

Tai Chi Moving form:

Now they are going to perform “Tai Chi Moving Form” created by their Grandmaster Zhu Tiancai, the 19th Generation of Chen Family.

There are totally different solo-exercise movements. It is based on “Yin and Yang”, which is the symbol of Tai Chi. You can see the changes in Yin and Yang, such as up and down, left and right, heavy and light.

(Seeing the 1st solo movement)

The 1st is “Supporting the Sky”. When you raise your arm, it behaves as if a dragon rises to heaven. When shifting to another leg, put a weight about 70-80%. Breathe in when you raise hand and breathe out when you turn the palm front and back.

(Seeing the 2nd solo movement)

The 2nd is “Downward Pressing the Palm”. The Yin and Yang change up and down. Loosen the knees when raising your arms. Extend the knees when lowering arms.

(Seeing the 3rd solo movement)

The 3rd is “Grasping Energy”. Energy is called “chi” in Chinese. The body makes circular movements, grabbing energy, pulling, and releasing energy. Do both left and right sides. When grabbing energy, makes a tiger claw with inhale. When release “chi”, do exhale.

(Seeing the 4th solo movement)

The 4th is “Spread its Wings”. Ad a characteristic of Tai Chi movement, the wrist leads the movement. It’s like a bird flying with its wings spread. Loosen the knees when rising the arms. The knees will stretch when lowering the arms.

(Seeing the 5th solo movement)

The 5th is “Embrace the Ball”. Have a big ball in hands. By facing each other your hands, you can feel your energy flow from one palm to the other. When shifting right foot, roll the ball to the left. Your body always keep straight when you move the arms. The shoulders, arms, head and spine are always straight.

(Seeing the 6th solo movement)

The 6th is “Opening & Closing”. Relax with exhale when you sift to left foot. Open chest and inhale when you sift to right.

(Seeing the 7th solo movement)

The 7th is “Turning the waist”. Loosen the knees and always knees facing front. Turn the waist not hips. This movement strengthening the five organs, such as Liver, Heart, Lungs, Spleen, Kidney, and calms the mind.

(Seeing the 8th solo movement)

The final 8th is “Beginning & Ending”. Do inhale then exhale when you raise arms and loosen the knees. This is the solo excises of the beginning Chen Tai Chi forms which they demonstrate later. This is also the self-defense movement.