

Tiny T'ai Chi Form

All weight-shift is slow, steady and even.

Arm motion is 'driven' from the hips, and co-ordinated so that moving arms and hands come momentarily to rest only at the same time that the weight shift is completed. Remain in each posture for a second, while practising, and relax. Where, during a movement from one posture to another, no arm movement is indicated, that arm and hand simply move with the torso, remaining in the same relative position.

The statements in *italics* indicate one application for the move / posture. They may help you get a feel for what is going on. On the other hand, the martial applications may be repugnant to you. Feel free to edit them out. In performing the form, it is certainly not necessary to imagine an opponent. Some schools of T'ai Chi recommend doing so, some say to avoid it. You pay your money.....

Slow, steady and even. Relax. You can practice any little bit of the form any number of times. Feet, hands - separately, together.

Starting point is heels together, toes apart at approximately 90°. Knees soft. Shoulders relaxed. Belly soft. Head as if suspended from above. Weight on chin. Pelvis tucked under a bit. Arms at sides. Tongue gently touching the roof of your mouth.

Sink all weight into right leg, bending knees. Hands move slightly out to sides and slightly forwards, and turn so that palms face backwards.

This is the **Ready Position**, or Wu Chi Position

Lift the empty left foot and place down, heel and then toes, a shoulder's width to the left, with toes pointing straight ahead.
Shift weight to left leg (sitting on left leg), while turning hips clockwise so that body points in direction of right toes.
Keeping weight on left leg, turn hips counter-clockwise, taking toes of right foot counter-clockwise with the turn. Feet end up parallel, and shoulder-width apart.
Bring weight to centre and rise, without locking knees.

The is called **Preparation**.

Arms rise as if pulled by string at wrists. Elbows are not locked. Wrists loose / dangling.
When hands reach shoulder height, straighten fingers softly
Lower elbows, bringing hands, now parallel to the ground, towards shoulders.
Hands float down as if in water, wrists move first, with fingers following, and then drifting below wrists as arms go all the way down to rest by your side.
Hands move forward slightly – to the Ready Position.

This is called **Beginning**,

Empty right leg by sinking weight into left,
At the same time turn hips clockwise - hence rotating right foot on heel
Rotating torso out of the way of a blow directed at right side of chest from in front of you.
And, at the same time, raising right arm directly up, keeping palm down
Intercepting the approaching arm at the wrist, grasping wrist and guiding it past you
And, at the same time, turning over the left hand to be palm up

Weight is now all on left leg, torso is facing 90° to the right - along right foot, right hand at chest height, palm down

Shift weight onto right leg
Extend attacker's arm, taking him off balance.
Continue to shift weight until 100% is on right leg; torso may continue to turn clockwise with weight shift.
At the same time move left hand directly under right - 'hold the ball'.
Step 'out' with left leg - that is exactly in the direction the left foot is pointing - torso remains as-is.

Tiny T'ai Chi Form

Soften left knee and start to shift weight to left leg.

At the same time turn hips counter-clockwise

Moving in towards attacker, still controlling arm by holding wrist.

When sufficient weight is on left leg, rt foot turns on heel to point at 45°.

During the turning, the left arm drifts up, ending across chest, palm facing chest.

Equally, during the turning, the right arm drifts directly down, ending slightly in front of and to the right of the right thigh. 'Feel' the two palms passing one another during this movement.

If you were holding the wrist of your attacker with your right hand, this motion could break his arm at the elbow. Alternatively, your left arm could attack his chest.

Weight is now 70% on left, 30% on right. Hips and shoulders are in line so that torso points directly in line with left foot. Ward off left.

Continue to sink weight into the left leg, at the same time turning both palms so that left palm faces down and right faces up.

When pretty much all the weight is on the left leg, turn hips clockwise, thus turning the right foot clockwise - this time, on the ball of the foot.

At the same time, gently move right arm slight left across body to hold the ball over the left thigh.

Step 'out' slightly with empty right leg - just enough to give a good width to stance.

Soften right knee and start to shift weight into right leg

At the same time turn hips clockwise

When sufficient weight is on the right leg, left foot turns on heel to point at 45°.

During the turning, the right arm drifts up, ending across chest, palm facing chest.

The left arm just moves with the torso, and so ends up pointing, palm down, into the right palm

Weight is now 70% on right, 30% on left. Hips and shoulders are in line so that torso points directly in line with right foot. Ward off right.

Turn waist slightly to right.

The right arm remains in pretty much the same posture, but the elbow sinks a bit, bringing the arm angled slightly upwards from the horizontal

Sink weight onto left leg - sitting back onto leg

At the same time left wrist turns so that palm points upwards as left arm drifts down to thigh level

Right arm stays in same relative position, just moving with torso.

The right arm moves around the left arm of an attacker who is preparing to push or punch, contacting his arm just above the elbow, and, with the backward weightshift and counter-clockwise turn, guiding the attack past you to the left.

When weight halfway back, start to turn hips counter-clockwise, as weight continues to sink into left leg

At the same time, left arm drifts up in a circular motion, ending with hand near the left ear, palm down.

Weight is now all on left leg, torso turned at 45° - ish. This is Rollback.

Soften right knee, start to shift weight onto right leg, at the same time turning hips clockwise.

At the same time, bring left hand to right hand; palms meet near wrists at the same time that torso is aligned with right foot - just before weight shift finishes.

Weight is now 70% on right, 30% on left. Hips and shoulders are in line so that torso points directly in line with left foot. Press.

Sit back onto left leg

At the same time, separate hands, and bring them back near to shoulders, hands, palm down, parallel to floor.

Soften right knee, shift weight forward

At the same time drop wrists so that hands are in line with forearms. Arms move forward with torso, and perhaps a tiny bit more, not extending beyond right knee. Angle of arms is about 45° from horizontal.

Weight is now 70% on right, 30% on left. Hips and shoulders are in line so that torso points directly in line with left foot. Push.

Tiny T'ai Chi Form

Sit back onto left leg

At the same time, lower left hand while turning palm up

At the same time right wrist relaxes so that palm points down.

Turn waist clockwise, turning on right heel. Toes point to the corner.

At the same time left arm moves to right so that two palms face one another, holding the ball over the right thigh.

This is first part of the transition to the mirror image ward-off sequence.

Shift weight to right leg. Arms continue holding the ball over right thigh.

Step 'out' with left leg - that is exactly in the direction the left foot is pointing - torso remains as-is.

Soften left knee and start to shift weight to left leg.

At the same time turn hips counter-clockwise

Right foot is already 45° and so no need to turn further.

During the turning, the left arm drifts up, ending across chest, palm facing chest.

Equally, during the turning, the right arm drifts directly down, ending slightly in front of and to the right of the right thigh. 'Feel' the two palms passing one another during this movement.

Weight is now 70% on left, 30% on right. Hips and shoulders are in line so that torso points directly in line with left foot. Ward off left. Count 1.

This is second part of the transition to the mirror image ward-off sequence.

Continue to sink weight into the left leg, at the same time turning both palms so that left palm faces down and right faces up.

When pretty much all the weight is on the left leg, turn hips clockwise, thus turning the right foot clockwise - this time, on the ball of the foot.

At the same time, gently move right arm to the left across body to hold the ball over the left thigh.

Step 'out' slightly with empty right leg - just enough to give a good width to stance.

Soften right knee and start to shift weight into right leg

At the same time turn hips clockwise

When sufficient weight is on the right leg, left foot turns on heel to point at 45°.

During the turning, the right arm drifts up, ending across chest, palm facing chest.

Equally, during the turning, the left arm drifts directly down, ending slightly in front of and to the right of the right thigh. 'Feel' the two palms passing one another during this movement.

Weight is now 70% on right, 30% on left. Hips and shoulders are in line so that torso points directly in line with right foot. Mirror image of ward off left. Count 2.

Continue to sink weight into the right leg, at the same time turning both palms so that right palm faces down and left faces up.

When pretty much all the weight is on the right leg, turn hips counter-clockwise, thus turning the left foot counter-clockwise - this time, on the ball of the foot.

At the same time, gently move left arm to the right across body to hold the ball over the right thigh.

Step 'out' slightly with empty left leg - just enough to give a good width to stance.

Soften left knee and start to shift weight into left leg

At the same time turn hips counter-clockwise

When sufficient weight is on the left leg, right foot turns on heel to point at 45°.

During the turning, the left arm drifts up, ending across chest, palm facing chest.

The right arm just moves with the torso, and so ends up pointing, palm down, into the left palm.

Weight is now 70% on left, 30% on right. Hips and shoulders are in line so that torso points directly in line with left foot. Mirror image of ward off right. Count 3.

Tiny T'ai Chi Form

Turn waist slightly to left.

The left arm remains in pretty much the same posture, but the elbow sinks a bit, bringing the arm angled slightly upwards from the horizontal

Sink weight onto right leg - sitting back onto leg

At the same time right wrist turns so that palm points upwards as right arm drifts down to thigh level

Left arm stays in same relative position, just moving with torso.

When weight halfway back, start to turn hips clockwise, as weight continues to sink into right leg

At the same time, right arm drifts up in a circular motion, ending with hand near the right ear, palm down.

Weight is now all on right leg, torso turned at 45° - ish. Mirror image of rollback.

Soften left knee, start to shift weight onto left leg, at the same time turning hips counter-clockwise.

At the same time, bring right hand to left hand; palms meet near wrists at the same time that torso is aligned with left foot - just before weight shift finishes.

Weight is now 70% on left, 30% on right. Hips and shoulders are in line so that torso points directly in line with left foot. Mirror image of press.

Sit back onto right leg

At the same time, separate hands, and bring them back near to shoulders, hands, palm down, parallel to floor.

Soften left knee, shift weight forward

At the same time drop wrists so that hands are in line with forearms. Arms move forward with torso, and perhaps a tiny bit more, not extending beyond right knee. Angle of arms is about 45° from horizontal.

Weight is now 70% on left, 30% on right. Hips and shoulders are in line so that torso points directly in line with left foot. Mirror image of push.

Sit back onto right leg

At the same time right hand drifts down, palm down, to thigh level.

When all the weight is on the right leg, turn hips clockwise, turning on the heel of the left foot. Turn as far as comfortable.

Shift weight onto left leg

When all the weight is on the left leg, turn hips further clockwise, turning on the toe of the right foot.

At the same time, let the left wrist soften so that the left palm faces down, and turn the right palm up, so that you are holding the ball over the left thigh. [If we call the direction of the push West, you will end up facing South-East, and your right foot will be pointing to the South-East corner. All the weight on your left leg.]

This is the first part of the transition back to the 'normal' sequence.

Step with the right foot behind you and to the right. Big step.

Soften right knee and start to shift weight into right leg

At the same time turn hips clockwise

When sufficient weight is on the right leg, left foot turns on heel to point at 45° (how far you have to turn it depends on where it was pointing after the transition.)

During the turning, the right arm drifts up, ending across chest, palm facing chest.

Equally, during the turning, the left arm drifts directly down, ending slightly in front of and to the left of the left thigh. 'Feel' the two palms passing one another during this movement.

Weight is now 70% on right, 30% on left. Hips and shoulders are in line so that torso points directly in line with right foot. Mirror image of ward off left. Count 1. *Getting the feet right in this move could take a bit of practice.*

This is the second part of the transition back to the 'normal' sequence.

Tiny T'ai Chi Form

Continue to shift weight onto right leg
Continue to shift weight until 100% is on right leg.
At the same time move left hand directly under right - 'hold the ball'.
Step 'out' with left leg - just enough to give a good width to stance.

Soften left knee and start to shift weight to left leg.
At the same time turn hips counter-clockwise
When sufficient weight is on left leg, rt foot turns on heel to point at 45°.
During the turning, the left arm drifts up, ending across chest, palm facing chest.
Equally, during the turning, the right arm drifts directly down, ending slightly in front of and to the right of the right thigh. 'Feel' the two palms passing one another during this movement.

Weight is now 70% on left, 30% on right. Hips and shoulders are in line so that torso points directly in line with left foot. This is exactly the ward off left posture, but you are facing the opposite way from the first time. Count 2.

*Continue, shifting weight forward and moving to **ward off right**. Count 3*
*Continue with **rollback, press and push***
Continue, sitting back onto left leg and performing transition to mirror ward off sequence.
*Continue with **ward off left (1), mirror image of ward off left (2), mirror image of ward off right (3), mirror image of rollback, press and push.***

Sit back onto right leg as you turn hips clockwise, turning on the heel of the left foot. Turn toes 90° - foot is pointing in the starting direction.
Arms just follow - no movement relative to torso.
Shift weight onto left leg, turning on ball of the right.
At the same time arms start to move out and down in a circle
Lift empty right leg and put it parallel to left, shoulder width.
At the same time hands complete the circle, meeting at the wrists, chest height, left closer to chest.

Weight is evenly distributed.

Rise to stand upright, without locking legs
At the same time lower hands to sides, palm facing backwards.

You have done the Tiny T'ai Chi Form

Stand for a bit and see how you feel.