

STEP 2

19 Step Chen Style Taiji

NAME	CHINESE NAME	
Temple guard goes out	Jigäng chümiào	金剛出廟

STEP 2 (7 moves)



1. Raise hands to shoulder level, palms facing down. Elbows relaxed, shoulders relaxed.



2. Sink body. Push hands down to waist level.



3. Turn waist slightly to left. Raise hands to about shoulder height, left palm facing away, right palm up. Weight is more on right leg.



4. Turn waist to right, which turns right toe to diagonal. Hands stay at same level and move to the right with waist. Hands turn so that right palm is face away and left palm is face up. Weight is more on left leg.



5. Hands stay where they are. Transfer weight to right leg. Step up and forward with left foot. Weight stays in right leg.



6. Turn waist slightly to right, hands follow and push down to waist level, palms down. Transfer weight to left leg as you turn waist to left. Hands follow waist, left hand pushes out to end roughly over left knee and right hand comes in palm up to finish roughly over right knee.



7. Put all the weight in left leg. Step right foot up beside left, toe on ground, heel up. Right hand moves with right leg to end with palm facing you, fingers pointing diagonally away from you. Right elbow is pointing to the ground. Elbow and shoulder relaxed. Left fingers come to touch right forearm. Palm down. Elbow and shoulder relaxed.

