

YMAA Boston Taijiquan Fundamentals

Taiji Qigong

- Primary set

(Stand in Wuji)

1. Qi sunk to the Dan Tian
2. Expand the chest to cleanse the body
3. Pour the Qi into the Baihui
4. Left & Right to push the mountain
5. Settle the wrists and push the palms
6. The large bear swims in the water
7. Left & Right to open the mountain
8. The eagle attacks its prey
9. Lion rotates the ball
10. The white crane spreads its wings

(Rock back and forth from heel to toe)

- Chest & Spine Qigong

Taiji Breathing Techniques

- Buddhist normal abdominal breathing
- Daoist reverse abdominal breathing

Taiji Stances

1. Ma Bu (horse stance)
2. Deng Shen Bu (mountain climbing stance)
3. Si Liu Bu (4/6 stance)
4. Fu Hu Bu (tame the tiger stance)
5. Jin Ji Du Li Bu (golden rooster stands on one leg)
6. Xuan Ji Bu (false stance)
7. Zou Pan Bu (sitting on crossed leg stance)

Taiji Walking

(Slow continuous stepping, holding alignment while stepping)

Taiji Sequence

- First Section, first 8 postures
 - Open Taiji, Grasp Sparrows Tail Right, Grasp Sparrows Tail Left, Peng (wardoff), Lu (rollback), Ji (press), An (push), Single Whip