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Starting.	Parting The Wild Horse's Mane. 3 times.	White Crane Spreads It's Wings.	Brush Knee, Push. 3 times.	Playing The Guitar/Lute/Pipa.	Repulse Monkey. 4 times.	Hold The Ball, Ward Off.
						
Grasp The Bird's Tail.	Press, Sit Back.	Open up and Push. Repeat the last 4 moves, going right.	Single Whip.	Cloud Hands, going left.	Single Whip again, High Pat on Horse.	Right Heel Kick.
						
Carry The Tiger Over The Mountain.	Turn.	Left Heel Kick.	Snake Creeps Through The Grass.	Stand on one leg. Repeat on Right side.	Shuttle Back And Forth.	Needle At Bottom Of The Sea.
						
Fan Through The Back.	Turn.	Right Back Fist.	Parry and Punch.	Apparent Closing.	Cross Hands.	Close.

Tai Chi aims to achieve relaxation in the body which allows for the entire body to work as a unit. By performing the movements slowly the student's body will start to move in a harmonious and unified way. This way of moving will allow the student to produce a more efficient power from within the body. When I say 'power', this refers to an extremely fine-tuned physical result. Teaching the body to become unified is not easy, it is a long process and requires patience and endless hours of training.

The requirement of performing the movements of the forms slowly allows the student to be aware of their body and enables the student to make the necessary physical adjustments. These adjustments include the fine tuning of each technique and just as importantly, if not, more importantly, to enable the student to relax the body and mentally connect the various parts of the body. Relaxing the body is an important focus in Taiji training, one that I will go into more in class. Relaxing and

moving slowly also develops and heightens the sensitivity of the body and mind. The primary result of effective training in this manner is the fine tuning of bodies mechanics. Second to this is the development of Qi (energy) within the body.

The most important qualities to have while training are awareness and feeling /sensitivity. The joints of the body need to be open/relax, so no acute angles in the elbows and wrists. The body must always be upright and relaxed – no tension, and also no collapsing. The correct posture is important, it must be correct but not strained. Shoulders should be relaxed and elbows soft, waist and torso relaxed and chest sunk/relaxed.

Tai Chi requires all parts of the body to be linked together and to move as one whole. As a new student of Tai Chi, you have to learn how to move slowly and in a controlled manner, which is far more difficult than it sounds.

All teachers have their own methods and teaching styles, and they are all different. I start by teaching the basic leg positions, called stances. There are quite a few different stances in Chinese Martial Arts but the beginner student needs to know the four primary stances to start their training. So we first focus on the structure of each stance and the coordination of movement from stance to stance.

The movement from stance to stance teaches the student so much about the mechanics of the feet, legs, hips, waist and the joints and the connections between them. By practicing these stances and their connecting movements the student will also develop leg strength and a sense of centre.

Students will gradually become familiar with the leg movements and the structure of the legs and how to move more efficiently. It can take about a month or so of regular training to get the legs used to all the work they have to do.

## **Tip for Success**

See the chart above. How many stances can you name? None of the stances are mention in the chart but you can see them in the movements. Write them down as you learn more and more. Practice often. Start a Tai Chi notebook and write often.

Smile, Breathe, Go Slowly.

Best Wishes,

**Master H. Salas**  
**Tai Chi Chuan Yang Style**