink forward into right leg turning hands over so that palms face forward.
 10. **Single Whip** - Sink back into left leg lowering both hands to chest height. Turn N dragging right foot to point N. Turn NE, left hand lowers and turns upwards, right hand forms whip above it. Turn N sink backing into right leg, left hand forms ward-off left, right arm flung out to E at shoulder height. Sink further into right leg, pulling left leg into post position while turning ACW to face W. Step out left leg to W, turn left hand over for push and shift weight forward into left leg.



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11. **Lifting Hands** – Turning N open both hands at shoulder height 'to accept gifts' and empty step right foot to N on heel, while left arm drops to form 'tiger's mouth' at right elbow.
 12. **Shoulder Stroke** - Turn NW lowering both hands to chest height. Turn NE lowering right hand to protect groin and shift weight into right leg.
 13. **White Crane Spreads Wings** – Sink further into right leg; turn NW forming ward-off right. Left leg drawn in to post position. Continue turning to W raising right hand to forehead height and lowering left hand to brush left hip,



both hands swivelling to face palms outwards (photo 2). Yield to left cupping right elbow, slight rollback or yield to right.

14. **Brush Left Knee And Push** – Empty step left leg forward to W, left hand lowers to brush left knee and right hand goes into push position as weight shifts forward into left leg (photo 3).
15. **Play Guitar** – Turn NW with a slight step up with right leg, left hand raises to grab elbow (with palm up) and right hand to grab a wrist (with palm outwards). Sink back into right leg turning to face W with both hands turning to ‘play guitar’ in line with pole and left foot remains forward on heel. Yield to right.
16. **Brush Left Knee And Push** – See 14 above (+ photo 3).
17. **Step Forward, Deflect Downwards, Intercept And Punch** – Drop weight back into right leg dropping right hand forming a fist and turning SW. Shift weight forward into left leg raising both arms and pulling right knee up high. Turn and step down to NW with right fist shielded by left hand. Sink into right leg dragging left leg into post position. Turn and step left leg forward to W punching forward under left hand as weight sinks forward into left leg.
18. **Withdraw And Push** – Cup right elbow and slide hand up forearm whilst sinking weight back into right leg. With both hands now in push position sink weight forward into left leg.
19. **Crossing Hands** – Turning NW, sink into right leg and raise right arm to chin height. Continue turn to N, sinking into left leg and raising left hand to chin height. Step right leg around to E turning NE and sweeping both hands out and down. Turn to face N sweeping both hands up to cross hands at chest height.
20. **Embrace Tiger And Return To Mountain** – sink into left leg dropping left arm slightly. Step around to SE, pushing with left hand while right hand turns to face palm out then in to finish as ward-off right (both hands will now be in the ying-yang exercise position).



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21. **Rollback** to E – see 6-9 above but all compass points now 45 degrees further clockwise.
 22. **Press** to NE
 23. **Split**
 24. **Push**
 25. **Diagonal Single Whip** to NE finishing NW

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26. **Punch Under Elbow** – Sink back into right leg, turning and adjusting left foot to face W. Turn NW opening left hand. Sink into left leg, step right foot to W and swing right wrist (to hit a head or chin). Sinking into right leg, turn NW, form a ‘bow and arrow’ stance with both arms and drag left foot into post position. Turning W, empty step left foot onto heel and punch with right fist under left elbow (low to kidneys).
 27. **Step Back To Repulse Monkey** (L),(R),(L) – Small yield to right, then return to W with both hands facing forwards at shoulder height. Turn SW and empty step behind with **left** leg, lowering hands slightly (to grab a wrist and arm). Turn back W, sinking into left leg, turning left hand over and pressing right hand down. Small yield to left. Repeat with the **right** leg then again with the **left**.
 28. **Diagonal Flying** – Turn SW scooping right hand down to hold beach ball. Turn and step right foot around CW to finish facing N, raising right hand to throw a Frisbee and lower left hand to brush left hip.
 29. **Waving Hands In The Clouds** (L), (R), (L), (R), (L) – Step up with **left** leg to shoulder width raising left hand and lowering right hand. Turn NW, sink into left leg and adjust hands to hold beach ball. Turning N, raise right hand to pass inside as left hand lowers and step up with **right** leg. Turn NE, sink into right leg and adjust hands to hold beach ball. Turning N, raise **left** knee and step out to side W while left hand rises (closest to body) and right hand lowers. Turn NW, sink into left leg and adjust hands again to hold beach ball. Repeat again with **right** leg stepping up and then again with **left** knee stepping out. Finish sinking and holding beach ball to NW.
 30. **Single Whip** – Empty step with right leg to N cupping left hand and forming a whip with right hand in front of body. Continue to finish with a push W as in 10 above.
 31. **Squatting Single Whip With White Snake Creeps Down** (photo 4) – Turning NW, turn left hand over and forward to W, turn back sinking into right leg



keeping left hand open. Turn N moving left arm with body until parallel to right arm. Squat down and turn NW whilst lowering left hand. Turn back N and lower hand further to brush left knee.

32. **Golden Rooster Stands On Left Leg** – Turn W sinking into left leg, as you rise up and raise right knee high while right hand swings up from elbow to form a vertical chop above knee at chin height.
33. **Golden Rooster Stands On Right Leg** – Yield to left, then turn NW and step down and behind with right leg and lower right hand. Turn W sinking into right leg and raise left knee high while left hand swings up from elbow to form a vertical chop above knee at chin height.
34. **Separate Right Foot** – Turn and empty step left leg down to SW. Step into left leg sweeping right hand up to form cross in front of left hand at head height and pulling right leg in to post position. Turn W separating hands, raising knee and kicking with right foot.
35. **Separate Left Foot** – Yield to left then in a similar way, turn and empty step right leg down to NW. Step into right leg sweeping left hand up to form cross behind right hand at head height and pulling left leg in to post position. Turn W separating hands, raising knee and kicking with left foot.
36. **Brush Left Knee And Push** - See 14 above (+ photo 3).
37. **Needles At Sea Bottom** - Turn NW with a slight step up with right leg and place left hand over right wrist. Sink back into right leg turning to face W and drag left foot into post position. Bending knees sink down low, lean forward from hip and part hands. Open both hands palm slightly upwards, straighten back first then rise back up by using legs.
38. **Iron Fan Penetrates Back** – Empty step left leg forward to W, turn NW sinking into left leg, left hand forms a chop (to strike a back) and right hand turns palm outwards (to pull on an arm).
39. **Turn Body, Chop And Block Back Fist** – Turn N sinking into right leg, adjusting left foot and turning left hand to slap high. Right hand forms a fist and swings CW from elbow as you sink into left leg and empty step out with right leg to E. Turning NE then back to E swing right arm CW again and left hand drops to lie above right elbow. Sink forward into right leg turning SE to pull right arm back until left hand passes over right fist.
40. **Step Forward, Deflect Downwards, Intercept And Punch**– Sinking into left leg turn back E performing an aborted roll back with right fist which then opens. Similar to 17 above - sink back into left leg dropping right arm with fist. Raise right fist shielded by left hand and pulling right knee up high into post position. Turn and step down to SE. Sink into right leg dragging left leg into post position. Turn and step left leg forward to E punching forward under left hand as weight sinks forward into left leg. Sink and yield to right raising left hand to shoulder height.
41. **Kick With Right Heel** – Turn NE, sinking into left leg, sweeping right hand up to form cross behind left hand at head height and raising right knee high. Turn E separating hands and kicking out straight with heel.
42. **Brush Right Knee And Push** – Yield to left, step down and sink into right leg. Left hand goes into push position and right hand drops to brush right knee.
43. **Brush Left Knee And Punch Downwards** – Yield to right then sink back into left leg bringing both hands to shoulder height. Turn SE on heel then sink down into right leg, turning hands over to push down and lifting left leg into post position. Turning S sink more into right leg taking gun from holster with right hand. Turn and step E with left leg, left hand drops to brush left knee and right hand punches down.

44. **Ward-Off Left** – see 4-10 above.

45. **Ward-Off Right**

46. **Rollback**

47. **Press**

48. **Split**

49. **Push**

50. **Single Whip**

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51. **Fair Lady Weaves Shuttle** (1),(2),(3),(4) – 1. Sinking back into right leg turn from W to N, cupping right elbow with left hand and adjust left foot. Sink back into left leg and short step right leg around to point SE. Sink into right leg pulling left hand up right forearm and left leg steps up to post position as you complete the turn to face SE. Turn and step left leg to NE turning both hands over to push with palms outwards as you sink into left leg. Adjust right foot and finish facing NE.

2. Sink back into right leg cupping left elbow with right hand, turn and adjust left foot to point SE. Sink back into left leg and step right leg around to NW, pulling right hand up left forearm. As weight sinks into right leg, turn both hands over to push with palms outwards. Adjust left foot and finish facing NW.
3. Sinking back into left leg turn W and cup right elbow with left hand. Short step right leg to NW, pulling left hand up right forearm as weight sinks into right leg and left leg steps up to post position. Turn and step left leg to SW turning both hands over to push with palms outwards as you sink into left leg. Adjust right foot and finish facing SW.
4. Sink back into right leg turn N, cupping left elbow with right hand and adjust left foot. Sink back into left leg and step right leg around to SE, pulling right hand up left forearm. As weight sinks into right leg turn both hands over to push with palms outwards. Adjust left foot and finish facing SE.

52. [Ward-Off Left](#) – see 4-10 above.

53. [Ward-Off Right](#)

54. [Rollback](#)

55. [Press](#)

56. [Split](#)

57. [Push](#)

58. [Single Whip](#)

59. [Squatting Single Whip With White Snake Creeps Down](#) - See 31 above (+ photo 4).

60. [Step Forward To The Seven Stars](#) – Turn NW sinking more into right leg and raising left fist high. Turn W sinking into left leg, as you rise up and step forward on right toe while right fist swings down and up to cross behind left fist at head height.

61. [Step Back To Ride Tiger](#) – Open hands and step back with right leg, left hand lowers to shoulder height and right arm forms a vertical slap with palm facing forwards to W.

62. [Turn Body And Sweep Lotus With Right Leg](#) – Pull left leg back into post position, turn and empty step left leg to S and place both hands palm down at chest height. Sink back into right leg and turn 270 degrees CW to face E, raising left foot in a low swing and with both arms following. Place left foot down pointing S, sink back into left leg and turn to face W. Yield to the left, raise right knee high and sweep foot CW in a large circle.

63. [Bend Bow To Shoot Tiger](#) – Step down to NW with hands forming fists and press down. Turn W sinking back into left leg and punch head high with right fist. Sink forward into right leg punching low with left fist and keeping right fist high.

64. [Step Forward, Deflect Downwards, Intercept And Punch](#) - See 17 above

65. [Withdraw And Push](#) - See 18 above.

66. [Crossing Hands](#) - See 19 above.

67. [Conclusion](#) – Sink into left leg, turning NE and dropping both hands to hug tree with palms turning upwards. Turn N rotating hands at wrist to finish pointing down at sides of body with palms facing S.

68. [Attention \(Wu Chi\) Posture](#) – Return to position 1 above.

There are 73 moves to the form but many are repeated.