Tai Chi 10 Step Form

True North Acupuncture & Wellness

CHEAT SHEET · STUDENT EDITION

Stand tall · Soften the knees · Relax the shoulders · Breathe naturally.
Keep movements comfortable. Use the variations taught in class; stop if a movement hurts.

1

Opening Position:

Qǐ Shì (起式)

Stand in Wuji, feet together. Step the left leg out to shoulder width. Float both arms up to shoulder height. **Lower the arms** to waist level and bend knees gently.

2

Repulse the Monkey:

Dào Niǎn Hóu (倒撵猴)

Prepare · Push & draw back · Change sides

Turn right and bring the right hand to the back corner. Rotate hands palms up, then push the right hand forward while the left hand pulls back. **Repeat on the left side**.

Part the Wild Horse's Mane:

Yě mǎ fēn zōng (野马分鬃)

Hold the Qi ball with the right hand on top. **Step left** with left foot. Shift to Bow stance and extend left arm (palm up) in front and right hand (palm down) at hip level.

4

Brush Knee and Push:

Lōu xī ào bù (搂膝拗步)

Extend the right arm forward and place the left hand in front of the right shoulder. **Step the left foot** to the left in Bow stance. Brush the left knee with the left hand and push with the right hand. **Repeat on the right side**.

3

5

Cloud Hands:

Yún shǒu (云手)

3 steps left · 3 steps right

Raise the left arm and lower right. **Turn left** and step in the right foot to left foot. Raise right hand and lower left. **Turn right** and step out left foot. Repeat actions with two more steps to the left and 3 steps to the right.

6

Golden Rooster Stands on One Leg:

Jīn jī dú lì (金鸡独立)

Standing on the left foot, raise the right arm in front with the right leg. Knee is bent and foot tucked. Right hand is in push palm position and the elbow in line with the knee. **Repeat on the left side**.

Grasp the Sparrow's Tail:

Lǎn què wěi (揽雀尾)

Ward off → Roll back → Press → Push

Turn right and hold the Qi ball. **Shift forward** and ward off to the right. **Shift back** and roll back to the left side. **Shift forward** and press to the front. **Shift back** and draw hands in. Push to the front in Bow stance. **Repeat on the left side**.

8

Kick with Right / Left Heel:

Dēng jiǎo (登脚) or *Yòu/zuǒ dēng jiǎo* (右/左蹬脚)

Standing on the left foot, **cross arms** (right on bottom) and raise arms in front with right leg and knee bent. Open arms to corners and kick right leg (directly under right arm). Step down and repeat on the left side.

7

9

Cross Hands:

Shí zì shǒu (十字手)

Shift back and turn to the front right corner opening arms wider. Lean forward slightly in Bow stance and **cross hands** (right on bottom). Lift body up with arms in front. Turn to center and step in right foot to shoulder width.

10

Closing Position:

Shōu shi (收式)

Extend arms in front at shoulder height/width. **Lower arms** down in front and extend legs. **Step left** foot to right and center weight.

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Step-by-step practice guide