



Seacoast Tai-Chi Institute

www.seacoasttaichi.com

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8 Postures -Yang Style

1. Embrace Qi Ball
2. Part The Horses Mane
3. Single Whip
4. Wave Cloud Hands
5. Monkey Repels
6. Brush Knee
7. Fair Lady
8. Grasp Sparrow's Tail
 - a. Ward Off - Peng
 - b. Roll Back - Lu
 - c. Press - Chi
 - d. Push - An

Practice each posture individually: Sitting, Standing & Walking

Alternate each sequence on your left & right side combined with "Embrace Qi Ball" in between. Gradually lower and widen your stance when adding "Walking and Stepping". Remember to hollow your chest and keep your shoulders and the elbows lightly compressed downward into your hips. Move accordingly with your hip's control. Repeat 9 steps with each posture several times.