

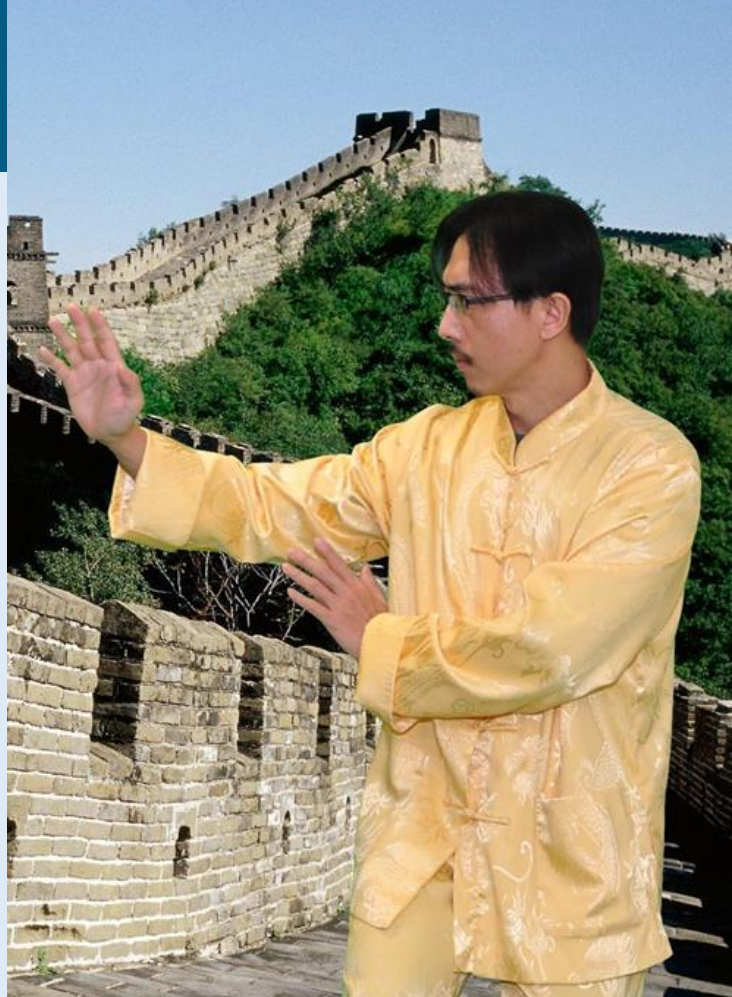
Taichi 32-form

12 Free online Tutorials

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Taichi for Your Wellbeing

Taichi (or Taijiquan) is a traditional Chinese martial art practiced for self-defence and health benefits. Taichi-32 (or 32-posture Taichi) is a medium-level Taichi sequence that is suitable for beginners. Taichi-32 is mainly based on the Yang-style Taichi but it includes also the essential elements of other Taichi styles. It is a widely practiced Taichi sequence.

Tentative dates (12 sessions on Wednesdays):

24/2, 03/3, 10/3, 17/3, 24/3, 31/3,

07/4, 14/4, 21/4, 28/4, 05/5, 12/5.

Time: 5:30pm-6:15pm

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Posture Names

动作名称	Posture Name
1 起势	Opening form
2 右揽雀尾	Grasp the Sparrow's Tail: Right
3 左单鞭	Single Whip: Left
4 左琵琶势	Playing the Lute (Chinese Guitar): Left
5 进步搬拦捶	Step Forward, Deflect, Parry and Punch
6 如封似闭	Withdraw and Push
7 搂膝拗步	Brush Knee and Step Forward
8 右单鞭	Single Whip: Right
9 右云手	Cloud Hands: Right
10 野马分鬃	Part the Wild Horse's Mane
11 海底针	Needle at Sea Bottom
12 闪通背	Fan Through Back
13 右揽雀尾	Grasp the Sparrow's Tail: Right
14 转身搬身捶	Turn Body and strike
15 捋挤势	Roll and Press
16 右拍脚	Slap the Foot: Right
17 左分脚	Kick with Toes: Left
18 右蹬脚	Kick with Heel: Right
19 进步栽捶	Step Forward and Punch Downward
20 右左穿梭	Shuttle Back and Forth: Right and Left
21 肘底捶	Fist under the Elbow
22 倒卷肱	Step Back and Repulse
23 右下势	Creeps Down: Right
24 金鸡独立	Golden Rooster Stand
25 左下势	Creeps Down: Left
26 上步七星	Step Up and Seven Stars
27 退步跨虎	Step Back and Ride the Tiger
28 转身摆莲	Turn and Sweep the Lotus
29 弯弓射虎	Bend the Bow to Shoot the Tiger
30 左揽雀尾	Grasp the Sparrow's Tail: Left
31 十字手	Cross Hands
32 收势	Closing Form