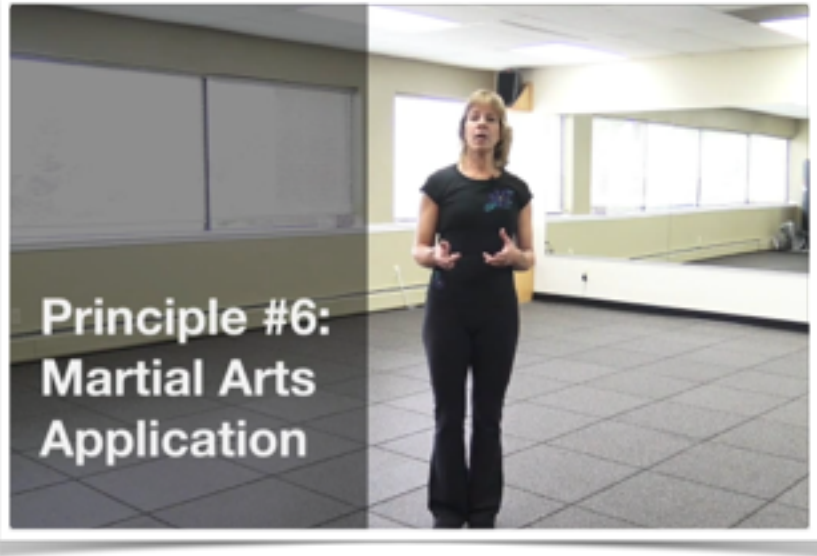




Principle #6 Martial Arts Application

A practical and fun application. (Note: Be safe!)

Tai Chi is ultimately a martial art and a fighting style. You must understand the moves in the way they were meant to be. Think about where the enemy is. Think about the assault.

Your breath and your movement make all the difference. As an internal style of martial art, you are learning to control your chi to neutralize and defeat your enemy. The best fight, however, is the fight that never happens.

Even though you are learning techniques to defeat your enemy, you should always use the internal calmness that you have mastered with Tai Chi to de-escalate and move past conflicts.

Class #16

Focus: Martial Arts Applications

Postures: 1-9

Teaching points: Meaning of each move

- Preparation
- Part the Wild Horses Mane
- White Crane Spreads its Wings
- Brush Knee
- Play the Guitar
- Repulse the Monkey
- Ward off sequence
- Single Whip

Warm-ups: 30 minutes

- Step side to side
- Step side to side, holding ball
- Step side to side and lift
- Step side to side and kick
- Chi walking

Then go through each of the first 9 moves and demonstrate what you are doing if you are fighting.

Form practice: 10 minutes

Go through the first 9 moves in regular Tai Chi speed.

Cool-downs: 5 minutes

- Pushing chi
- Roll the ball
- Ball right to left
- Heaven and earth

Homework:

Take time to imagine a choreographed fight as you move through the form.

Class #17

Focus: Martial Arts Applications

Postures: 10-24

Teaching points: Meaning of each move

- Wave Hands Like Clouds
- High Pat on Horse
- Kick, Smash, Box the ears
- Snake Creeps, Pheasant Stands
- Fair Lady works the Shuttle
- Pick the needle up from the Sea Bottom
- Deflect, Intercept and Punch
- Return the Tiger to the Mountain

Warm-ups: 30 minutes

- Step side to side
- Step side to side, holding ball
- Step side to side and lift
- Step side to side and kick
- Chi walking

Then go through each of the remaining moves and demonstrate what you are doing if you are fighting.

Form practice: 10 minutes

Go through the last half of the form in regular Tai Chi speed.

Cool-downs: 5 minutes

- Pushing chi
- Roll the ball
- Ball right to left
- Heaven and earth

Homework:

Watch a martial arts-based movie and see if you can recognize some of the movements.

Class #18

Focus: Martial Arts Applications

Postures: 1-24

Teaching points:

Tai chi began as a fighting art. Understanding that helps to know why each move matters. The form is a choreographed fight against imaginary opponents. Your eyes should be focused on your enemy. As you learn to control your energy flow, you can direct your chi towards your opponent causing him to release you, or causing him to become off balance, or using your moves in an offensive manner and causing harm to him.

It is imperative that you maintain perfect balance in a fight. The weight shift forward and back and side to side is critical to keeping your balance and allowing you to control how you will defend or attack. If your weight is on the front foot, for example, you won't be able to lift it and kick your opponent if the opportunity presents itself.

Likewise, if you let your weight be too far forward on brush knee, your opponent can easily knock you over and get the upper hand. If you are leaning backwards while doing Repulse the Monkey, you will not have the force to release and move away safely from your opponent.

Warm-ups: 20 minutes

- Step side to side, holding ball
- Step side to side and kick
- Chi walking
- Part the wild horse's mane
- Brush knee
- Repulse the monkey
- White crane spreads its wings
- Wave hands like clouds
- Fair lady/pick needle up
- Ward off/grasp birds tail/push chi

Form practice: 20 minutes

Go through the entire form 4 times. The first time, recall all the meanings of each move. The second time, think about where your eyes are focused and where your enemy is. The third time, exaggerate the weight shift in certain moves to make you be off balance. The fourth time, focus on the proper weight shift and eye focus and try to lead your energy as if you were really fighting, but staying relaxed.

Cool-downs: 5 minutes

- Pushing chi
- Roll the ball
- Ball right to left
- Breathing in and out(up and down)
- Pushing the mountains
- Heaven and earth

Homework:

Practice the form, but do each move as if you were really fighting.
This form will be choppy and not all relaxed like you are used to
with Tai Chi.