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8 Form Tai Chi (Duanwei Level 1)

10 movements · A4 reference sheet · free

The sequence in order, with the points to check on each movement. This is a sheet to keep beside you i
confirm what comes next, and to remind yourself what to watch for. It is a reference, not a lesson; the r
themselves need a teacher or a demonstration.

THE SEQUENCE

00 预备势
01 起势
02 卷肱势
03 搂膝拗步
04 野马分鬃
05 云手
06 金鸡独立
07 蹬脚
08 揽雀尾
09 十字手
10 收势

00 预备势

Preparation Posture

Stand with the feet together, body upright, arms hanging at the sides with the palms facing in, and relax co
Head and neck upright with the crown lightly suspended; the chin slightly tucked; the breath natural.

01 起势

Starting Posture

Step the left foot out to shoulder width, arms hanging naturally.
Raise both arms forward to shoulder height, then sink and press the palms down to abdomen level.

02 卷肱势

Curl the Arm (Repulse the Monkey)

Turn the waist, turn the palm over and draw the arm back, then push forward and withdraw, alternating sid
The waist leads the hands — do not move only the arms.

03 搂膝拗步

Brush Knee and Twist Step

Turn the waist and swing the hand, draw the foot in, then step forward with the forearm bent.
One hand brushes down past the knee while the other pushes forward from beside the ear.

04 野马分鬃

Part the Wild Horse's Mane

Turn and sit back, separate the hands, draw the foot in and hold the ball, then turn, step and part.
The upper hand parts to no higher than the eyebrows; the lower hand presses beside the hip, creating a dia

05 云手

Cloud Hands

Swing the hand, turn the palm, turn the waist to cloud left, turn the palm over and draw the foot in, then cl
repeating three times each way.
The waist drives the turn and the weight moves horizontally; the body does not rise and fall.

06 金鸡独立

Golden Rooster Stands on One Leg

Sit back, turn the waist and lower the hands, then lift the right knee while one hand rises and the other pre
on the left.
The rising hand, pressing hand and lifted knee move together.

07 蹬脚

Heel Kick

Lower the foot and gather the hands, lift the right knee, separate the hands and kick; then repeat on the lef
The kicking foot hooks its toes back and drives through the heel.

08 揽雀尾

Grasp the Bird's Tail

Built from the four energies: peng (ward-off), lu (roll-back), ji (press) and an (push), performed once to the
the left.
Peng keeps the arm rounded and full — neither collapsed nor rigid.

09 十字手

Cross Hands

Pivot the right foot out and separate the hands in a right bow stance, then close the foot and round the pal
chest.
Draw the right foot in to a parallel stance and cross both arms in front of the chest.

10 收势

Closing Posture

Turn the palms over and separate the hands, then lower the arms to the sides.
Bring the left foot in beside the right and return to the starting stance.