

Class #3

Focus:

Repulse the Monkey
Kick, Smash, Box Ears
Part the Horse's Mane

Teaching Points:

Repulse the Monkey

This is the one move where you will actually walk backwards in the form. It is good to practice just walking backwards first. This is a skill that most people don't utilize in their everyday life. Then practice walking backwards and turning your body 180 degrees each step. In other words, start with your left foot forward and your torso facing East. Step back with the left foot and turn so your torso is now facing West. Continue in the same pattern. Then practice the arm movement separately without moving the feet. This really drives home the need to rotate your body. Start with your left foot forward, your left arm extended to the front and your right arm extended to the back. Both palms are pointing up to the ceiling. Bring the right arm up and over your head in a big circle and cross the palms (no need to touch them together!) bringing the left arm behind you and the right arm in front. Don't rotate! Your body will scream to rotate, but let it feel uncomfortable for a bit. Then repeat the same movement with your arms and step back with your left foot and rotate 180 degrees as you finish with your right arm extended to the front and your left arm extended to the back. Continue the movement on the other side. Always begin the movement with the back hand moving over the head to the front. There is a temptation to move the front hand first, but this is not correct. This move takes lots of time to master because you have to walk backwards and rotate at the same time.

Kick, Smash and Box the Ears

How descriptively violent is this move?! You will kick him, grab his head and pull it into your knee and then box his ears with your fists. Of course, in Tai Chi, this is all in slow motion and done with delicate lady's wrists. Your weight must be completely on one side in order for you to kick and then hold the knee up to smash, and then control your step down to box the ears. This is great practice for learning the concept of substantial and insubstantial. It is great to start with just stepping side to side. Then step side to side and lift the knee. Then step side to side, lift the knee and kick. Then step side to side, lift

the knee, kick, smash and box the ears. Even though you only do this move on the right side in the form, it is still great practice for balance to do this on both sides. You can even do this moving forward and incorporate the chi walking concept of rocking forward and back.

Part the Wild Horse's Mane

This move starts with Hold the Ball and moves forward in a similar fashion to Brush Knee. Think about moving the bottom arm forward and up from the Hold the Ball position. As you rock back, the hand that is high, stays high in the new Hold the Ball position. This one thing will help you understand and perform the move simply. Remember that the palm should be turned towards your face when the hand is high in this move. If you think about this as a double block or as a ridge hand strike to the neck of your opponent, you will understand better how your hands should be moving.

Warm ups: 2-3 minutes

- Hold the ball
- Chi Walking

Form practice: 6-7 minutes each

- Repulse the Monkey
- Kick, Smash, Box Ears
- Part the Horse's Mane

Cool downs: 1-2 minutes

- Heaven and Earth

Homework: Practice the moves.