

Yang Style Tai Chi 24 Form

This is our beginner level form. We will work on each section for two months, touching on each technique for two weeks out of each cycle. Upon completing all five cycles to Master Croley's satisfaction you will be awarded your *Certificate of Completion, your Green Sash* and will begin working on the intermediate level form, the *Lui Style*.

Begin with Zhen Zhuang (Hold the Ball or Standing Pole Exercise)

Section 1

Splitting 3 times: 9 o'clock

Bring your right hand up and left hand down. Step to the left with your left foot, bring your left hand up and your right hand down. Step forward to repeat on the opposite side and then do one last time as described here. Asian medicine says this exercise is good for your lungs and spleen.

Related discussion in class- Focus on getting your feet set so that your weight is perfectly centered.

Crane Cools Wings: 9 o'clock

Bring your back foot (your right) up to the front foot. Step forward onto the ball of your left foot into a cat stance. Bring your left hand down and your right hand up. Asian medicine says this exercise is good for your central nervous system and Triple Burner (balancing out the upper, middle, and lower sets of organs).

Related discussion in class- Pretend that you have a balloon between your knees that gently pushes them outward. The big idea is to have your knees over your feet.

Brush Knee and Palm 3 times: 9 o'clock

Drop both hands. Have your left hand brush across your face, step forward with your left foot and do a palm strike with your right hand. Your left hand will continue the circle until it gets to your waist. Step forward to repeat on the opposite side and then do one last time as described here. Asian medicine says this exercise is good for your stomach, heart, and small intestine.

Related discussion in class- Work on getting your hips tucked and set so that your lower spine is perfectly straight.

Play the Pipa: 9 O'clock

Bring your back foot (your right) up to the front foot. Step forward onto the heel of your left foot into a seven star stance. Bring your left hand up to the front of your body and your right hand behind it-

pretend that you are playing a guitar while leaning against a bench. Asian medicine says this exercise is good for your stomach.

Related discussion in class- Focus on gently lifting the back of your head to straighten out the top of your spine.

Section 2

Repulse the Monkey 4 times: 9 o'clock

From Play the Pipa, bring both hands up like you are Atlas holding up the earth in front of your face. At the same time bring up your left leg, letting your foot dangle from your knee. Step back with your left foot, then push your right hand forward, bouncing it off of your left. At the same time bring your left hand back to your hip. Step back and repeat three more times from alternating sides. Asian medicine says this exercise is good for your liver and gall bladder.

Related discussion in class- Focus on relaxing your shoulders and your chest while still lifting your head and tucking your hips.

Grasp the Sparrows Tail: 9 o'clock

Stand with your feet together facing 12 o'clock, have your right hand high (around your chin) and your left hand low (under your belly button). Step left with your left foot, have your left hand come up and your right hand down (very much like Splitting), this is called Peng, or ward off. Then have your hands flip over (so left is facing down and right is facing up) and pull them back to your body- this is called Lu, or roll back. After that put your right hand on your left like you are chopping yourself on the wrist, press your hands towards 9 o'clock- this is called Chi, or press. Finally, pull both hands back to your chest and push with both palms to 9 o'clock, this is called Ahn, or push. Asian medicine says this exercise is good for your colon and lungs.

Related discussion in class- Focus on having your tongue touch the roof of your mouth while your chin is relaxed but held in the correct spot.

Grasp the Sparrows Tail: 3 o'clock

Do the exact same thing as above- just reverse everything.

Single Whip: 9 o'clock

Stand with your feet together facing 12 o'clock. Hold your right hand out to the side in a crane fist and have your left hand on your right cheek. Step left with your left foot, and let your left hand unfold so your palm is facing 9 o'clock. Asian medicine says this exercise is good for your stomach.

Related discussion in class- Focus on keeping a fist distance in your armpit while sinking your elbows.

Cloud Hands 3 times: 9 o'clock

Stand with your feet together facing 12 o'clock. Have your left hand about a foot or so from the right side of your face, while your right hand is down around your abdomen. Side step left with your left foot, then have your hands follow across your body (to the left). Have your back leg follow so your feet are together. Switch which hand is high and which is low, then bring them back across your body (to the right). Switch which hand is high and which is low and repeat. Asian medicine says this exercise is good for your spleen, stomach, and nervous system.

Related discussion in class- Focus on holding your hands based upon how they fit on the top of your head.

Section 3

Single Whip: 9 o'clock

Pat the High Horse: 9 o'clock

From Single Whip. Step in with your back foot (right), and then step out to a cat stance with your left foot. Open your hands like you are holding a hug ball over your head. Push your right hand forward, bouncing it off of your left. At the same time bring your left hand back to your hip. Asian medicine says this exercise is good for your spleen.

Related discussion in class- We will discuss the phases of what you should be thinking about while doing Tai Chi.

Scoop the Moon: 9 o'clock

Step forward with your left foot. Bring both hands straight up in the air and then bring them down in a big circle. You can kneel for this one, or remain standing and just squat a little bit as you make the circle. Asian medicine says this exercise is good for your triple burner.

Related discussion in class- Discuss your Dan Tien and what it does.

High Heel Kick: 10-11 o'clock

From Scoop the Moon, kick with your right foot. At the same time push both hands out in front of you. After you kick, plant your foot forward. Asian medicine says this exercise is good for your kidneys.

Related discussion in class- Discuss how to move from your center line.

Twin Dragons Chase the Pearl: 10-11 o'clock

After you kick, circle your hands back to your body like you are trying to punch yourself on your hips. Then let your hands circle back around to do a double punch to the bad guys temples. Have your hands in loose fists with your thumbs down and palms facing away from your body. Asian medicine says this exercise is good for your heart.

Related discussion in class- Focus on how to shift your weight from side to side- keeping one side solid and the other side empty.

Scoop the Moon: 6 o'clock

Turn to face the back wall. Bring both hands straight up in the air and then bring them down in a big circle. You can kneel for this one, or remain standing and just squat a little bit as you make the circle.

High Heel Kick: 6 o'clock

From Scoop the Moon, kick with your left foot. At the same time push both hands out in front of you. After you kick, land so your feet are together. Bring your right hand straight out in front of you in a crane fist while three fingers on your left hand are checking your pulse just under your right elbow.

Section 4

Snake Creeps: 3 o'clock

Begin with your feet together facing 6 o'clock. Bring your right hand straight out in front of you in a crane fist while three fingers on your left hand are checking your pulse just under your right elbow. Step with your left foot to 3 o'clock. Let your left hand swing down and then towards 3 o'clock. Asian medicine says this exercise is good for your kidneys.

Related discussion in class- Discuss how to turn and use your hips for maximum efficiency.

Golden Rooster Stands on One Leg: 3 o'clock

From Snake Creeps. Make sure that your left foot is facing 3 o'clock. Bring your back knee up, as well as your back hand. Let your left hand drop between your legs, but not touching anything. Asian medicine says this exercise is good for your stomach.

Related discussion in class- Discuss getting your top to match your bottom so that your whole body is working together.

Snake Creeps: 3 o'clock

Turn to face 12 o'clock, then do the opposite of the previous directions.

Golden Rooster Stands on One Leg: 3 o'clock

Do the opposite of the previous directions.

Fair Lady Weaves the Shuttle 2 times: 4-5 o'clock, then 1-2 o'clock

From Golden Rooster. Put your foot down, then step to 4-5 o'clock with your right foot. Bring your right hand up like you are blocking an overhead attack while you do a palm with your left hand. Pretend you

are in a big hamster ball and have your hands on the circle- this will help you get them in the right spot. Asian medicine says this exercise is good for your lungs and blood circulation.

Related discussion in class- Discuss how to peel your foot as your move.

Needle to the Bottom of the Sea: 3 o'clock

From Fair Lady. Bring your right foot up to your left, and then step out to a cat stance with your left foot. Circle your left hand across your face and point your right hand straight down, they will briefly touch on the way down. End with your left hand on the outside of your left knee, while your right is just inside. Asian medicine says this exercise is good for your blood circulation.

Related discussion in class- how to lift and dangle your leg without using peripherals- only correct structure.

Section 5

Flash Hands: 3 o'clock

From Needle. Step out with your left foot, with your left hand checking the pulse of the right; bring your hands apart like a flower unfolding with your left hand forward and your right headed to 6 o'clock. Asian medicine says this exercise is good for your liver and gall bladder.

Related discussion in class- How to step.

Fan through the Back, Chopping Punch: 9 o'clock

From Flash Hands. Waive both hands over your head in a circle towards 9 o'clock while you are facing 6 o'clock. Turn your focus to 9 o'clock, roll your right hand in and down while you also roll your right foot in and down- landing in a seven star stance. Asian medicine says this exercise is good for your small intestine, heart, and weight loss.

Related discussion in class- What should you be looking at and how?

Parry, Punch, Push: 9 o'clock

From Chopping Punch. Parry with your left hand, and then step towards 9 o'clock with your left foot. Punch with your right hand, and then roll both hands back to your chest and push. Asian medicine says this exercise is good for your bladder and various glands.

Related discussion in class- How you should be breathing.

Ride the Tiger, Return to the Mountain: 12 o'clock

From Parry, Punch, Push. Turn your focus to 12 o'clock. Bring both hands directly over your head and bring them out and down in a big circle. As your hands make this circle, have your body circle to the

right- don't move your feet until your hands start to come back towards your belly- then as your hands come in step in with your right foot. Finally, rest both hands on your belly and then close. Asian medicine says this exercise is good for pretty much everything.

Related discussion in class- What is Chi?