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Tai Chi Eight Methods & Five Steps

16 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

01 起势
02 左掤势 右捋势 左挤势 双按势
03 右採势 左挒势 左肘势 右靠势
04 右掤势 左捋势 右挤势 双按势
05 左採势 右挒势 右肘势 左靠势
06 进步左右掤势
07 退步左右捋势
08 左移步左挤势 左移步双按势
09 右移步右挤势 右移步双按势
10 退步左右採势
11 进步左右挒势
12 右移步右肘势 右移步右靠势
13 左移步左肘势 左移步左靠势
14 中定左右独立势
15 十字手
16 收势

01 起势

Commencing Posture

Step the left foot out to shoulder width, raise both hands to shoulder height, then bend the knees and pres
Relax the whole body, rest the tongue on the palate, and let the breathing be natural.

02 左掤势 右捋势 左挤势 双按势

Ward-off (L), Roll-back (R), Press (L), Push (Both)

Turn right and hold the ball, turn back to ward off left; turn left and turn the palm over to roll back right.
Join the wrists and press straight forward; part both hands and push.

03 右採势 左挒势 左肘势 右靠势

Pluck (R), Split (L), Elbow (L), Shoulder-strike (R)

Turn the palm into a fist and pluck downwards to the right; open to a palm and split to the left.
Close the left hand into a fist and turn right to bend the elbow; close the right hand and turn back to shoul

04 右掤势 左捋势 右挤势 双按势

Ward-off (R), Roll-back (L), Press (R), Push (Both)

The same four techniques as movement 2, with left and right reversed.
The key points are identical.

05 左採势 右挒势 右肘势 左靠势

Pluck (L), Split (R), Elbow (R), Shoulder-strike (L)

The same four techniques as movement 3, with left and right reversed.
The key points are identical.

06 进步左右掤势

Step Forward, Ward-off L & R

Turn right and hold the ball, step the left foot up into a bow stance and ward off left; turn slightly left, step
and ward off right.
Keep both arms rounded as they separate; the waist is the axis of the turn.

07 退步左右捋势

Step Back, Roll-back L & R

Turn slightly right and roll back to the left while withdrawing the right foot, then roll back to the right.
The withdrawal and the roll-back move together; the ball of the foot lands first and the step stays even.

08 左移步左挤势 左移步双按势

Step Sideways Left, Press (L) & Push (Both)

Withdraw the left foot to the left, join the wrists and press as the feet come together.
Open both hands, step the left foot forward and follow with the right foot to push.

09 右移步右挤势 右移步双按势

Step Sideways Right, Press (R) & Push (Both)

The same actions as movement 8, with left and right reversed.
The key points are identical.

10 退步左右採势

Step Back, Pluck L & R

Grind the left foot and close the right to turn back to centre, closing both hands into fists.
Withdraw the left foot and pluck down to the left, then withdraw the right and pluck down to the right.

11 进步左右捌势

Step Forward, Split L & R

Step the left foot up and open both hands to split left, then step the right foot up and split right.
The waist turn, the closing of the feet and the horizontal split move together.

12 右移步右肘势 右移步右靠势

Step Sideways Right, Elbow (R) & Shoulder-strike (R)

Follow with the left foot and block with the left palm, step the right foot up and close the right hand into a
Close the right foot and strike with the elbow, stamp as the feet come together, then step out into a horse s
shoulder-strike.

13 左移步左肘势 左移步左靠势

Step Sideways Left, Elbow (L) & Shoulder-strike (L)

The same actions as movement 12, with left and right reversed.
The key points are identical.

14 中定左右独立势

Central Equilibrium, Stand on One Leg L & R

Close the left foot and draw the right in, both hands resting at the hips; lift the left knee and lower it, then
Hold the ball and settle the mind, attending to the dantian with natural breathing.

15 十字手

Cross Hands

Join the wrists, then part the palms and cross the left arm outside the right, embraced in front of the chest
The cross is rounded rather than collapsed, the weight is centred, and the movement stays slow and even, g
breath.

16 收势

Closing Posture

Press both palms down, stand upright and draw the left foot in to close.
Relax completely with the breath settled low, and stay attentive at the end rather than dropping the momer