

STEP 1

19 Step Chen Style Taiji

NAME	CHINESE NAME	
Preparation	Yùbèi shì	預備式

Before starting Form



- [Stand with both feet together.
- [Imagine a thread pulling your crown up and another thread pulling the base of your spine down.
- [Place the tip of your tongue on your upper pallet, just behind your teeth.
- [Tuck in your pelvis as if sitting on the edge of a stool.
- [Centre your weight. Get your weight evenly balanced between both legs. Not too much weight in your toes, nor too much weight in your heels.
- [Relax through your body. Relax your head, eyes cheeks, throat and mouth. Lips are slightly open. Sink you chest, imagine releasing a sigh. Relax your waist, hips, upper legs, Knees (not locked) lower legs, and ankles. Relax shoulder, elbows, wrists, hands and fingers. Fingers are open and as if they were being pulled down by strings.
- [Mentally feel your body. Feel the cloths touching your skin. Feel the air on your face and hands.
- [Relax through your body as many times as you need, all the time keeping your posture and balance.

- [When you feel ready, start the form. All the time trying to keep the feeling of being pulled up from the crown and pulled down from the base of the spine. And trying to keep your body as relaxed as possible.
- [At the end of each move, mentally say to yourself. "Relax shoulders, relax elbows, relax wrists"

STEP 1 (5 moves)

1. Sink your body very slightly.
2. Put weight in right leg and lift left heel. Imagine a thread is pulling your left knee up.
3. Step to a shoulder width stance with left foot, toe first then heel. Keep weight in right leg. Both feet should be as parallel as possible, toes pointing forward.
4. Centre your weight.
5. Relax through body as in the preparation before starting.

