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Chuan Form Posture List 1. Preparation A. Feet
Together With Hands On Both Sides Of Body 2.

Beginning A. Right Foot Apart With Hands On The Sides
B. Lift And Lower Hands C. Tai Chi Circle Hands 3.

Grasp The Bird's Tail A. Shift Weight To The Right Foot

A 8th, 2024 Tai Chi Chuan - Yang Style - 24 Step Short

Form Tai Chi Chuan - Yang Style - 24 Step Short Form

Stances Bow Stance - 70% Of The Weight On The Front

Leg Hips At Shoulder Width And Rotated Slightly

Forward. Front Knee Not Beyond The Toe Back Knee

Slightly Relaxed And The Toe At 45 Degrees To The

Front. Empty Stance - 7th, 2024.

The 10 Essentials Of Yang Style Tai Chi Chuan The 10

Essentials Of Yang Style Tai Chi Chuan 1. Feel The

Head Suspended From The Top Raise Your Head

Naturally, Without Making Your Neck And Body Sti~,

Your Eyes Must Always Look Forward To An Imaginary

Opponent, Head And Body Should Move As One Unit.

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