

STEP 3

19 Step Chen Style Taiji

NAME	CHINESE NAME	
Calmly tucking up robe	lânzhā yì	懶扎衣

STEP 3 (4 moves)



1. Sink Body. Turn left palm to face yourself, back of hand resting on right arm.



2. Step to the side with right foot, heel first. Weight stays in left leg.



3. Turn waist to left. Right hand reaches to left as palm turns down. Left hand drops palm up to dantien. Transfer weight to right leg. Turn waist to right so that dantien is facing forward. Right hand follows with turn of waist and pushes to right side while turning palm to face away.



4. Left hand moves to rest on left hip. Right palm turns to face forward as you drop right elbow. Relax your body. Relax shoulders, elbows and wrists.