



# T'ai Chi For Beginners

Ng Family Yang Style T'ai Chi Ch'uan

2009 Edition

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## Table of Contents

<b>Course Introduction.....</b>	<b>9</b>
What Is T'ai Chi Ch'uan?.....	9
The Major Styles Of T'ai Chi Ch'uan.....	9
The Style That We Teach.....	9
How Long Does It Take To Learn?.....	10
What If I've Already Learned A Different T'ai Chi Style?.....	10
How We Teach.....	11
Learning Aids.....	11
What To Wear To Class.....	12
What If I Miss A Week?.....	12
Where To Go For Further Information.....	12
<b>Year #1 Week #1 Lesson Plan.....</b>	<b>13</b>
<b>Year #1 Weeks 2-26 Lesson Plan.....</b>	<b>14</b>
<b>Year #1 Weeks 27-29 Lesson Plan.....</b>	<b>15</b>
<b>Year #1 Week 30 Lesson Plan.....</b>	<b>16</b>
<b>Cultural Exercises.....</b>	<b>17</b>
The Head & Neck.....	17
The Scalp.....	17
The Neck.....	17
The Eyes.....	17
The Nose.....	17
The Ears.....	17
The Neck.....	18
The Arms.....	18
The Shoulders.....	18
The Wrists.....	18
The Elbows.....	18
Whole Arms.....	19
The Body.....	19
The Hips.....	19
The Squats (Lower Back & Legs).....	19
The Legs.....	19
Leg Lunge.....	19
Slap The Legs.....	20
To Finish.....	20
Pat The Kidneys.....	20
<b>Stances and Stepping.....</b>	<b>21</b>
The Four Stances Of T'ai Chi.....	21
Wu Chi Stance and the Horse Stance.....	21
Cat Stance.....	22
Back Stance.....	22
Front Stance.....	22

The Four Rules Of Stepping.....	23
Single Weight.....	23
Peel The Heel and Place The Toe.....	23
Toe To Heel, And Shoulder Width Apart.....	24
The Foot Must Be Flat Before Shifting The Weight.....	24
The Importance Of Practice.....	24
<b>Just Breathe.....</b>	<b>25</b>
Three Steps To Breathing.....	25
Become Aware Of Your Breathing.....	25
Let Go, And Just Breathe.....	25
Follow Your Breathing.....	26
Sitting Breathing Exercise.....	27
<b>Standing Meditation.....</b>	<b>28</b>
Standing Meditation For Beginners.....	28
Adding To The Meditation.....	30
Filling Up With The Water Of Your Intention.....	30
Filling Up With Colour.....	30
Burning With The Fire Of Your Spirit.....	30
How This Meditation Works.....	30
<b>Internal Conditioning.....</b>	<b>31</b>
What Are Pull-ups?.....	31
15 Pull-ups To Start The Form.....	31
15 Pull-ups To Finish The Form.....	31
Pulling Up During The Form.....	32
Taking It Further: Abdominal Exercises.....	32
<b>The Form.....</b>	<b>33</b>
Before You Begin:.....	33
The Ng Family Yang Style T'ai Chi Ch'uan Form.....	33
<b>Lesson #1.....</b>	<b>35</b>
1.The Salute.....	35
Small Ball.....	35
Big Ball.....	35
The Salute (Triangle Stance / Hourglass Stance).....	35
Lifting Water.....	36
<b>Lesson #2.....</b>	<b>37</b>
2.Ward Off Left.....	37
Turn and Hold The Ball On The Right.....	37
Ward Off Left.....	37
3.Ward Off Right.....	37
Hold The Ball On The Left.....	37
Ward Off Right.....	38
<b>Lesson #3.....</b>	<b>39</b>
4.Roll Back, Hand Under Chin.....	39
Roll Back.....	39
Hand Under Chin.....	39
5.Press.....	39

6.Push.....	40
Pull Down.....	40
Push.....	40
<b>Lesson #4.....</b>	<b>41</b>
7.Single Whip.....	41
Prepare For Single Whip.....	41
Single Whip.....	41
<b>Lesson #5.....</b>	<b>42</b>
8.Play Guitar.....	42
<b>Lesson #6.....</b>	<b>43</b>
9.Shoulder Press.....	43
10.Cross Hands.....	43
<b>Lesson #7.....</b>	<b>44</b>
11.Brush Left Knee and Push.....	44
12.Pull Back and Play Guitar.....	44
13.Brush Left Knee and Push.....	45
14.Pull Back and Play Guitar.....	45
15.Brush Left Knee and Push.....	46
<b>Lesson #8.....</b>	<b>47</b>
16.Step Forward and Punch.....	47
Circle The Arms.....	47
Step Forward.....	47
Step Forward and Punch.....	47
17.Disengage and Push.....	48
Disengage.....	48
Push.....	48
<b>Lesson #9.....</b>	<b>49</b>
18.Box Ears.....	49
19.Cross Hands.....	49
20.Embrace Tiger, Return to Mountain.....	50
Turn, Shoulder Press.....	50
Pull Down.....	50
<b>Lesson #10.....</b>	<b>51</b>
21.Grasp Sparrow's Tail.....	51
Ward Off Right.....	51
Roll Back.....	51
Hand Under Chin.....	51
Press.....	51
Pull Down.....	52
Push.....	52
22.Single Whip.....	52
Prepare For Single Whip.....	52
Single Whip.....	52
<b>Lesson #11.....</b>	<b>54</b>
23.Punch Under Elbow.....	54
<b>Lesson #12.....</b>	<b>55</b>

24.Repulsive Monkey.....	55
Step 1.....	55
Step 2.....	55
Step 3.....	56
Step 4.....	56
Step 5.....	56
<b>Lesson #13.....</b>	<b>58</b>
25.Diagonal Flying.....	58
<b>Lesson #14.....</b>	<b>59</b>
26.Wave Hands In Clouds.....	59
Step 1.....	59
Step 2.....	59
Step 3.....	59
27.Turn Left, Wave Hands In Clouds Left.....	60
Step 4 – Turning the Corner.....	60
Step 5 – Complete the Turn.....	60
Step 6 – Step To The Left.....	60
<b>Lesson #15.....</b>	<b>61</b>
28.Single Whip.....	61
Step Forward.....	61
Single Whip.....	61
<b>Lesson #16.....</b>	<b>62</b>
29.Squatting Single Whip.....	62
30.Snake Creeps Down.....	62
<b>Lesson #17.....</b>	<b>63</b>
31.Golden Pheasant Stands On One Leg Left, Right then Left.....	63
Golden Pheasant Stands On One Leg Left.....	63
Golden Pheasant Stands On One Leg Right.....	63
Golden Pheasant Stands On One Leg Left.....	63
<b>Lesson #18.....</b>	<b>64</b>
32.Separate Right Foot and Kick with Heel.....	64
33.Separate Left Foot and Kick with Heel.....	64
34.180 Degree Turn & Brush Left Knee and Push.....	65
180 Degree Turn.....	65
<b>Lesson #19.....</b>	<b>66</b>
35.High Pat on Horse Right.....	66
Low Pat Right.....	66
High Pat Right.....	66
36.High Pat on Horse Left.....	67
Low Pat Left.....	67
High Pat Left.....	67
37.Punch Low.....	67
<b>Lesson #20.....</b>	<b>68</b>
38.Grasp Sparrow's Tail.....	68
Hold The Ball On The Left.....	68
Ward Off Right.....	68

Roll Back.....	68
Hand Under Chin.....	68
Press.....	69
Pull Down.....	69
Push.....	69
39.Single Whip.....	69
Prepare For Single Whip.....	69
Single Whip.....	70
<b>Lesson #21.....</b>	<b>71</b>
40.Fair Lady Weaves Shuttles To The Four Corners.....	71
Corner #1.....	71
Corner #2.....	72
Corner #3.....	72
Corner #4.....	73
<b>Lesson #22.....</b>	<b>74</b>
41.Grasp Sparrow's Tail.....	74
Hold The Ball On The Right.....	74
Ward Off Left.....	74
Ward Off Right.....	74
Roll Back, Hand Under Chin.....	74
Roll Back.....	74
Hand Under Chin.....	75
Press.....	75
Pull Down.....	75
Push.....	75
42.Single Whip.....	76
Prepare For Single Whip.....	76
Single Whip.....	76
<b>Lesson #23.....</b>	<b>77</b>
43.Squatting Single Whip.....	77
44.Step Up To Seven Stars.....	77
Cross Hands Low.....	77
Cross Hands High.....	78
45.White Crane Spreads Its Wings.....	78
<b>Lesson #24.....</b>	<b>79</b>
46.Heel Turn Right, Step and Push.....	79
47.Heel Turn Right, Step and Push.....	80
<b>Lesson #25.....</b>	<b>81</b>
48.Yield, Sweep Lotus Right Leg.....	81
49.Bend the Bow to Shoot The Tiger.....	81
<b>Lesson #26.....</b>	<b>83</b>
50.Step Forward and Punch.....	83
Punch Down.....	83
Circle The Arms.....	83
Step Forward and Punch.....	83
51.Disengage and Push.....	84

Disengage.....	84
Push.....	84
52.Box Ears.....	84
53.Cross Hands.....	85
54.Reverse Salute.....	85
Lifting Water.....	85
Big Ball.....	85
Small Ball.....	85
<b>Full Document License.....</b>	<b>86</b>
Licence.....	86





# Course Introduction

Ng Family Yang Style T'ai Chi Ch'uan

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*Thank you for your interest in learning the Chinese art of T'ai Chi Ch'uan. We hope this short introductory chapter answers any questions you may have about our class.*

## What Is T'ai Chi Ch'uan?

T'ai Chi Ch'uan is a Chinese internal martial art that promotes good health and formidable fighting skills in equal measure. Originally a fighting art kept a closely guarded secret until the 1800's, today T'ai Chi Ch'uan is taught all around the world mostly for the health benefits that it brings.

To gain the maximum benefit, you should aim to practice your T'ai Chi Ch'uan morning and evening every day for the rest of your life.

## The Major Styles Of T'ai Chi Ch'uan

There are five major styles of T'ai Chi Ch'uan recognised today, named after the Chinese families that created each style: Chen style (陳氏), Yang style (楊氏), Wu or Wu/Hao style of Wu Yu-hsiang (Wu Yuxiang) (武氏), Wu style of Wu Ch'uan-yü (Wu Quanyuo) and Wu Chien-ch'uan (Wu Jianquan) (吳氏), Sun style (孫氏), and the simplified 24-step T'ai Chi Ch'uan created by the National Physical Culture and Sports Commission of the People's Republic of China in 1956.

Each style has evolved from the original Chen Style.

## The Style That We Teach

The style of T'ai Chi Ch'uan we teach is called Ng Family Yang Style T'ai Chi Ch'uan. It is based on the Yang Style taught by Yang Cheng-fu, and incorporates cultural exercises, a 54-part form (or moving meditation), and internal energy work. It is a very traditional form of T'ai Chi.

Dr. Louis Ng, a Chinese acupuncture doctor, brought his family's art to the UK in the 1980's, teaching students the traditional way in all weathers 6 days a week, every week. Robert Earl Taylor introduced Dr. Ng's art into Adult Continuing Education courses in the 1990's, where it continues to be taught today.

Although we do not teach this style as a martial art in our public classes, we do place an equal emphasis on both the health and martial aspects of each part of the form.

**Please note:**

*To the best of our knowledge, our school is the only one teaching this specific style of T'ai Chi Ch'uan. If you choose to train with a different school in the future, what you learn there will differ from what we will teach you.*

## **How Long Does It Take To Learn?**

On average, it takes two years to learn the fundamentals of the art through the Adult Continuing Education classes.

1. We start with the class T'ai Chi for Beginners. Over a 30-week course, you will learn the cultural exercises, the 54-part form, standing meditation, and internal energy work.

At the end of this course, you will be able to play the form from start to end under instruction.

2. We follow this up with the class T'ai Chi for Improvers. Over a 30-week course, you will learn each of the ten principles that lie behind the T'ai Chi form, and continue to polish your ability to play the T'ai Chi form.

At the end of this course, you will have an understanding of the principles behind the form, giving you the tools to continue your own exploration and enjoyment of T'ai Chi Ch'uan independent of the class.

Your success on the course will greatly depend on how much practice you put in between classes. During Year 1, we recommend a minimum of 10 minutes a day practice, rising to 30 minutes a day as you learn more of the form.

Towards the end of the T'ai Chi for Beginners course, you'll be invited to join your instructor and other T'ai Chi players in practising T'ai Chi the way it's meant to be done – outdoors first thing on a morning. We get together as a group on the coast every Saturday morning no matter what the weather to wake up the weekend with some T'ai Chi. These outdoor groups are not a class, and are completely free of charge.

Those who wish to go on to qualify as instructors or wishing to further explore the martial aspects of the art will be able to join our private classes, which are normally held on weekends. It takes at least five years to qualify as an instructor. If you would like to pursue this option, please let your instructor know.

## **What If I've Already Learned A Different T'ai Chi Style?**

We ask all of our students in our public classes to learn the Ng Family Yang Style, because we use the form together as a teaching aid to explore the deeper aspects of T'ai Chi Ch'uan. We're also aware that there are important differences between the principles of our style and those of other styles.

That said, if you're an advanced T'ai Chi Ch'uan student looking for like-minded people to practice your push hands and martial arts with, and to examine and debate the philosophy that underpins all T'ai Chi practice, then you'd be most welcome to our private classes.

## How We Teach

Our teaching philosophy is that stances and shapes make the form. The movement between shapes comes from daily practice between classes. Once you have the form, we use the form together to explore each of the underlying ten principles of our form.

Your instructor will open each class by leading the group through the cultural exercises to ensure everyone is properly warmed up. This is followed by a standing meditation exercise, and then your instructor will lead the group through all the parts of the form that have already been taught.

After that, your instructor will review and correct the parts of the form that have already been taught.

After a short break (there's normally a kettle available, so feel free to bring your own tea and coffee along!), your instructor will demonstrate the class's new moves before breaking the moves down into smaller chunks for the group to practice and learn.

Finally, each class closes with your instructor leading the group through all the parts of the form that have already been taught, including the class's new moves.

Questions are welcome and encouraged throughout each class. Don't be afraid to ask at any time, and don't feel that your question is silly in any way. The only silly question is the one that never gets asked!

## Learning Aids

The principle method of teaching is demonstration by your instructor. We back that up with additional resources to help you both between classes and to be a reference for the rest of your life.

- We provide handouts for the cultural exercises and each part of the form. The handouts are broken down into the chunks that you learn each week.
- We offer an audio CD containing the same instruction for playing the form that is used in each class. This CD will be available for a nominal fee to cover copying costs.
- We offer a DVD containing the complete form, and the same instruction for playing the form that is used in each class. This DVD will be available for a nominal fee to cover production and copying costs. This video is also freely available on the Internet via You Tube.
- We record podcasts after each class, and these are available via the website.

We're always looking for additional ways that we can help and support our students. If there's anything you can think of that would help, please let us know.

## What To Wear To Class

There is no need to purchase any sort of martial art uniform. We recommend loose, comfortable clothing such as T-shirts and jogging bottoms. In the winter months, classrooms can be cold when we arrive, so a comfortable jumper or fleece during the winter months can be a good idea!

Footwear is particularly important. Shoes or trainers should be flat-soled with little or no raised heel at the back. Traditional kung-fu slippers are best, available from martial arts supply shops.

## What If I Miss A Week?

If you do miss a week, the first thing to say about it is this: *don't worry about it*. We all lead busy lives, and it is very unusual for any student to successfully attend all thirty weeks of the course!

Each week, your instructor will review with the whole class the new moves learned the previous week. If you missed the previous week, you'll be given every opportunity to catch up on what you've missed, and your instructor will be available during the break to go over it with you.

## Where To Go For Further Information

We hope this short introduction has answered any questions you have about the course. If not, please ask your instructor, or visit our website:

- <http://blog.stuartherbert.com/tenprinciples/>
- <http://www.tenprinciplestaichi.com/>



# Year #1 Week #1 Lesson Plan

Ng Family Yang Style T'ai Chi Ch'uan

LESSON TIME	CONTENT / TOPIC	STUDENT ACTIVITY	TEACHING METHOD	ASSESSMENT METHOD	RESOURCES
7:00pm	Assess new students	Conversation	n/a	Question and Answer	n/a
7:15pm	Tai Chi demonstration	Observation	Practical demonstration	n/a	Tiled floor
7:30pm	Cultural exercises (used as warm-ups)	Active exercise	Practical demonstration	Observation	As above
7:50pm	Walking exercises	Active exercise	Practical demonstration	Observation	As above
8:05pm	Break	Relaxation	n/a	n/a	n/a
8:10pm	Breathing exercises	Active exercise Relaxation	Practical demonstration	Observation	Tiled floor
8:30pm	Lesson #1 moves	Observation Individual practice	Practical demonstration Group	Observation	As above
8:55pm	Question and answer	Conversation	Group discussion	Question and answer	None



## Year #1 Weeks 2-26 Lesson Plan

Ng Family Yang Style T'ai Chi Ch'uan

LESSON TIME	CONTENT / TOPIC	STUDENT ACTIVITY	TEACHING METHOD	ASSESSMENT METHOD	RESOURCES
7:00pm	Assess new students	Conversation	n/a	Question and Answer	n/a
7:05pm	Cultural exercises (used as warm-ups)	Active exercise	Practical demonstration	Observation Question and Answer	Tiled floor Handouts Video Audio CD
7:25pm	Standing meditation	Active exercise	Group instruction	Observation	As above
7:30pm	Practice the form & corrections	Active exercise Individual demonstration	Practical demonstration Individual tuition Group	Observation Question and Answer Individual Practice	As above
7:55pm	Break	Relaxation	n/a	n/a	n/a
8:05pm	The week's new move(s)	Observation Individual practice	Practical demonstration Group	Observation	As above
8:45pm	Practice the form up to and including the new move(s)	Active exercise	Practical demonstration Group instruction	Observation	As above



## Year #1 Weeks 27-29 Lesson Plan

Ng Family Yang Style T'ai Chi Ch'uan

LESSON TIME	CONTENT / TOPIC	STUDENT ACTIVITY	TEACHING METHOD	ASSESSMENT METHOD	RESOURCES
7:00pm	Assess new students	Conversation	n/a	Question and Answer	n/a
7:05pm	Cultural exercises (used as warm-ups)	Active exercise	Practical demonstration	Observation Question and Answer	Tiled floor Handouts Video Audio CD
7:25pm	Standing meditation	Active exercise	Group instruction	Observation	As above
7:30pm	Practice the form	Active exercise Group demonstration	Practical demonstration Group instruction	Observation	As above
7:50pm	Break	Relaxation	n/a	n/a	n/a
8:00pm	Corrections to the form	Observation Individual practice	Practical demonstration Group	Observation	As above
8:45pm	Practice the form	Active exercise Group demonstration	Practical demonstration Group instruction	Observation	As above



# Year #1 Week 30 Lesson Plan

Ng Family Yang Style T'ai Chi Ch'uan

LESSON TIME	CONTENT / TOPIC	STUDENT ACTIVITY	TEACHING METHOD	ASSESSMENT METHOD	RESOURCES
7:00pm	Assess new students	Conversation	n/a	Question and Answer	n/a
7:05pm	Cultural exercises (used as warm-ups)	Active exercise	Practical demonstration	Observation Question and Answer	Tiled floor Handouts Video Audio CD
7:25pm	Standing meditation	Active exercise	Group instruction	Observation	As above
7:30pm	Practice the form	Active exercise Individual demonstration	Practical demonstration Individual tuition Group instruction	Observation Question and Answer Individual Practice	As above
7:50pm	Year 2 course intro	Conversation	n/a	n/a	n/a
8:00pm	Group social	Conversation	n/a	n/a	n/a





# Cultural Exercises

Ng Family Yang Style T'ai Chi Ch'uan

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*The following exercises are normally performed as warm-ups before playing the form. They are a form of Nei Gong – traditional Chinese exercises designed to improve strength, flexibility, and all-round health.*

*Each exercise is to be performed fourteen times unless otherwise specified.*

**Safety tips:**

- *No pain, no gain – does **not** apply here. With each movement, only go to the limit of what is comfortable. Do not stretch at all. If you are in pain or discomfort, stop immediately.*

## The Head & Neck

### The Scalp

Massage or tap centre line of the head from front hairline to neck hairline.

### The Neck

Massage the soft bits at the base of the head, either side of the neck.

### The Eyes

With the middle fingers, press the centre of each eyebrow. You'll know when you've found the right spot, as it feels extremely uncomfortable.

With the middle fingers, press the centre of the bone under each eye. It should feel like your eyes are on the end of your fingers – but be careful not to poke your eyes!

### The Nose

Press sides of nostrils, where your nostrils join your face.

### The Ears

Massage both ear lobes firmly 50 times.

## The Neck

Drop your chin to your chest.

Roll your right ear to your right shoulder, then your left ear across to your left shoulder, and then chin back to chest. Repeat for a total of 14 times.

Reverse direction, and repeat for a total of 14 times.

**Safety tip:** *do not tip your head back at all during this exercise.*

## The Arms

### The Shoulders

March on the spot slowly with knees high whilst swimming in air:

- The hands start in front of you, both palms facing you, the sides of your hands together.
- Raise your arms above your head.
- Turn the palms to face outwards.
- Allow your arms to fall to your sides.

Repeat for a total of 14 times.

Continuing to march on the spot, reverse direction:

- Palms facing outwards, raise your arms in a wide circle to above your head, until your thumbs touch.
- Turn the palms to face inwards.
- Allow your arms to fall to your sides.

Repeat for a total of 14 times.

### The Wrists

Keep marching, roll hands over wrists forwards:

- Right wrist on top of left wrist, palms facing down.
- Roll the right hand down underneath the left arm, until both palms face you.
- Turn the palms away from you, and relax both wrists.

Repeat for a total of 14 times.

Kick backwards, roll hands over wrists backwards for a total of 14 times.

### The Elbows

Keep kicking backwards, thumbs to shoulders. Circle elbows forwards 14 times. Then circle elbows backwards 14 times.

## Whole Arms

Step to the right, heels in line. Pull all your weight into the right leg. Swing your right arm in a circle front to back; palm in on the way up, and palm out on the way down. Repeat for a total of 14 times.

Reverse direction of swinging arm. Repeat for a total of 14 times.

Pull all your weight across into the left leg. Swing your left arm in a circle front to back; palm in on the way up, and palm out on the way down. Repeat for a total of 14 times.

Reverse direction of swinging arm. Repeat for a total of 14 times.

## The Body

### The Hips

Centre your weight.

Roll your hips in a circle to the right. Repeat for a total of 14 times. Roll your hips in a circle to the left. Repeat for a total of 14 times.

### The Squats (Lower Back & Legs)

Set your feet wider than shoulder width apart, heels in line. Hold your arms out in front as if holding a large ball. Deep breathing in and out.

As you breath out, bend the knees, and tuck the behind under you. Allow your eye-line to fall along the floor towards you as you squat. When the knees stop bending, stop descending.

Straighten up slowly.

Repeat for a total of 14 times.

#### **Safety tips:**

1. *Head and body should move as one unit. Avoid tipping your head back as you squat down.*
2. *The knees go directly out over the toes; not to the left and not to the right.*
3. *The body remains relatively upright. Avoid bending forward at the waist once your knees have stopped bending!*

## The Legs

### Leg Lunge

Set your feet as wide apart as you can, heels in line, toes facing forward. Link fingers.

Turn your right toes out. Bend right knee out over toes, and straighten. Bend right knee out over toes, and straighten. Turn your right toes to the front. Turn your left

toes out. Bend left knee out over toes, and straighten. Bend left knee out over toes, and straighten. Turn your left toes to the front.

Repeat for a total of 14 knee bends (two lots of seven) each side.

***Safety tips:***

- *The knee must go out directly over the toes.*
- *If your heel rises off the floor, widen your stance.*

**Slap The Legs**

Slap each leg 50 times with cupped hands to improve circulation.

**To Finish**

**Pat The Kidneys**

Set your feet slightly wider than shoulder width apart, heels in line.

Swing the arms, patting the kidneys front and back with each swing. Front hand is open, back hand is a loose fist. Total of 50 times (25 times each side).



# Stances and Stepping

Ng Family Yang Style T'ai Chi Ch'uan

*One of the main benefits of taking up regular T'ai Chi practice is that it can improve your balance. The improvement comes partly through better posture, and partly through the way that you set your feet and move your weight about.*

*Our philosophy of teaching is that we build a fighter and a self-healer from the ground upwards. The basics of this lie in mastering the four stances of T'ai Chi and the four rules of stepping.*

## The Four Stances Of T'ai Chi

*There are four main stances in T'ai Chi which occur time and time again as you play the form. By learning these stances up front, you will find it much easier to learn all 54 moves of the T'ai Chi form.*

### Wu Chi Stance and the Horse Stance

*Wu chi means stillness. It is where we prepare the body and the mind for what is to come.*

To achieve *wu chi stance*, place your feet shoulder width apart, and heels in line:

- The length of your shoe is roughly the same distance as the width across your shoulders. Stand with your feet far enough apart for your shoe to fit between your feet.
- If there was a line running left to right across the floor, your heels would both be placed against that line.
- Imagine that your ear, shoulder, hips and ankles follow a straight line down to the floor.

To move from *wu chi stance* to the *horse stance*, lower your centre of gravity by bending your knees out over your toes.

### Important safety tip:

*The knees must go out directly over the toes. The ladies must pay attention to ensure that they do not exhibit magnetic knees, and the gentlemen must ensure that they do not exhibit the opposite behaviour.*

*If the knees are pulled in or pushed out, this causes the ligaments around the knees to be stressed in an unequal manner. Over a prolonged period, this form of baby whiplash creates an imbalance in the knees that can lead to pain and injury.*

During the form, we also use a *deep horse stance*, where the feet are placed heels in line but wider than shoulder width apart.

### **Cat Stance**

The second stance that we use regularly is the *cat stance*. It is mostly used as a way to take a step forwards when attacking an opponent.

Starting from *wu chi stance*, lower your centre of gravity to go into *horse stance*. And then:

- Pull all of your weight into your left leg.
- Pick up the right leg, bring your feet together, and rest the toes of your right foot gently on the floor.

This is *cat stance (weight in the left)*. You can also have *cat stance (weight in the right)* by pulling all of your weight into your right leg instead.

### **Back Stance**

The third of the four major stances is the *back stance*. When we move forward, we use the *back stance* to make sure the ground ahead of us is safe before we step.

Starting from *wu chi stance*, lower your centre of gravity to go into *horse stance*. Move into *cat stance (weight in the left)*. And then:

- Pick the right foot up off the floor.
- Place the right foot down ahead of you, *toe to heel* and *shoulder width apart*.

Once you are in *cat stance*, your weight remains in the left leg.

This is *back stance (weight in the left)*. You can also have *back stance (weight in the right)* if you start from *cat stance (weight in the right)*, and place the left foot forward instead.

### **Front Stance**

From *back stance*, we can move into the last of the four stances: *front stance*. We move into *front stance* to complete our step forwards.

Starting from *back stance (weight in the left)*:

- Pull your weight from your left leg into your right leg.

This is *front stance (weight in the right)*. As with *cat stance* and *back stance*, you can also have *front stance (weight in the left)* by starting from *back stance (weight in the right)*, and pulling the weight into the left leg.

## The Four Rules Of Stepping

*The way we move from one place to another has a major influence on our ageing and balance. We can reduce basic wear and tear in our joints and teach the body to avoid and survive treacherous conditions underfoot at the same time by simple adjustments to our stepping.*

### Single Weight

*Single weight* is one of the ten principles of T'ai Chi – principles that we use for the rest of our lives to guide us in the practice and application of the art. It comes from the ancient Chinese principle of *Yin and Yang*, and is often described in both oral and written transmissions as *distinguishing between full and heavy*.

The requirement for *single weight* is simple: maintain 100% of your weight in one leg at a time.

Other martial arts require the practitioner to distribute their weight 60/40 or 70/30. Unless you place both feet on separate weighing scales, how are you supposed to know if you have done this? *Single weight* brings absolutely clarity and certainty to the situation; you either have all of your weight in one leg, or you have not achieved single weight.

*The key to achieving single weight is a deep and powerful relaxation of the lower body from the waist down. This can only be acquired by mindful practice over a period of time.*

### Peel The Heel and Place The Toe

To maintain *single weight* when we step, we must pay close attention to how we move our feet from one place to the next.

Whenever we pick a foot up off the floor, we start by lifting the heel. We continue to peel the foot from the floor all the way, and finally we break contact with the floor by picking up the toes. We bring the knee all the way up to waist height each and every time, and allow the knee and ankle to relax so that the lower leg hangs naturally down.

*By lifting the knee to waist height, we are strengthening the major muscles in the leg such as the quadriceps. From a martial point of view, the leg lifts can be to guard against a kick, or to step over the opponent who has just been dispatched.*

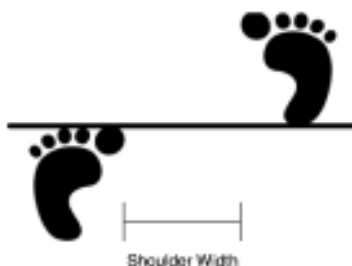
Putting the foot back on the floor is done in reverse. We place the toes down first, and then allow the remainder of the foot to come to rest on the floor, with the heel coming to rest last.

*Stepping toe first is one of the ways that our style of T'ai Chi differs from many of the other styles taught today. The reason why we step toe first is covered later in these notes.*

### **Toe To Heel, And Shoulder Width Apart**

To make sure that we do not lurch from one step to the next, we must ensure that our feet are the appropriate distance apart. To keep a solid base underneath us, we must ensure that our feet are wide enough apart.

Imagine you are standing on a floor with the toes of your left foot up against a horizontal line. You would place your right foot shoulder width apart, and with the right heel also up against the line, like this:



### **The Foot Must Be Flat Before Shifting The Weight**

Whenever we step forwards, backwards, or sideways, we cannot be certain that the ground we are stepping onto is safe. It may be uneven (which could cause a twisted ankle), it may have something on it such as broken glass (which could injure the foot), or it may be something like a step down (which could cause us to fall). If we were to put our foot down with force, we could be in a lot of needless trouble.

Place the foot gently down, toe first. Keep all of your weight in the one leg until your foot is flat on the floor, and you feel that the ground underfoot is safe. Then, and only then, do you transfer your weight into the other leg.

### **The Importance Of Practice**

You can only achieve the benefits of better balance through regular practice over a sustained period of time. If you focus on your stances and stepping each and every time you play your T'ai Chi form, eventually you will feel a clear and definite change in your balance.





# Just Breathe

Ng Family Yang Style T'ai Chi Ch'uan

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*One of the most sought-after benefits of taking up regular T'ai Chi practice is that it can improve your relaxation and mental well-being. The improvement comes from practicing T'ai Chi as a moving meditation.*

At the heart of all meditation is training in the way that you breathe, and T'ai Chi is no exception. There are three simple steps to improving your breathing, which can be followed from the very first time you take up T'ai Chi practice.

## Three Steps To Breathing

*By focusing on your breathing throughout your T'ai Chi practice, you will deepen your sense of relaxation and improve your focus on the form by eliminating the mental distractions that creep in. You will also bring your breath and movement into harmony, increasing your efficiency and effortlessness.*

### **Become Aware Of Your Breathing**

Standing in *wu chi* stance, put the tip of the tongue up to the roof of the mouth. Breathe deeply down into the belly to move the diaphragm. Breathe out simply by relaxing.

As you breathe in, feel the way that your belly expands, and the way that your chest expands front and back. Feel your rib cage opening up. Feel the muscles down each side of your body expanding. Imagine yourself filling up with air and energy, becoming as light as air itself.

As you breathe out, feel the way that everything sinks down and compresses as you relax the muscles you've just used. Imagine yourself becoming solid – dense, even – like concrete or steel.

Breathe in and out repeatedly before you start the form.

### **Let Go, And Just Breathe**

As you practice your T'ai Chi form, make no attempt at all to control your breathing. Do not try to breathe in at certain points. Do not try to breathe out at certain points. You just need to breathe. Your body is already doing the work for you.

As you play the form, take a moment every now and then to bring your attention to your breathing. Make no attempt at all to control your breathing; simply become aware of how you are breathing.

Don't worry about keeping your attention on your breathing all the time. Just keep bringing your attention back to your breathing every now and then. Over time, you will become more and more aware of your breathing without having to keep your attention on it. Eventually you will be aware of your breathing all the time.

From here, you can start to build up your wider awareness of your stances, movement, and all of the ten principles that lie behind the Ng Family Yang Style T'ai Chi Ch'uan form. This is covered in the T'ai Chi For Improvers course notes.

### **Follow Your Breathing**

As your awareness of your breathing develops, your breathing naturally starts to match the movements of your T'ai Chi form. This happens without you controlling your breathing.

Start to let your breathing dictate the speed with which you make your T'ai Chi movements. Be mindful to follow your breathing; do not control it. This will bring your breath and your movements into harmony.

At this point, you can start to change your T'ai Chi practice by changing the speed you breath at.

- Breathing slower will make your T'ai Chi practice take longer. This will give you more time to practice and refine your movements, and more time to monitor your progress on the underlying principles.

Breathing slower will also increase your sense of calmness, and allow you to develop an inner sense of yourself.

- Breathing quicker will speed up your T'ai Chi practice. This will allow you to feel the ebb and flow of your movements more easily, which will help you feel where the tension remains in your movements.

When you are in *wu chi* stance, decide on your breathing speed for your practice. Keep a constant speed of breathing throughout the form. Your breathing regulates your movement; a constant speed of breathing results in a constant speed of movement.

Change your breathing speed from day to day. This will widen your experiences and feelings as you practice.

## Sitting Breathing Exercise

This is a simple exercise to help you improve your awareness of both your breathing and of the tension within your body. This exercise is adapted from the first exercises of a meditation course taught by Allan Armstrong.

Sitting in a chair, locate your toes. As you breathe in, count to four, and scrunch up your toes at the same time. Hold your breath for four seconds. Then breath out for a count of four, and relax your toes at the same time.

Do the same again.

Locate your thighs. Once again, breath in for a count of four, and tense just your thighs. Hold your breath for four seconds. Then breath out for a count of four, and relax your thighs at the same time.

Do the same again.

Locate your abdominal muscles. Breath in for a count of four, and tense just your stomach. Hold your breath for four seconds. Then breath out for a count of four, and relax your stomach at the same time.

Do the same again.

Locate your shoulders. Breath in for a count of four, and tense just your shoulders. Hold your breath for four seconds. Then breath out for a count of four, and relax your shoulders at the same time.

Do the same again.

Finally, locate your hands. Breath in for a count of four, and clench your fists. Hold your breath for four seconds. Then breath out for a count of four, and relax the hands.

Do the same again to finish.



# Standing Meditation

Ng Family Yang Style T'ai Chi Ch'uan

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*Meditation is about expanding your awareness to encompass both mind and body. This standing meditation can be practiced at the start of the form, or as a stand-alone exercise when you have a few minutes to spare during the day.*

## Standing Meditation For Beginners

Set your feet shoulder width apart, heels in line. Deep breathing in and out.

Find the toes, the soles of your feet, and the heels. Take a moment (take a breath) to become aware of the contact that you're making with the floor through the toes, the soles of your feet, and the heels. Where is the weight on each foot?

Don't try to change anything at all. Simply focus on becoming aware of where the weight is in your feet.

Still keeping the toes, the soles of your feet and the heels in mind, bring your attention up to the ankles. Take a moment (take a breath) to ask yourself how the ankles are today.

Still keeping the toes, the soles of your feet, the heels and the ankles in mind, bring your attention up to the knees. Take a moment (take a breath) to ask yourself how the knees are today. Are they bent forward, over the toes? Or locked back straight? Do you have magnetic knees (the knees turned inwards) or the opposite, with the knees turned outwards? Or are the knees nice, loose and relaxed?

Don't try to change anything at all. Simply focus on becoming aware of how your knees feel, and what that feeling means.

Still keeping the toes, the soles of your feet, the heels, the ankles and the knees in mind, bring your attention up to the hips. Take a moment (take a breath) to ask yourself how comfortably you are standing. Do both hips feel comfortable, or does one side or the other feel uncomfortable?

Don't try to change anything at all. Simply focus on becoming aware of how your hips feel, and what that feeling means.

Still keeping the toes, the soles of your feet, the heels, the ankles, the knees and the hips in mind, locate the base of the spine, and the spinal wall muscles that run up either side of the spine. One vertebrae at a time, work your way up the spinal wall

muscles until you reach the shoulders. As you do, take a moment (take a breath) to ask yourself how your back feels along the way.

When you reach the shoulders, pause for a moment (take a breath), and ask yourself how your shoulders feel today. Are they hunched up, or pulled down? Are they rounded forwards, or pinned back? Or do they feel nice, loose and relaxed somewhere in between?

Take a moment (take a breath) to compare your left shoulder to your right shoulder. Do both shoulders feel the same, or does one shoulder feel different to the other?

Don't try to change anything at all. Simply focus on becoming aware of how your shoulders feel, and what that feeling means.

Imagine a plumb-bob line hanging down from your shoulder to the floor. You're looking for your shoulders, hips and ankles to all be in alignment with this plumb-bob line. Don't worry if they're not. Take a moment (take a breath) to trace this line down to the floor in your mind, and just tell yourself what you want. Don't try to change anything at all.

Still keeping the toes, the soles of your feet, the heels, the ankles, the knees, the hips, the vertebrae of the spine and the shoulders in mind, extend your attention down the arms to the elbows, to the wrists, to the palms of the hands, and out to the tips of your thumbs and fingers.

Take a moment (take a breath!) to ask yourself what you feel when you reach the palms of your hands; what you feel when you reach the tips of your thumbs and fingers.

Tips of fingers, tips of thumbs, palms of hands, wrists, elbows and back up to the shoulders.

Locate the neck, which is a continuation of the spine. One vertebrae at a time, work your way up the neck until you reach the head.

Starting with the jaw, take a moment (take a breath) to ask yourself whether your teeth are clenched together, whether the mouth is hanging open (as if catching flies), or whether the jaw feels nice, loose and relaxed somewhere in between. Don't try to change anything at all. Simply focus on becoming aware of how your jaw feels, and what that feeling means.

Move up to the tongue, which should be put up to the roof of the mouth.

Then up to the eyes, which should be open and looking straight ahead.

And finally, bring your attention up to the crown, to the very top of the head. Here, you should *imagine yourself suspended as if by an insubstantial force*; you should *think yourself upright*.

Still keeping the toes, the soles of the feet, the heels, the ankles, the knees, the hips, the vertebrae of the back, the shoulders, the elbows, the wrists, the palms of the hands, the tips of the thumbs and fingers, the vertebrae of the neck, the jaw, the tongue, the eyes and the crown of the head ... keeping all this in mind all at once, in your own time, lower your centre of gravity to start the form.

## Adding To The Meditation

*Some people find that visualisation helps them get more from their meditation. Here are two visualisations that often help. Try them both, and see which one works best for you. And if you come across any additional visualisations, do let us know!*

### Filling Up With The Water Of Your Intention

As you work your way up from the floor, imagine yourself filling up step by step with water. As your attention moves up, so does the water, leaving the areas you've yet to reach empty and ready to be filled with your intention.

### Filling Up With Colour

This is the same as filling up with the water of your intention, but instead of filling up with water, imagine yourself filling up with a colour. It can be a single colour of your choice, or many colours, it doesn't matter.

### Burning With The Fire Of Your Spirit

With every breath in, feel the fire of your spirit being stoked in your dan tien (an area a little bit below the belly button, and a little bit inside). With every breath out, feel this fire pulsing out into your body. Start with small pulses, and make them bigger step by step until the fire of your spirit reaches every extremity of your body by the end of the meditation.

## How This Meditation Works

Your body constantly generates sensations – your five senses, and pain – and transmits these through the nervous system to your brain. And yet the part of you that identifies itself as **you** is aware only of a fraction of these sensations. Why is that?

The brain has evolved to be a great big filtering mechanism. It actively blocks the vast majority of signals from your consciousness, leaving only the major or unexpected ones to get through for your own attention.

When we meditate – either this standing exercise or when we play the form – we are training the brain to stop filtering off some of these signals. We are training the brain to allow us to *feel more*.

Many people try to achieve this by undertaking activities to create louder signals – extreme sports, for example – but this is a temporary change that inevitably results in a return to the status quo once the activity is over. You simply can't keep overloading the body with louder signals forever. At some point, you have to return to daily living.

The difference with meditation is that we're training the brain to allow us to feel more of the everyday things that we already feel. We're using *mindfulness* to tell our brain how we want it to remodel itself – *neuroplasticity* in action – to change what signals the brain is filtering from our consciousness.



# Internal Conditioning

Ng Family Yang Style T'ai Chi Ch'uan

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*T'ai Chi Ch'uan is a balance of external work (cultural exercises, the form) and internal work (meditation, internal conditioning) that together develop both mind and body to make a better fighter and to make you healthier. The internal conditioning exercises improve your core strength, an area often neglected in Western daily life.*

## What Are Pull-ups?

The internal conditioning we do are known as pull-ups. They are similar to the pelvic floor exercises taught to pregnant women. But they are just as beneficial for men.

Describing a pull-up is normally a cause of mirth in class ...

*When you go to the toilet, and you tighten your muscles to cut off the flow, that is a pull-up.*

We combine this muscle movement with co-ordinated breathing to maximise the effect of the exercise and to turn it into another meditation technique.

## 15 Pull-ups To Start The Form

After lowering your centre of gravity, but before starting the form, do fifteen pull-ups:

- As you breathe in, breathe down into the belly to push the diaphragm down as far as you can. Feel yourself filling with both air and energy, filling up with relaxation.
- As you breathe out, pull-up the muscles as hard as you can.

After fifteen pull-ups, start the form on a breath in.

## 15 Pull-ups To Finish The Form

After finishing the form, do fifteen more pull-ups to finish:

- As you breathe in, pull-up at the same time.
- As you breathe out, relax.

## Pulling Up During The Form

Once you have learned to follow your breathing when playing the form, the next step is to do pull-ups throughout the form.

- As you breathe in, breathe deeply down into the belly to push down the diaphragm, and relax.
- As you breathe out, pull-up the muscles as hard as you can.

Alternatively, you could do one long pull-up throughout the form. This is the method my teacher was taught, but you may find that the tension and relaxation from pulling-up and letting go has more benefit for you.

The hardest part of doing pull-ups is learning to isolate just those core muscles, so that you tense the core muscles but leave the rest of your muscles relaxed. Once you have achieved this, the pull-ups can be further enhanced with additional exercises.

## Taking It Further: Abdominal Exercises

This exercise can be done both at the start and at the end of the form.

At the start of the form:

- Starting at the top, tense each row of abdominal muscles one by one as you breathe out, squeezing the air from your body like squeezing toothpaste from a tube. When you reach the bottom, pull-up.
- As you breathe in, start at the bottom by letting go of the pull-up, and then work your way up the abdominal muscles letting go row by row until you have completely relaxed.

At the end of the form:

- As you breathe in, start at the bottom by pulling-up, and then work your way up the abdominal muscles one row at a time, tensing each row in turn until all of the muscles are tense.
- As you breathe out, relax each row of abdominal muscles from the top. When you reach the bottom, relax the pull-up too.





## The Form

Ng Family Yang Style T'ai Chi Ch'uan

### Before You Begin:

1. Set your stance.
2. In your own time, lower your centre of gravity.
3. Tension below the belly button, and relaxed above the belly button.
4. Eyes looking forward.
5. Tongue put up to the roof of the mouth.
6. Attention on dan tien, that's your lower abdomen.
7. Deep breathing in and out, contraction and expansion of your belly (15 pull-ups).
8. And then, starting on a breath in ...

### The Ng Family Yang Style T'ai Chi Ch'uan Form

1. The Salute
2. Ward Off Left
3. Ward Off Right
4. Roll Back, Hand Under Chin
5. Press
6. Push
7. Single Whip
8. Play Guitar
9. Shoulder Press
10. Cross Hands
11. Brush Left Knee and Push
12. Pull Back and Play Guitar
13. Brush Left Knee and Push
14. Pull Back and Play Guitar
15. Brush Left Knee and Push
16. Step Forward and Punch
17. Disengage and Push
18. Box Ears
19. Cross Hands
20. Embrace Tiger, Return to Mountain
21. Grasp Sparrow's Tail
22. Single Whip
23. Punch Under Elbow
24. Repulse Monkey
25. Diagonal Flying
26. Wave Hands Like Clouds
27. Turn Left, Wave Hands In Clouds Left
28. Single Whip
29. Squatting Single Whip
30. Snake Creeps Down
31. Golden Pheasant Stands On One Left, Right then Left
32. Separate Right Foot and Kick with Heel
33. Separate Left Foot and Kick with Heel
34. 180 Degree Turn & Brush Left Knee and Push

- |  |                                     |
|--|-------------------------------------|
| 35. High Pat on Horse Right                          | 45. White Crane Spreads Its Wings   |
| 36. High Pat on Horse Left                           | 46. Heel Turn Right, Step and Push  |
| 37. Punch Low  | 47. Heel Turn Right, Step and Push  |
| 38. Grasp Sparrow's Tail                             | 48. Yield, Sweep Lotus Right Leg    |
| 39. Single Whip                                      | 49. Bend the Bow to Shoot The Tiger |
| 40. Fair Lady Weaves Shuttles To The Four<br>Corners | 50. Step Forward and Punch          |
| 41. Grasp Sparrow's Tail                             | 51. Disengage and Push              |
| 42. Single Whip                                      | 52. Box Ears                        |
| 43. Squatting Single Whip                            | 53. Cross Hands                     |
| 44. Step Up To Seven Stars                           | 54. Reverse Salute                  |



# Lesson #1

Ng Family Yang Style T'ai Chi Ch'uan

*The following instructions use the same words and phrases used to instruct students who are learning the form for the first time. The instructions are provided to jog the memory of students during their daily practice between classes.*

Starting from Wu Chi stance, weight evenly in both legs.

Find the soles of the feet.

Lower the centre of gravity in your own time.

Tension below the belly button, relaxed above the belly button.

Eyes looking forward.

Tongue put up to the roof of the mouth.

Attention on dan tien (your lower abdomen).

Deep breathing in and out, contraction and expansion of your belly.

Do your pull-ups fifteen times before we begin.

## 1. The Salute

### **Small Ball**

Rising up, create a small ball, hands together (as if to pray) and bow.

Let your hands fall to your sides, lower the centre of gravity (sit back down, back upright, knees bent).

### **Big Ball**

Rising up, big ball. Tips of fingers touching.

Big ball down, lower the centre of gravity (sit back down, back upright, knees bent).

### **The Salute (Triangle Stance / Hourglass Stance)**

Pull the weight into the right leg. Cat stance, weight in the right leg.

Pick up the left leg. Place down the left heel, heels in line. The left toes should be pointing totally to the left.

Turn in the left toes, to form one half of the triangle.

Pull the weight into the left leg.

Turn in the right toes, to form the other half of the triangle.

Centre the weight, and lower the centre of gravity.

### **Lifting Water**

Rising up, arms stretched out in front, arms to shoulder height.

Wrists to shoulders.

Hands push down, lower the centre of gravity.



## Lesson #2

Ng Family Yang Style T'ai Chi Ch'uan

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### 2. Ward Off Left

*Starting from the triangle stance.*

#### **Turn and Hold The Ball On The Right**

Pull the weight into the left leg.

Turn out the right toes.

Right hand on top, left hand scoops underneath.

Pull the weight into the right leg. Cat stance, weight in the right leg.

#### **Ward Off Left**

Back stance (place the left leg forward with no weight in it).

At the same time:

- Front stance (pull your weight into the left leg).
- Right hand down.
- Left hand waves up.

### 3. Ward Off Right

*Starting from front stance, weight in the left leg.*

#### **Hold The Ball On The Left**

Left palm down (relax the wrist).

Left wrist to shoulder.

Right hand rises straight up, comes across the face to the left, and scoops underneath the left hand.

Cat stance (weight in the left leg).

**Ward Off Right**

Back stance (place the right leg forward with no weight in it).

Turn the right palm over (relax the wrist).

At the same time:

- Front stance (pull your weight into the right leg).
- Right hand waves up (wrist to shoulder height).
- Left hand pushes, comes below the right elbow.



## Lesson #3

Ng Family Yang Style T'ai Chi Ch'uan

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### 4. Roll Back, Hand Under Chin

*Starting from front stance, weight in the right leg.*

#### **Roll Back**

Turn right hand and left toes.

At the same time:

- Back stance (pull your weight into the left leg).
- Let your hands fall to your sides.

#### **Hand Under Chin**

Right arm continues up the left side of the body, palm downwards. (Relax the wrist)

Turn over the right hand.

Right arm falls down the left side of the body.

*The weight remains in the left leg the entire time.*

### 5. Press

*Starting from back stance, weight in the left leg.*

Along the centre line of your body, pick up the teapot lid with your right hand.

At the same time:

- Front stance (pull the weight into the right leg).
- Turn out the right hand to look at the underneath of the lid. Fingers absolutely pointing to the left.
- Bring up the left hand to hide the underneath of the lid. Fingers absolutely pointing upwards.

Remember to turn in the left foot after moving into front stance.

## 6. Push

*Starting from front stance, weight in the right leg.*

### **Pull Down**

Backs of hands together, arms reaching out above your head. (Viewed from the side, the angle of the arms should be 45 degrees).

At the same time:

- Back stance (pull the weight into the left leg).
- Let your hands fall to your sides.

### **Push**

At the same time:

- Front stance (pull the weight into the right leg).
- Tips of fingers rising for the push.

*Ward Off Left, Ward Off Right, Roll Back, Press and Push are collectively known as **Grasp Sparrow's Tail**. Grasp Sparrow's Tail appears four times in the form in all. This is the first time.*





## Lesson #4

*Ng Family Yang Style T'ai Chi Ch'uan*

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### 7. Single Whip

*Starting from front stance, weight in the right leg.*

#### **Prepare For Single Whip**

Release the wrists.

If you need to, turn out the left toes.

Back stance (pull the weight into the left leg).

Turn to the left, into T stance. (The turn is 135 degrees. If you can't make it round in one go, pick up the right foot and place it down in the appropriate place.)

Pull the weight into the right leg.

Cat stance (weight in the right leg).

#### **Single Whip**

Turn palms to face the left. Both arms wave to the front – big circle with the left, little circle with the right. Let your arms fall to your side.

At the same time:

- Right fingers make a beak or a hook. Right wrist to ear height. Relax the wrist!
- Left hand to inside right elbow.

Pick up the left knee to join onto the left elbow.

Back stance (place the left leg forward with no weight in it). Left arm follows left leg. Turn out the left palm as the left toe touches the floor.

Front stance (pull the weight into the left leg).

*Single Whip appears five times in the form in all. This is the first time.*



## Lesson #5

*Ng Family Yang Style T'ai Chi Ch'uan*

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### 8. Play Guitar

Starting from front stance, weight in the left leg.

Open up the right hand.

At the same time:

- Turn the body to face the right.
- Turn out the palms.
- Raise the arms to make a U shape.

Hands draw a circle through the air as they fall to your sides.

When the right arm reaches the right leg, sweep in the leg. Bring the heels in line.

Right arm rises to hold the guitar. Left arm rises to strum the guitar. (Left hand inside right elbow).

Pick up the right foot. Place it down on the heel. The weight remains in the left leg!

Turn to the front. Hands to neutral.

Cat stance (weight in the left leg).

*The weight remains in the left throughout Play Guitar.*



## Lesson #6

Ng Family Yang Style T'ai Chi Ch'uan

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### 9. Shoulder Press

*Starting from cat stance, weight in the left leg.*

Protect the groin with the right arm.

Protect the right elbow with the left hand. (Left thumb hooks behind the elbow).

Place your foot out to the right, heels in line.

Pull your weight into the right leg.

### 10. Cross Hands

*Starting from horse stance, weight in the right leg.*

At the same time:

- Right arm inside left. Back of right wrist touches inside of left wrist.
- Cat stance (weight in the right leg).

At the same time:

- Raise the wrists to just below shoulder height.
- Raise the left leg.

Turn the hands over.

At the same time:

- Let your arms fall to your sides.
- Cat stance (weight in the right leg).

*The weight remains in the right leg the entire time.*



## Lesson #7

*Ng Family Yang Style T'ai Chi Ch'uan*

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### 11. Brush Left Knee and Push

*Starting from cat stance, weight in the right leg.*

Left hand rises to head height, points straight ahead at the wall.

At the same time:

- Left hand relaxes to right shoulder. Hook the thumb under the shoulder. (Remember to relax the elbow to your chest).
- Right arm rises behind you to shoulder height.

Right arm rises. Make a hat over your head with your right hand.

Back stance (place the left leg forward with no weight in it).

Turn in the right elbow and relax the right wrist. (Relax the shoulder).

At the same time:

- Push forward with the right arm.
- Let the left arm fall to your side.
- Front stance (pull the weight into the left leg).

### 12. Pull Back and Play Guitar

*Starting from front stance, weight in the left leg.*

Draw a "U" shape with the right hand. The right hand should end up absolutely along your centre line, fingers pointing forwards.

Peel the right foot off the floor, heel first.

Place the right foot down behind the left foot, heels in line. (Remember, place the toes down first!)

At the same time:

- Bring up the left arm for play guitar.
- Pull the right arm towards you a bit (relax the elbow!)
- Back stance (pull the weight into the right leg).

Imagine there is a dinner plate on the inside of your left elbow. Clean the dinner plate with your right hand, anti-clockwise.

As the right hand rises, pick up the left leg. As the right hand falls, cat stance (weight in the right leg).

### 13. Brush Left Knee and Push

*Starting from cat stance, weight in the right leg.*

As the right hand falls, at the same time:

- Left hand rises to head height, points straight ahead at the wall.
- Left hand relaxes to right shoulder. Hook the thumb under the shoulder. (Remember to relax the elbow to your chest).
- Right arm rises behind you to shoulder height.

Right arm rises. Make a hat over your head with your right hand.

Back stance (place the left leg forward with no weight in it).

Turn in the right elbow and relax the right wrist. (Relax the shoulder).

At the same time:

- Push forward with the right arm.
- Let the left arm fall to your side.
- Front stance (pull the weight into the left leg).

### 14. Pull Back and Play Guitar

*Starting from front stance, weight in the left leg.*

Draw a "U" shape with the right hand. The right hand should end up absolutely along your centre line, fingers pointing forwards.

Peel the right foot off the floor, heel first.

Place the right foot down behind the left foot, heels in line. (Remember, place the toes down first!)

At the same time:

- Bring up the left arm for play guitar.
- Pull the right arm towards you a bit (relax the elbow!)
- Back stance (pull the weight into the right leg).

Imagine there is a dinner plate on the inside of your left elbow. Clean the dinner plate with your right hand, anti-clockwise.

As the right hand rises, pick up the left leg. As the right hand falls, cat stance (weight in the right leg).

## 15. Brush Left Knee and Push

*Starting from cat stance, weight in the right leg.*

As the right hand falls, at the same time:

- Left hand rises to head height, points straight ahead at the wall.
- Left hand relaxes to right shoulder. Hook the thumb under the shoulder. (Remember to relax the elbow to your chest).
- Right arm rises behind you to shoulder height.

Right arm rises. Make a hat over your head with your right hand.

Back stance (place the left leg forward with no weight in it).

Turn in the right elbow and relax the right wrist. (Relax the shoulder).

At the same time:

- Push forward with the right arm.
- Let the left arm fall to your side.
- Front stance (pull the weight into the left leg).



## Lesson #8

Ng Family Yang Style T'ai Chi Ch'uan

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### 16. Step Forward and Punch

*Starting from front stance, weight in the left leg.*

#### **Circle The Arms**

At the same time:

- Relax the right wrist to drop the hand.
- Raise the right wrist.

Right hand slaps down to the left.

Left and right arms circle behind you to the left (like the hands on a clock).

At the same time:

- Left arm points forward. The left hand forms a knife hand.
- Right wrist to right hip. The right hand makes a fist, palm upwards.
- Cat stance (weight in the left leg).

#### **Step Forward**

Back stance (place the right leg forward with no weight in it).

Front stance (pull the weight into the right leg).

Cat stance (weight in the right leg).

#### **Step Forward and Punch**

Back stance (place the left leg forward with no weight in it).

At the same time:

- Extend the right arm forward in a punch. Turn the right hand over *after* you have hit your imaginary target.
- Front stance (pull the weight into the left leg).

## 17. Disengage and Push

*Starting from front stance, weight in the left leg.*

### **Disengage**

*At the same time:*

- Relax the right elbow. The right arm starts to fall towards the left arm.
- Left arm falls on top of right arm (left wrist on top of right)

Right wrist goes on top.

Let both arms fall to your sides.

*Whilst the arms do all of the above, move into back stance (pull the weight into the right leg).*

### **Push**

*At the same time:*

- Tips of fingers rising for the push.
- Front stance (pull the weight into the left leg).





## Lesson #9

Ng Family Yang Style T'ai Chi Ch'uan

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### 18. Box Ears

*Starting from front stance, weight in the left leg.*

Turn out the right toes and right arm. The right arm is like the a clock hand at 9 o'clock.

At the same time:

- Right arm comes up to twelve o'clock.
- Back stance (pull the weight into the right leg).

Pick up the left toes.

At the same time:

- Turn to the right (turn on the left heel).
- Both arms make the top half of a "H" shape.

At the same time:

- Both hands make loose fists.
- Bring the hands together for box ears.
- Back stance (pull the weight into the left leg).

### 19. Cross Hands

*Starting from back stance, weight in the left leg.*

At the same time:

- Cross hands (left inside right). (Fingers should be absolutely pointing left and right!)
- Deep horse stance (pick up the right leg, place it down to the right, heels in line).

Pull your weight into the right leg.

## 20. Embrace Tiger, Return to Mountain

*Start from deep horse stance, weight in the right leg.*

### **Turn, Shoulder Press**

Pick up the left toes. Turn in the left toes into T stance.

At the same time:

- Pull the weight into the left leg.
- Turn out the left hand.

At the same time:

- Right hand falls down the left side of the body.
- Left hand moves to protect right shoulder.
- As the right hand reaches the right thigh, pick up the right leg, and move into back stance (weight remains in the left leg).

*We say that the hands are grasping the throat and the "money" of an imaginary opponent.*

Front stance (pull the weight into the right leg).

### **Pull Down**

At the same time:

- Let your arms fall to your sides.
- Back stance (pull the weight into the left leg).



## Lesson #10

Ng Family Yang Style T'ai Chi Ch'uan

### 21. Grasp Sparrow's Tail

*Starting from back stance, weight in the left leg.*

#### **Ward Off Right**

At the same time:

- Front stance (pull your weight into the right leg).
- Right hand waves up (wrist to shoulder height).
- Left hand pushes, comes below the right elbow.

#### **Roll Back**

*Starting from front stance, weight in the right leg.*

Turn right hand and left toes.

At the same time:

- Back stance (pull your weight into the left leg).
- Let your hands fall to your sides.

#### **Hand Under Chin**

Right arm continues up the left side of the body, palm downwards. (Relax the wrist)

Turn over the right hand.

Right arm falls down the left side of the body.

*The weight remains in the left leg the entire time.*

#### **Press**

*Starting from back stance, weight in the left leg.*

Along the centre line of your body, pick up the teapot lid with your right hand.

At the same time:

- Front stance (pull the weight into the right leg).

- Turn out the right hand to look at the underneath of the lid. Fingers absolutely pointing to the left.
- Bring up the left hand to hide the underneath of the lid. Fingers absolutely pointing upwards.

Remember to turn in the left foot after moving into front stance.

### **Pull Down**

*Starting from front stance, weight in the right leg.*

Backs of hands together, arms reaching out above your head. (Viewed from the side, the angle of the arms should be 45 degrees).

At the same time:

- Back stance (pull the weight into the left leg).
- Let your hands fall to your sides.

### **Push**

At the same time:

- Front stance (pull the weight into the right leg).
- Tips of fingers rising for the push.

*Ward Off Left, Ward Off Right, Roll Back, Press and Push are collectively known as **Grasp Sparrow's Tail**. Grasp Sparrow's Tail appears four times in the form in all. This is the second time.*

## **22. Single Whip**

*Starting from front stance, weight in the right leg.*

### **Prepare For Single Whip**

Release the wrists.

If you need to, turn out the left toes.

Back stance (pull the weight into the left leg).

Turn to the left, into T stance. (The turn is 135 degrees. If you can't make it round in one go, pick up the right foot and place it down in the appropriate place.)

Pull the weight into the right leg.

Cat stance (weight in the right leg).

### **Single Whip**

Turn palms to face the left. Both arms wave to the front – big circle with the left, little circle with the right. Let your arms fall to your side.

At the same time:

- Right fingers make a beak or a hook. Right wrist to ear height. Relax the wrist!
- Left hand to inside right elbow.

Pick up the left knee to join onto the left elbow.

Back stance (place the left leg forward with no weight in it). Left arm follows left leg. Turn out the left palm as the left toe touches the floor.

Front stance (pull the weight into the left leg).

*Single Whip appears five times in the form in all. This is the second time.*



## Lesson #11

Ng Family Yang Style T'ai Chi Ch'uan

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### 23. Punch Under Elbow

*Starting from front stance, weight in the left leg.*

Make a loose fist with your right hand.

At the same time:

- Lower right wrist to shoulder height, and back to ear height.
- Back stance (pull the weight into the right leg).

At the same time:

- Big circle down with the arms (the right hand remains as a fist).
- Front stance (pull the weight into the left leg).

Allow your arms to fall to your sides (the right hand remains as a fist). Cat stance (weight in the left).

At the same time:

- Left hand makes a tiger claw.
- Left hand rises to shoulder height.
- Right hand rises under left elbow (palm facing down).
- Right knee rises.

At the same time:

- Arms fall to neutral.
- Right knee falls.

Cat stance, weight in the left leg.



## Lesson #12

Ng Family Yang Style T'ai Chi Ch'uan

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### 24. Repulse Monkey

*Starting from cat stance, weight in the left leg.*

#### Step 1

Swing the arms upwards – left arm in front, right arm behind. Palms upwards, as if you're Atlas holding the world in your arms.

At the same time:

- Peel the right foot off the floor, heel first.
- Place the right foot behind you, toe first.
- Right wrist to right ear.

Drop the right elbow by relaxing the shoulder. Relax the right wrist.

At the same time:

- Push forward with the right hand, palm outwards.
- Allow your left arm to fall to your side.
- Back stance (pull the weight into the right leg).

#### Step 2

Swing the left arm upwards behind you.

Turn over the right hand so the palm faces you.

At the same time:

- Peel the left foot off the floor, heel first.
- Place the left foot behind you, toe first.
- Left wrist to right ear.

Drop the left elbow by relaxing the shoulder. Relax the left wrist.

At the same time:

- Push forward with the left hand, palm outwards.
- Allow the right arm to fall to your side.
- Back stance (pull the weight into the left leg).

### **Step 3**

Swing the right arm upwards behind you.

Turn over the left hand so the palm faces you.

At the same time:

- Peel the right foot off the floor, heel first.
- Place the right foot behind you, toe first.
- Right wrist to right ear.

Drop the right elbow by relaxing the shoulder. Relax the right wrist.

At the same time:

- Push forward with the right hand, palm outwards.
- Allow the left arm to fall to your side.
- Back stance (pull the weight into the right leg).

*If you are short of space behind you, skip steps 4 and 5, and go on to diagonal flying.*

### **Step 4**

Swing the left arm upwards behind you.

Turn over the right hand so the palm faces you.

At the same time:

- Peel the left foot off the floor, heel first.
- Place the left foot behind you, toe first.
- Left wrist to right ear.

Drop the left elbow by relaxing the shoulder. Relax the left wrist.

At the same time:

- Push forward with the left hand, palm outwards.
- Allow the right arm to fall to your side.
- Back stance (pull the weight into the left leg).

### **Step 5**

Swing the right arm upwards behind you.

Turn over the left hand so the palm faces you.



At the same time:

- Peel the right foot off the floor, heel first.
- Place the right foot behind you, toe first.
- Right wrist to right ear.

Drop the right elbow by relaxing the shoulder. Relax the right wrist.

At the same time:

- Push forward with the right hand, palm outwards.
- Allow the left arm to fall to your side.
- Back stance (pull the weight into the right leg).



## Lesson #13

Ng Family Yang Style T'ai Chi Ch'uan

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### 25. Diagonal Flying

*Starting from back stance, weight in the right.*

Hold the ball on the left:

- Left wrist to left ear.
- Drop the left elbow by relaxing the shoulder. Relax the left wrist.
- Right hand scoops under the left.

Pick up the left toes.

Turn to the right.

Back stance (pull the weight into the left leg).

Deep horse stance (pick up the right leg, place it down heels in line).

Pull the weight into the right leg.

At the same time:

- Right hand rises (wrist to ear height).
- Allow the left hand to fall to your side.
- Raise the left foot behind you.

Place the left foot down where it came from.



## Lesson #14

Ng Family Yang Style T'ai Chi Ch'uan

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### 26. Wave Hands In Clouds

*Starting from horse stance, weight in the right leg.*

#### Step 1

Turn to the right.

At the same time:

- Wave behind with the right arm.
- Scoop in front of the body with the left hand.

Hold the ball in front of you, left hand on top, right hand underneath.

Turn to the left.

Pull the weight into the left leg.

#### Step 2

At the same time:

- Wave behind with the left arm.
- Scoop in front of the body with the right hand.
- Cat stance, weight in the left leg.

Hold the ball in front of you, right hand on top, left hand underneath.

Switch the weight to the right leg (cat stance, weight in the right leg).

#### Step 3

Turn to the right.

At the same time:

- Wave behind with the right arm.
- Scoop in front of the body with the left hand.
- Step to the left, heels in line (weight remains in the right leg).

Hold the ball in front of you, left hand on top, right hand underneath.

Switch the weight to the left leg (horse stance, weight in the left leg).

## 27. Turn Left, Wave Hands In Clouds Left

### Step 4 – Turning the Corner

Turn to the left.

At the same time:

- Wave behind with the left arm.
- Scoop in front of the body with the right hand.
- Pick up the right foot, place it down in T-stance (heels in line, toes pointing towards the left foot).

Hold the ball in front of you, right hand on top, left hand underneath.

Pull the weight into the right leg. The body naturally turns to face the same direction as the right toes.

*You have turned half way to the left.*

### Step 5 – Complete the Turn

Turn the body to the right.

At the same time:

- Wave behind with the right arm.
- Scoop in front of the body with the left hand.
- Pick up the left foot, place it down heels in line, toes pointing out to the left.

Hold the ball in front of you, left hand on top, right hand underneath.

Pull the weight into the left leg. The body naturally turns to face the same direction as the left toes.

*You have completed the 90 degree turn to the left.*

### Step 6 – Step To The Left

Turn the body to the left.

At the same time:

- Wave behind you with the left arm.
- Scoop in front of the body with the right arm.
- Cat stance, weight in the left.

Hold the ball in front of you, right hand on top, left hand underneath.



## Lesson #15

Ng Family Yang Style T'ai Chi Ch'uan

### 28. Single Whip

*Starting from cat stance, weight in the left leg.*

#### Step Forward

At the same time:

- Back stance (place the right leg forward with no weight in it).
- Wave down to the right knee with the right hand.
- Allow the left hand to fall to your side.

At the same time:

- Allow the right hand to fall to your side.
- Front stance (pull the weight into the right leg).

Cat stance (weight in the right leg).

#### Single Whip

At the same time:

- Right fingers make a beak. Right wrist to ear height. Relax the wrist!
- Left hand to inside right elbow.

Pick up the left knee to join onto the left elbow.

Back stance (place the left leg forward with no weight in it). Left arm follows left leg. Turn out the left palm as the left foot touches the floor.

Front stance (pull the weight into the left leg).

*Single Whip appears five times in the form in all. This is the third time.*



## Lesson #16

Ng Family Yang Style T'ai Chi Ch'uan

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### 29. Squatting Single Whip

*Starting from front stance, weight in the left leg.*

Turn out the left heel and right toes. *Pull the weight into the right leg.*

Turn in the left toes and right heel. *Pull the weight into the left leg.*

Turn out the left heel and right toes. *Pull the weight into the right leg.*

*The entire time, the left arm remains pointing forward, and the right arm remains pointing to the right. The right wrist remains at ear height as your body lowers.*

### 30. Snake Creeps Down

*Starting from a low squat, weight in the right leg.*

At the same time:

- The left arm scoops down the inside of the left leg, across the groin, and up to the right elbow.
- Turn the body to the right.
- Pull the weight into the right leg.

*Ensure that the right knee goes out directly over the right toes.*

Turn in the left heel, so that the left toes face the front.

At the same time:

- The left arm sweeps down the inside of the right leg, to the inside of the left knee.
- The right arm sweeps down behind your back, and the right hand makes a little duck's tail.
- Pull the weight into the left leg. *Ensure that the right knee goes directly backwards to avoid injury.*

At the same time:

- Point the fingers of the left hand to the front.
- Pull the weight into the left leg.



## Lesson #17

Ng Family Yang Style T'ai Chi Ch'uan

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### 31. Golden Pheasant Stands On One Leg Left, Right then Left

*Starting from a low squat, weight in the left leg.*

#### **Golden Pheasant Stands On One Leg Left**

At the same time:

- The left hand comes up, wrist to shoulder height, in knife guard.
- Turn in the right toes.

At the same time:

- Hands to neutral
- Cat stance (weight in the left leg).

#### **Golden Pheasant Stands On One Leg Right**

At the same time (strike right hand and knee):

- Point the fingers of the right hand to the front.
- The right hand comes up, wrist to shoulder height.
- Lift the right knee.

At the same time:

- Hands to neutral.
- Cat stance (weight in the left leg).

Switch the weight to the right leg (cat stance, weight in the right leg).

#### **Golden Pheasant Stands On One Leg Left**

At the same time (strike left hand and knee):

- Point the fingers of the left hand to the front.
- The left hand comes up, wrist to shoulder height.
- Lift the left knee.



## Lesson #18

Ng Family Yang Style T'ai Chi Ch'uan

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### 32. Separate Right Foot and Kick with Heel

*Starting from standing on one leg, weight in the right leg.*

At the same time:

- Place the left foot out to the left, heels in line.
- Place the left hand out to protect the groin, palm down.

At the same time:

- Place the right hand on top of the left hand, palm down. (Cross hands low).
- Switch the weight to the left leg.

At the same time:

- Cross hands (left hand on the outside).
- Cat stance (weight in the left leg).

Turn the palms outward.

At the same time:

- Hands wave outward to form the top half of a "H" shape.
- Kick forward with the right foot.

### 33. Separate Left Foot and Kick with Heel

*Starting from standing on one leg, weight in the left leg.*

At the same time:

- Place the right foot out to the right, heels in line.
- Place the right hand out to protect the groin, palm down.

At the same time:

- Place the left hand on top of the right hand, palm down. (Cross hands low).
- Switch the weight to the left right.



At the same time:

- Cross hands (right hand on the outside).
- Cat stance (weight in the right leg).

Turn the palms outward.

At the same time:

- Hands wave outward to form the top half of a "H" shape.
- Kick forward with the left foot.

### **34. 180 Degree Turn & Brush Left Knee and Push**

*Starting from standing on one leg, weight in the right leg.*

At the same time:

- Relax the left knee (left foot hangs down).
- Left hand to right kidney (relax the left elbow).

*The right arm remains outward, forming part of the top half of a "H" shape.*

#### **180 Degree Turn**

*Traditional method:*

Turn 180 degrees by hopping three times. With each hop, push off with the left heel. Land on the ball of the left foot, then place the heel on the floor.

*Low impact alternative:*

Front stance (place the left behind you, toe to heel and shoulder width apart).

Back stance (pull the weight into the left leg).

Turn to the left, into T stance. (The turn is 135 degrees. If you can't make it round in one go, pick up the right foot and place it down in the appropriate place.)

Pull the weight into the right leg.



## Lesson #19

Ng Family Yang Style T'ai Chi Ch'uan

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### 35. High Pat on Horse Right

*Starting from the end of the hop (traditional method) or T stance (low impact alternative), weight in the right leg.*

#### Low Pat Right

Back stance (place the left leg forward with no weight in it).

At the same time:

- Right hand pats down.
- Allow the left hand to fall to your side.
- Rock forward into front stance (pull the weight into the left leg).

At the same time:

- Allow the right hand to fall to your side.
- Rock back into back stance (pull the weight into the right leg).

#### High Pat Right

At the same time:

- Right arm rises to point upwards (palm facing forwards).
- Pick up the left toes.

Turn the body to the left on the left heel.

Place the left toes flat on the floor.

At the same time:

- Pat down with the right hand.
- Rock forward into front stance (pull the weight into the left leg).

At the same time:

- Allow the right arm to fall to your side.
- Cat stance (weight in the left leg).

### 36. High Pat on Horse Left

*Starting from cat stance, weight in the left leg.*

#### **Low Pat Left**

Back stance (place the right leg forward with no weight in it).

At the same time:

- Pat low with the left hand.
- Rock forward into front stance (pull the weight into the right leg).

At the same time:

- Allow the left hand to fall to your side.
- Rock back into back stance (pull the weight into the left leg).

#### **High Pat Left**

At the same time:

- Left arm rises to point upwards (palm facing forwards).
- Pick up the right toes.
- Right hand moves behind the right hip, and forms a hidden fist.

Turn the body to the right on the right heel.

Place the right toes on the floor.

At the same time:

- Pat down with the left hand.
- Rock forward into front stance (pull the weight into the right leg).

At the same time:

- Allow the left hand to fall to your side.
- Cat stance (weight in the right leg).

### 37. Punch Low

*Starting from cat stance, weight in the right leg.*

Back stance (place the left leg forward with no weight in it).

At the same time:

- Right hand passes the right hip and punches low.
- Front stance (pull the weight into the left leg).

Allow the right hand to fall to your side. Stand upright.



## Lesson #20

Ng Family Yang Style T'ai Chi Ch'uan

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### 38. Grasp Sparrow's Tail

*Starting from front stance, weight in the left leg.*

#### **Hold The Ball On The Left**

The left hand rises up the right side of the body, and turns out to hold the top of the ball on the left.

The right arm rises up the right side of the body, across at face height, and scoops down to hold the bottom of the ball on the left.

#### **Ward Off Right**

Turn over the right hand (palm down), and relax the right wrist.

At the same time:

- Front stance (pull your weight into the right leg).
- Right hand waves up (wrist to shoulder height).
- Left hand pushes, comes below the right elbow.

#### **Roll Back**

*Starting from front stance, weight in the right leg.*

Turn right hand and left toes.

At the same time:

- Back stance (pull your weight into the left leg).
- Let your hands fall to your sides.

#### **Hand Under Chin**

Right arm continues up the left side of the body, palm downwards. (Relax the wrist)

Turn over the right hand.

Right arm falls down the left side of the body.

*The weight remains in the left leg the entire time.*

**Press**

*Starting from back stance, weight in the left leg.*

Along the centre line of your body, pick up the teapot lid with your right hand.

At the same time:

- Front stance (pull the weight into the right leg).
- Turn out the right hand to look at the underneath of the lid. Fingers absolutely pointing to the left.
- Bring up the left hand to hide the underneath of the lid. Fingers absolutely pointing upwards.

Remember to turn in the left foot after moving into front stance.

**Pull Down**

*Starting from front stance, weight in the right leg.*

Backs of hands together, arms reaching out above your head. (Viewed from the side, the angle of the arms should be 45 degrees).

At the same time:

- Back stance (pull the weight into the left leg).
- Let your hands fall to your sides.

**Push**

At the same time:

- Front stance (pull the weight into the right leg).
- Tips of fingers rising for the push.

*Ward Off Left, Ward Off Right, Roll Back, Press and Push are collectively known as **Grasp Sparrow's Tail**. Grasp Sparrow's Tail appears four times in the form in all. This is the third time.*

**39. Single Whip**

*Starting from front stance, weight in the right leg.*

**Prepare For Single Whip**

Release the wrists.

If you need to, turn out the left toes.

Back stance (pull the weight into the left leg).

Turn to the left, into T stance. (The turn is 135 degrees. If you can't make it round in one go, pick up the right foot and place it down in the appropriate place.)

Pull the weight into the right leg.

Cat stance (weight in the right leg).

### **Single Whip**

Turn palms to face the left. Both arms wave to the front – big circle with the left, little circle with the right. Let your arms fall to your side.

At the same time:

- Right fingers make a beak or a hook. Right wrist to ear height. Relax the wrist!
- Left hand to inside right elbow.

Pick up the left knee to join onto the left elbow.

Back stance (place the left leg forward with no weight in it). Left arm follows left leg. Turn out the left palm as the left toe touches the floor.

Front stance (pull the weight into the left leg).

*Single Whip appears five times in the form in all. This is the fourth time.*



## Lesson #21

Ng Family Yang Style T'ai Chi Ch'uan

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### 40. Fair Lady Weaves Shuttles To The Four Corners

*Starting from front stance, weight in the left leg.*

#### Corner #1

Turn out the right toes if you need to, to make it easier to get round.

At the same time:

- Back stance (pull the weight into the right leg).
- Left hand rises up.
- Right hand falls.

Pick up the left toes.

Turn to the right, into T stance.

At the same time:

- Crossed guard (right hand on the outside).
- Back stance (pull the weight into the left leg).

Pick up the right toes.

At the same time:

- Guard right shoulder and left hip (right hand to right shoulder, left hand to left hip).
- Turn out the right toes.

Place the right toes on the floor.

Front stance (pull the weight into the right leg).

At the same time:

- Switch hands; guard left shoulder and right hip (left hand to left shoulder, right hand to right hip).
- Cat stance, weight in the right leg.

Back stance (place the left leg forward with no weight in it).

Front stance (pull the weight into the left leg).

### **Corner #2**

*Starting from front stance, weight in the left leg.*

Turn out the right toes if needed, to help you get round.

At the same time:

- Left hand rises.
- Right hand falls.
- Back stance (pull the weight into the right leg).

Pick up the left toes.

Turn to the right into T stance.

At the same time:

- Crossed guard, right hand on the outside.
- Back stance (pull the weight into the left leg).

At the same time:

- Guard right shoulder and left hip (right hand to right shoulder, left hand to left hip).
- Pick up the right leg, turn to the right, place the foot down toe to heel and shoulder width apart.

Front stance (pull the weight into the right leg).

### **Corner #3**

*Starting from front stance, weight in the right leg.*

Make a beak with the right hand. Completely relax the right wrist.

At the same time:

- Draw the right wrist halfway to your left shoulder.
- Back stance (pull the weight into the left leg).

At the same time:

- Pull your left shoulder towards your right wrist.
- Break the beak on the inside of left elbow.
- Front stance (pull the weight into the right leg).

At the same time:

- Guard left shoulder and right hip (left hand to left shoulder, right hand to right hip).
- Cat stance (weight in the right leg).



Back stance (place the left leg forward with no weight in it).

Front stance (pull the weight into the left leg).

#### **Corner #4**

*Starting from front stance, weight in the left leg.*

Turn out the right toes if you need to, to help you get round.

At the same time:

- Left hand rises.
- Right hand falls.
- Back stance (pull the weight into the right leg).

Pick up the left toes.

Turn to the right into T stance.

At the same time:

- Cross hands, right hand on the outside.
- Back stance (pull the weight into the left leg).

Turn out both palms.

At the same time:

- Right hand rises to protect the head.
- Left hand protects the heart.
- Pick up the right leg, turn to the right, place the foot down toe to heel and shoulder width apart.

Front stance (pull the weight into the right leg).



## Lesson #22

Ng Family Yang Style T'ai Chi Ch'uan

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### 41. Grasp Sparrow's Tail

*Starting from front stance, weight in the right leg.*

#### **Hold The Ball On The Right**

At the same time:

- Arms fall to hold the ball on the right (right hand on top, left hand underneath).
- Back stance (pull the weight into the left leg).

Cat stance (weight in the right leg).

#### **Ward Off Left**

Back stance (place the left leg forward with no weight in it).

At the same time:

- Right hand down.
- Left hand up.

Front stance (pull your weight into the left leg).

#### **Ward Off Right**

Turn the right palm over (relax the wrist).

At the same time:

- Front stance (pull your weight into the right leg).
- Right hand waves up (wrist to shoulder height).
- Left hand pushes, comes below the right elbow.

#### **Roll Back, Hand Under Chin**

*Starting from front stance, weight in the right leg.*

#### **Roll Back**

Turn right hand and left toes.

At the same time:

- Back stance (pull your weight into the left leg).
- Let your hands fall to your sides.

### **Hand Under Chin**

Right arm continues up the left side of the body, palm downwards. (Relax the wrist)

Turn over the right hand.

Right arm falls down the left side of the body.

*The weight remains in the left leg the entire time.*

### **Press**

*Starting from back stance, weight in the left leg.*

Along the centre line of your body, pick up the teapot lid with your right hand.

At the same time:

- Front stance (pull the weight into the right leg).
- Turn out the right hand to look at the underneath of the lid. Fingers absolutely pointing to the left.
- Bring up the left hand to hide the underneath of the lid. Fingers absolutely pointing upwards.

Remember to turn in the left foot after moving into front stance.

### **Pull Down**

*Starting from front stance, weight in the right leg.*

Backs of hands together, arms reaching out above your head. (Viewed from the side, the angle of the arms should be 45 degrees).

At the same time:

- Back stance (pull the weight into the left leg).
- Let your hands fall to your sides.

### **Push**

At the same time:

- Front stance (pull the weight into the right leg).
- Tips of fingers rising for the push.

*Ward Off Left, Ward Off Right, Roll Back, Press and Push are collectively known as **Grasp Sparrow's Tail**. Grasp Sparrow's Tail appears four times in the form in all. This is the fourth and final time.*

## 42. Single Whip

*Starting from front stance, weight in the right leg.*

### **Prepare For Single Whip**

Drop the wrists.

If you need to, turn out the left toes slightly.

Back stance (pull the weight into the left leg).

Turn to the left, into T stance.

Pull the weight into the right.

Cat stance (weight in the right leg).

### **Single Whip**

Turn palms to face the left. Wave to the front. Arms to neutral.

At the same time:

- Right fingers make a beak. Right wrist to ear height. Relax the wrist!
- Left hand to inside right elbow.

Pick up the left knee to join onto the left elbow.

Back stance (place the left leg forward with no weight in it). Left arm follows left leg. Turn out the left palm as the left foot touches the floor.

Front stance (pull the weight into the left leg).

*Single Whip appears five times in the form in all. This is the fifth and final time.*



## Lesson #23

Ng Family Yang Style T'ai Chi Ch'uan

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### 43. Squatting Single Whip

*Starting from front stance, weight in the left leg.*

Turn out the left heel and right toes.

Turn in the left toes and right heel.

Turn out the left heel and right toes.

*The entire time, the left arm remains pointing forward, and the right arm remains pointing to the right. The right wrist remains at ear height as your body lowers.*

At the same time:

- The left arm scoops down the inside of the left leg, across the groin, and up to the right elbow.
- Turn the body to the right.
- Pull the weight into the right leg.

### 44. Step Up To Seven Stars

*Starting from a low squat, weight in the right leg.*

Pull in the left heel, so that the left toes face the front.

#### **Cross Hands Low**

At the same time:

- Left arm sweeps across to the inside of the left leg.
- Right arm sweeps under the left arm to cross hands, right arm on the outside.
- Pull the weight into the left leg (make sure that the right knee goes directly backwards!)

Turn in the right toes.

### **Cross Hands High**

At the same time:

- Raise the crossed hands to protect the chest.
- Make loose fists with both hands.
- Turn the palms outward. (Right arm remains on the outside)
- Start the move to cat stance (weight in the left leg).

At the same time:

- Crossed hands move to above the head (hands remain as loose fists).
- Complete the move to cat stance (weight in the left leg).

## **45. White Crane Spreads Its Wings**

*Starting from cat stance, weight in the left leg.*

Front stance (place the right leg behind you, with no weight in it).

At the same time:

- Turn the right palm inwards, and allow the right hand to fall down the left side of the body. The hand opens as it falls.
- Back stance (pull the weight into the right leg).

At the same time:

- Right arm rises in a big circle. Right hand makes a hat above the head.
- Turn the left palm inwards, and allow the left hand to fall down the right side of the body. The hand opens as it falls.
- Cat stance (weight in the right leg).

Place the left heel out in front.



## Lesson #24

Ng Family Yang Style T'ai Chi Ch'uan

### 46. Heel Turn Right, Step and Push

*Starting from cat stance, weight in the right. The left heel is placed out in front.*

At the same time:

- Bring both arms to level (Left arm rises to shoulder height, right arm falls to shoulder height)
- Turn the left toes to the right into a T stance (135 degree turn).

Pull the weight into the left leg.

At the same time:

- Left arm rises to point upwards.
- Right arm falls to your side.
- Pick up the right leg, turn to the right, and place it down toe to heel and shoulder width apart.

At the same time:

- Bring the hands together as if for Press, and then allow the left arm to fall to your side.
- Front stance (pull the weight into the right leg).

At the same time:

- Bring the left hand up under the right hand.
- Cat stance (weight in the right leg).

At the same time:

- Back stance (place the left leg forward, with no weight in it).
- Big circle with both arms. Arms fall to your sides.

At the same time:

- Tips of fingers rising, and push.
- Front stance (pull the weight into the left leg).

## 47. Heel Turn Right, Step and Push

*Starting from front stance, weight in the left.*

Turn out the right toes.

At the same time:

- Left arm falls to your side.
- Right arm rises directly up the centre line to make a hat.
- Back stance (pull the weight into the right leg).

At the same time:

- Bring both arms to level (Left arm rises to shoulder height, right arm falls to shoulder height)
- Turn the left toes to the right into a T stance (135 degree turn).

Pull the weight into the left leg.

At the same time:

- Left arm rises to point upwards.
- Right arm falls to your side.
- Pick up the right leg, turn to the right, and place it down toe to heel and shoulder width apart.

At the same time:

- Bring the hands together as if for Press, and then allow the left arm to fall to your side.
- Front stance (pull the weight into the right leg).

At the same time:

- Bring the left hand up under the right hand.
- Cat stance (weight in the right leg).

At the same time:

- Back stance (place the left leg forward, with no weight in it).
- Big circle with both arms. Arms fall to your sides.

At the same time:

- Tips of fingers rising, and push.
- Front stance (pull the weight into the left leg).





## Lesson #25

Ng Family Yang Style T'ai Chi Ch'uan

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### 48. Yield, Sweep Lotus Right Leg

*Starting from front stance, weight in the left leg.*

Relax the wrists to drop the hands.

Back stance (pull the weight into the right leg).

Turn in the left heel to give you extra stability.

Front stance (pull the weight into the left leg).

Right leg sweeps out to the right and anticlockwise round to the front. Toes point up during the sweep, and down at the end.

Right leg sweeps clockwise once, then twice. Toes point up when the foot is to the front.

Place the right leg down heels in line, wider than shoulder width apart.

### 49. Bend the Bow to Shoot The Tiger

*Starting from a horse stance, weight in the left leg.*

Hold the bow on the left. (Right hand on top, palm outwards; left hand below, palm inwards).

Turn the body to the right.

Push the arms to the right. (Make sure that the right hand remains above the left!)

At the same time:

- Turn the body to the left.
- Pull the weight into the right leg.

At the same time:

- Pull the arms in close to the body.
- Pull the weight into the left leg.

Turn the body to the right.

Push the arms to the right. (Make sure that the right hand remains above the left!)

At the same time:

- Turn the body to the left.
- Pull the weight into the right leg.

At the same time:

- Pull the arms in close to the body.
- Pull the weight into the left leg.

At the same time:

- Turn the body to the front.
- Pull the weight into the right leg.



## Lesson #26

Ng Family Yang Style T'ai Chi Ch'uan

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### 50. Step Forward and Punch

*Starting from horse stance, weight in the right leg.*

#### **Punch Down**

Front stance (pick up the left leg, place it down behind you).

At the same time:

- Punch down with the back of the right hand.
- Left hand opens to protect the groin.
- Back stance (pull the weight into the left leg).

#### **Circle The Arms**

Left and right arms circle behind you to the left (like the hands on a clock).

At the same time:

- Left hand in knife guard (left arm points forward).
- Right wrist to right hip. The right hand makes a fist, palm upwards.
- Front stance (weight in the right leg).

#### **Step Forward and Punch**

Cat stance (weight in the right leg).

Back stance (place the left leg forward with no weight in it).

At the same time:

- Extend the right arm forward in a punch. Turn the right hand over *after* you have hit your imaginary target.
- Front stance (pull the weight into the left leg).

## 51. Disengage and Push

*Starting from front stance, weight in the left leg.*

### Disengage

*At the same time:*

- Relax the right elbow. The right arm starts to fall towards the left arm.
- Left arm falls on top of right arm (left wrist on top of right)

Right wrist goes on top.

Let both arms fall to your sides.

*Whilst the arms do all of the above, move into back stance (pull the weight into the right leg).*

### Push

*At the same time:*

- Tips of fingers rising for the push.
- Front stance (pull the weight into the left leg).

## 52. Box Ears

*Starting from front stance, weight in the left leg.*

Turn out the right toes and right arm. The right arm is like the a clock hand at 9 o'clock.

*At the same time:*

- Right arm comes up to twelve o'clock.
- Back stance (pull the weight into the right leg).

Pick up the left toes.

*At the same time:*

- Turn to the right (turn on the left heel).
- Both arms make the top half of a "H" shape.

*At the same time:*

- Both hands make loose fists.
- Bring the hands together for box ears.
- Back stance (pull the weight into the left leg).

### 53. Cross Hands

*Starting from back stance, weight in the left leg.*

At the same time:

- Cross hands (left inside right). (Fingers should be absolutely pointing left and right!)
- Deep horse stance (pick up the right leg, place it down to the right, heels in line).

Pull your weight into the right leg.

Pull in your left leg (stance should be a horse stance, slightly wider than shoulder width apart).

Allow your arms to fall to your sides.

### 54. Reverse Salute

*Starting from a horse stance, weight in both legs.*

#### **Lifting Water**

Rising up, arms stretched out in front.

Wrists to shoulders.

Hands push down, sit back down.

#### **Big Ball**

Rising up, big ball. Tips of fingers touching.

Big ball down, but stay standing up.

Push up on the left toes. Bring in the left foot to shoulder width apart.

#### **Small Ball**

Small ball, hands together and bow.

Hands to neutral, sit back down.

*Deep breathing in and out, performing your pull-ups fifteen times before standing up.  
This concludes the form.*



## Next Steps

Ng Family Yang Style T'ai Chi Ch'uan

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*Congratulations! You have completed the T'ai Chi for Beginners course. But what will you do next?*

### What You Have Learned

On the T'ai Chi for Beginners course, you have learned:

- How to warm up before practice using the *cultural exercises*
- The *four stances of T'ai Chi*
- How to turn T'ai Chi into a moving meditation through your *breathing*
- A *standing meditation* to improve your awareness of your body
- How to *condition yourself internally* by building your core strength
- The 54-move Ng Family Yang Style T'ai Chi Ch'uan form

This gives you a solid foundation to continue your personal T'ai Chi practice on your own for the rest of your life.

But there's a lot more to T'ai Chi than we can fit into just one year of training.

### T'ai Chi For Improvers Course

The T'ai Chi for Improvers course builds on what you have learned to give you a deeper insight into your T'ai Chi practice.

- Learn to practice the form without accompanying instruction.
- Use the form to examine and explore the *ten underlying principles* that the form is based on.
- Further polishing and refinement of the physical moves of the form, looking at finer and finer detail and precision of how the move works and why.
- Sensitivity training with offset practice and push hands.

And, of course, many people prefer to continue to practice T'ai Chi in a group, as it provides motivation to practice when you might not feel like practicing on your own!

If you'd like to come back for the Improvers course, we'd love to see you there.



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