



Tai Chi Chuan For Beginners

The First 5 Sets



*Training Manual
presented by
Master Howard Gibbon*



The Chinese Art of
T'AI CHI CH'UAN
The first five sets

By
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This publication is a free shortened version of the complete short form manual.

This digital book must not be sold or altered in any way. It can be printed and may be distributed electronically via email etc. to friends and others interested in our unique style of T'ai Chi.

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The Author



Master Howard Gibbon, a practitioner of the Taoist Arts now for 38 years, was a student of the late Grand Master Chee Soo for twenty-one years. Through dedicated practice and regular personal training with Chee Soo Howard was awarded the highest grade issued by the Grand Master.

Having taught the Lee Family Style for the past thirty two years Howard has guided many students to Instructor levels and continues the work of his Master in regular classes, weekend seminars and specialized workshops all over the country. Howard has also conducted seminars for the Education Service, Mental Health Authorities, Keep Fit Associations and taught in Jersey and Northern Ireland where he was sponsored by Londonderry County Council.

Howard has had several articles published in newspapers and magazines on aspects of the Taoist Arts. Details of his other available publications are listed at the back of this manual. Howard has made a personal commitment to pass on the teachings he has received in a way that he feels follows the true spirit of the Arts.

For those with access to the Internet details of classes and courses and information on the Arts taught within 'The East-West Taoist Association' can be found by looking at the Association website, where all other publications and DVDs can be purchased online.

www.ewta.co.uk

Testimonial

This course is accredited by Prof. Sir STEVEN L RUSSELL

MD(MA)K St J, DSc(HC), FFHom(MA), DrAr, Dhom, Dphyt, DHM, DAA, FAHP(I), MMA, RMHIS, VP.

Founder and Dean of the INTEGRATIVE COLLEGE OF HOLISTIC MEDICINES:

"Now, at the start of the 21st century, we are living in an age of greater personal awareness and spirituality. The Training Course, taught by MASTER HOWARD GIBBON provides the most concise guide to Holistic Health available, and also addresses the very issues that are central to the movement.

The Training Course lays great emphasis on the fact that although the majority of people are still hoping for the 'quick fix' to health that the last century promised, increasingly more people are aware that they are responsible for their own health and not others. The Training Course shows in very simple terms how to achieve optimum health with least effort.

The T'ai Chi Training Course illustrates the benefits from a holistic point of view on the following practices:

T'ai Chi Ch'uan
K'ai Men (Chi Gung)
Dao Yin (Respiratory Therapy)

During my many years in practice in Holistic Medicine covering the whole spectrum of therapies I have had the honour to meet a few practitioners of unquestionable ability and dedication to their art. MASTER HOWARD GIBBON ranks highly with any of them. This becomes immediately obvious when one watches this modest man in action. He has a unique empathetic way of teaching where even in a class of a number of students one feels they are the only ones being taught. MASTER HOWARD GIBBON'S many filled classes throughout the North - East of England are a true testimony to this man who has dedicated his life to the cause.

Howard is supported by his lovely wife Gisela.

Howard is a holder of the highest grade issued by Grandmaster Chee Soo and is the Chief Instructor for The East – West Taoist Association.

Howard also has a Diploma in: Advanced Tai Chi, Chi Kung and Taoist Practices from the 'Integrative College of Holistic Medicines'

The 'Integrative College of Holistic Medicines' is affiliated to and accredited by:
Association of Holistic Practitioners (International)

The Open International University of Complementary Medicines

The East – West Taoist Association is registered as an International School with:
The Association of Holistic Practitioners International to teach:
T'ai Chi, Chi Kung, Dao Yin, K'ai Men and other Taoist Practices.



*Dear Howard, This is a photocopy
of a letter I have written today.*

International Taoist Society

FOUNDED BY PROF. CHAN LEE.

PRESIDENT. CHEE SOO.

Mrs. M. PERKIN
426 Charter Avenue
Canley
Coventry CV4 8BD

Mr. J. R. Adamson, B.Sc.(Econ)
Divisional Principal,
Divisional Adult Education Office,
Dane Park Road,
Hull,
North Humberside HU6 9DW.

25th June 1984.

Dear Sir,

Re: Mr. Howard F. Gibbon.

Regarding the above named gentleman, we would like to take this opportunity of pointing out to you that he has been with us for nearly ten years, and during this time has taken over twelve examinations (Practical Levels) and five Coaching Examinations (International Levels), and is therefore able to teach in any of our centres throughout the world.

We have no hesitation in recommending this gentleman to you as a Teacher of :-

Self - Defense

T'ai Chi Ch'uan

K'ai Men

for he has excellent qualities and personality, and he has our complete confidence.

The writer has had the rare opportunity of seeing this gentleman actually conducting his classes, and seeing him on this level, makes this recommendation even more profound.

Yours sincerely,
p.p. INTERNATIONAL TAOIST SOCIETY.

Chee Soo
Chee Soo (President).

INTRODUCTION

The Chinese people have been practising the art of T'ai Chi Ch'uan for centuries. In fact it is practiced to such an extent that, in the past, it has drawn the bewildered attention of tourists. All over China many Chinese rise early to practise their T'ai Chi movements in the park, on the roof tops, in car parks and on balconies, in fact anywhere they can find a bit of space. Some people practise in groups and some prefer to practise alone. Many people in the West are under the impression that T'ai Chi is only for the elderly. This is incorrect, ideally T'ai Chi should be taught from an early age. For the last thirtysix years I have been practising the Taoist Arts which originated in China. I have found T'ai Chi Ch'uan particularly helpful. T'ai Chi is excellent for reducing mental stress, and also for reducing tension in the muscles of the body.

The 'T'ai Chi Form' is a sequence of movements which are performed in a standing position. The movements are slow and graceful, they are also a splendid therapeutic exercise. After having mastered a few movements of the T'ai Chi form, as you practise, the muscles of the body will start to relax. The mind, because it is required to focus on the physical movements, stops racing from one thought to another. The mind now starts to become calm. With a little regular practice, anything worthwhile requires a little effort, you will develop a feeling of serenity. This is why T'ai Chi is often described as 'Meditation with Movement'.

T'ai Chi Ch'uan is usually translated to mean the 'Supreme Ultimate,' an apt description. Over the years I have learnt, and I am still learning, many things about myself which have helped me to understand myself and others better. The depth of understanding one can obtain from the practice of T'ai Chi Ch'uan is inexhaustible.

This knowledge is not an intellectual study only - or a physical study only - or a spiritual study only, but a harmonious combination of them all. The regular practice of T'ai Chi will develop the individual into a more balanced person. Enabling them to appreciate themselves, others and the world we live in to a much greater degree.

This harmony of mind, body and spirit brings great happiness and good health to the practitioner; but it has to be earned. The more effort you put into the practice, the more you will get out of it. This does not mean that you should be very intense about your practice. On the contrary, this would restrict your development. You should dedicate yourself to your practice in a relaxed manner with a feeling of exhilaration. When you start to learn the T'ai Chi form your concentration is focused on imitating the movements of the instructor. You have to learn where to place the hands and feet, where the weight is, more on one foot than the other. Are the hands held in the correct position for the posture shown? So at first, whilst you are beginning to learn, the form has a rather robotic quality. The instructor pauses after each posture giving you time to observe the correct positions of hands and feet. After you become more familiar with the movements the instructor will ask you to perform a posture and then walk round correcting hand and foot positions. Checking your stance, making sure you are not leaning this way or that way. Helping you to obtain an upright posture. In this way the student experiences what their body feels like when it is in the correct position.

This is a very important part of the initial training. The student must learn to pay attention to themselves. Not look round for others mistakes, but learn to concentrate their mind on what they themselves are doing. In this way the students learn to ground themselves.

Some students are only concerned with learning the form as quickly as possible. Referred to by instructors affectionately as 'number cruncher's', they become agitated if they feel they are not being taught quickly enough. This is due no doubt to the competitive attitude that is fostered in us from an early age in the western world. This is a shame because this attitude, if it persists, will severely restrict the student's development.

If you want to learn to type and you decide to learn properly from the start, you must learn to touch type. You will find the initial effort hard and with little apparent reward. Others who taught themselves to type using two fingers may laugh at your efforts suggesting that you give up, and do it the easy way. However, if you persist diligently, eventually you will be able to type much more efficiently than you could using two fingers. This fact may be hotly disputed by the two finger brigade.

So it is if you persist with your T'ai Chi training. Resist the temptation to go off and learn something new as soon as you start to feel a little bored because you have to repeat the same movements you think, and I stress you think, you know. Then you will not miss the opportunity to develop internally, an opportunity to learn how to become one with yourself. If you dash off to another class you will become bored again soon, and have to move on again. Learning a little of many things, but nothing of any substance. You may gain lots of external experience and knowledge. But you will gain little experience and knowledge of your inner self.

The practice of T'ai Chi will put you in touch with your physical body. You will become aware of the muscle changes that take place when you step forwards, backwards, sideways, lift a leg into the air in a kicking action, bend at the waist, etc. It will teach you to be aware of your own unnecessary excessive use of energy. You will learn how to move your body more naturally, more efficiently using up less energy as you do so. This will give you a greater reserve of energy to draw on in times of stress. Your temperament will improve and you will become a happier person.

STANCES

Stances for T'ai Chi Ch'uan

There are thirteen basic stances in our T'ai Chi Form which were laid down originally by the Lee family of ancient China. They have the names of animals and birds as was the custom in those far-off days.

Where applicable stances should be practiced on both sides i.e. left and right. Good posture is very important. Carefully study the photographs and note that the back is kept straight and the head erect. Pay attention to the positions of the feet and hands copying them as you practise running through the stances.

To practise the stances before attempting the exercises is time well spent because if you are already familiar with the various stances you will be able to give your full concentration to performing the movements of the form correctly. Lao Tzu said 'Dealing with things while they are small is easy.' The stances are the basics; take a little time to learn those first before attempting the form itself.

Walk one step at a time and you will reach your destination calm in mind, body and spirit. Try to jump ahead quickly and you will only wear yourself out and create disharmony within yourself. My teacher Grandmaster Chee Soo often used to say the slowest is the fastest and although I did not understand what he meant at first, with persistence and patience he drove the message home.

Eagle Stance

Stand with your heels together and your hands by your sides. Keep the knees relaxed.



Bear Stance

Stand upright with your hands by your sides looking straight forward and place your feet the width of your shoulders apart. Again the knees should not be locked straight but stay relaxed.



Dragon Stance

From Eagle stance, step forwards with the right leg and simultaneously bend the right knee and straighten the left leg so that the right leg supports your weight. (right Dragon stance)



Monkey Stance

From Dragon stance transfer your weight onto the left leg as you simultaneously straighten the right leg. Your body weight should now be carried by the left leg.

Slide your right foot back towards you a little and raise the toes of your right foot.



Riding Horse Stance

From Eagle stance step off to the left with your left leg, so that your feet are slightly wider than the width of your shoulders apart, bend your knees and place your hands on the thighs.



Leopard Stance

From Bear stance, step off to the right about 15 centimeters, bend your right leg and straighten your left leg as you do so, so that you now have your weight on your right leg (right Leopard)



PRACTICE

Guidance for good practice

As you practise keep the following points in mind.

Keep your body upright without tension or stiffness, this will enable you to remain balanced constantly. It is possible to stand erect without hardness and remain soft without becoming sloppy. However, attaining this requires a lot of practice, and finding that middle road does not come easily.

Head and neck should be naturally straight, not forced, and relaxed.

Relax the shoulders, let them sink, try not to hold them up.

Hands should be relaxed without tension.

Fingers should be straight, not curled, and together but without tension.

Relax your abdomen and make sure your clothes do not restrict your breathing. You will learn to breathe deeply into the stomach as you progress. Diaphragm or Yang breathing is better for your general health than breathing into the chest as many people do today.

Try to keep the legs relaxed. When you transfer your weight from one leg to the other, make sure the leg not carrying your weight is relaxed. This way you will get a perfect balance of yin and yang. One leg works whilst the other relaxes.

Exceptions are Eagle, Bear, Snake and Riding Horse stance where the weight is evenly distributed. However, as you pass through these stances try to keep the legs as relaxed as possible.

Experts perform T'ai Chi movements with ease. They have wonderful control, and the gentleness of their movements are such that they seem within everyone's capabilities. They are; but most people are amazed at the amount of work, concentration and control needed to perfect one such movement.

The T'ai Chi form is still only a physical outlet or external expression of your inward self. Your inner self is far, far greater than you may imagine. The Chinese arts reveal all the energies that you naturally carry within you at any moment. The deep sensory perception and dynamic forces that we all process. You have these now, although you may not realise it.

Our task is to help you cultivate them, harness and control them, so they can be stored rather than letting them go to waste. Then they can be used for your own benefit, and in time for the benefit of others, too.

T'ai Chi is not only a way of attaining physical fitness and prowess. It offers you a way of life and helps you to live it.

The following guidelines may help you attain perfection in many directions. They cover the internal and external fields of the mind, feelings, spirit, energies and the body.

Head

Hold your head upright from the coccyx to the crown of the head, keeping the spine straight at all times. There are few exceptions to this rule in T'ai Chi. Banish tension out of your mind and face, relax, keeping yourself composed and at ease.

Eyes

The eyes should look steadily ahead, without strain. There are only a few cases where they should look up or down. A relaxed steady look should be maintained.

Tongue

The tongue should be placed against the roof of the mouth, allowing saliva to gather and eventually be swallowed. Saliva is a great treasure of the body. In Chinese alchemy it is said to give clearness to the eyes and help strengthen the general health of the body.

Arms

Never fully straighten the arms, instead always keep them slightly bent. Keep the elbows pointing down except for the rare occasions when the arms are raised above the head. Keep your arms completely relaxed regardless of how they are moved or held.

Hands

In all forms of Western and Chinese boxing the hands are important. However, in T'ai Chi they are more important still, because of the intricate patterns and movements they have to perform. It is essential to have complete control over them whether they are closed in a fist or open.

In T'ai Chi we have seven main types of hand formation. The first is **Sun Palm**. The hand is pushed forwards with the fingers pointing upwards. In this formation the chi flows from the stomach (Tan Tien) up the spine and down into the arm and palm. This movement of the hand and arm looks gentle and soft, but the force pushed out of the **Sun Palm** is quite dynamic.

The second is the **Cloudy Palm**. The back of the hand faces away from you with your fingers pointing upwards. The arms and hands are relaxed completely and the shoulders are allowed to sink. The chi is recalled to the stomach (Tan Tien).

The third is the **Crane's Head**. The fingers point downward. The shoulders, arms and hands are completely relaxed and loose. The chi is recalled to the stomach.

The fourth is the **Lifting Palm**. The back of the hand faces the floor and the palm faces upwards. The chi may or may not be activated, the choice is yours.

The fifth is the **Side Palm**. The little finger edge points downwards and the tip of the thumb points upwards. In this position the chi flows into the little finger edge of the hand.

The sixth hand formation is the **Hammer Palm**. The palm faces downwards and becomes the striking point.

The seventh is the **Closed Palm** or **Fist**. The fingers are closed into the palm but should remain fairly loose. The chi flows strongly into the hand.

Legs

The legs are used to support the body at all times. Muscle changes take place through them as the body moves. The legs therefore play an important part in all movements of the torso.

It is a golden rule that, however the foot is moved, the heel is placed on the floor first, then the ball of the foot and finally the toes. The heel to toe movement is maintained no matter what the angle of the foot. This is not easy at first especially when the leg steps back from Dragon stance into Duck or Monkey stance. Constant practice is the only way to perfect keeping control of your balance and leg movements; practise very slowly.

Breath

For all beginners, breathing naturally through the nose should be the regular practice. Once you have learnt twenty moves or so the following may be applied. But make sure you know these moves well enough to perform them in a relaxed manner physically, and without the brain racing from one thought to another. Both of which will burn oxygen more quickly and make the following inadvisable.

All the movements of T'ai Chi are based on inward and outward movements, so the breathing can be harmonised with them. You should inhale with the odd numbers and exhale with the even numbers. Learn to co-ordinate your breath with your movements. You will gradually take longer and deeper breaths, which will definitely benefit your health. You will then need to concentrate on breathing into your stomach, apart from the few times when the arms raise above the head, when the breath naturally raises into the chest also. This abdominal breathing excites and activates the chi, and also gives you an internal massage. This is achieved by the expansion and contraction of the internal organs. All this helps the blood circulation and liver functions and generally aids the working of the metabolism. In Chinese alchemy and Taoist thought the lower stomach is referred to as the 'lower caldron', and it is accessed and activated by diaphragm breathing. This is the object of our deep breathing. This area is also a psychic centre of primary importance, the main focal point of the Chi (vitality power) and Li energy (macro-cosmic energy). Their harmony in the lower stomach is known as 'the inner circle' of the body which governs the spiritual and psychic channels of the mind and body. Therefore it must be looked after, nurtured and protected. It is of prime importance to the health of the body, the mind and the spirit, in both their internal and external activities.

Your legs are your roots whilst your hands and arms are like the branches of a tree. Each separate but with their own jobs to do. When you can get them to work in harmony together you will be connected to your energy systems which will now flow through you unimpeded. Through this harmonious linking of your physical and energy systems you will develop a connection to your spirit. (Tao)

So as you can see by learning to become balanced physically, you become aware of your energy. By learning to balance your energies you become aware of the spiritual essence (The Tao). Through T'ai Chi you can tune in to the Tao of your own life. You can tune in to the reality of life around you. And that is why T'ai Chi is called 'The Supreme Ultimate'.

Practise slowly and carefully, do not be discouraged when you meet difficulties, they are bound to occur. Do not rush, be consistent and patient, and all will be achieved with regular practice, preferably every day.

Wear loose clothing, plimsoles for your feet or any footwear without a heel, or practise barefoot.

Learn to use abdominal breathing, but it must be natural not forced.

Do not work beyond your capacity to stay relaxed. When you feel tired, stop and try again the next day.

Do not vary your speed but keep it constant.

Once you have learnt about twenty moves, aim to learn one more movement a week, providing you are practising daily. The better you learn each move the greater will be the benefit to your health and general well-being.

Golden Principles

- 1) Keep your body erect.
- 2) Everything about you should be completely relaxed, especially the mind.
- 3) Maintain rigidly the heel and toes principle for all foot movements.
- 4) Co-ordinate the movements of the upper and lower halves of the body.
- 5) Harmonise the internal and external physical aspects of the body.
- 6) Ensure there is continuity of movement at all times.
- 7) Be sure that all movements follow a curved or circular form. There are no straight lines in T'ai Chi.
- 8) Study our Chinese breathing systems.
- 9) Learn to breath deeply into your lower abdomen, and keep you tongue against the roof of your mouth.
- 10) Extend your chi on all outward movement. (Even numbers)
- 11) Recall and relax your Chi on all inward movements. (Odd numbers)
- 12) Live the way of Chang Ming. (Chinese macrobiotics)
- 13) Study the laws of living within the realms of a spiritual path.
- 14) Study the use and harmonisation of the vitality power and macro-cosmic energy, the internal and external energies.

‘Lee Style T’ai Chi’ Short Form

The First 5 Sequences

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The Short Form of Lee Style T'ai Chi Ch'uan

The original eight stances were expanded to thirteen some 10,000 years ago when the T'ai Chi sequences were formulated by the early Taoists. This book retains the original animal names which were adopted by those early Taoists and the Lee family throughout the centuries.

As T'ai Chi became more widely known many teachers hid their techniques behind phrases such as 'Brush Knee and Side Step', 'The Crane Exercises its Wings' etc. This enabled them to keep some originality for themselves.

The animal names for each stance are used in the following instructions which are grouped into the sets of the sequences. The first fifteen sets up to number 50 comprise the short form which is taught to a high standard before students progress further. For your information the complete list of sequences is given on the opposite page.

During the following pages the format follows our other publications of 'Open Door' (K'ai Men exercise) and 'The Secret Island' (Breathing exercises) i.e. photographs and notes are on the right page and further in depth explanation on the left page.

Preparation - Facing South

Start in eagle stance. The heels should be touching and the toes pointing slightly outwards. Don't lock the knees but keep them loose and relaxed.

Face south with your back facing north. (Providing this is practical depending on where you are practising)

The body should be relaxed and the mind tranquil. You should be at peace with yourself and your place in nature. Pause a while to compose yourself.

Step off to the left with your left foot so that your feet are a shoulder width apart. When you step off place the heel down first, then the toes.

This is an important difference to some other forms of exercise, and indeed some other forms of T'ai Chi. Within the Lee Style, whenever you step forwards, sideways, or even backwards, you place the heel down first then the toes.

Now you are in bear stance.

Your whole body should be upright but relaxed. Take a few moments to relax in this position before you start. Masters will stay in this position until they feel their chi move. Then and only then will they start the physical movements. However, for now just commit the check list below to memory and follow it before you move on.

Check yourself for tension

Are your neck and shoulders relaxed?

Is your chest relaxed and not pushed forwards and upwards as if you are on parade? Relax your chest so it depresses slightly and your shoulders relax and round forwards a little. Slightly mind you, it should be natural not something you make happen.

Are your stomach and hips relaxed? If not imagine that your weight i.e. your flesh and muscles are hanging on your skeleton frame. Your weight is drawn downwards, making you feel strong and rooted. Hey! That's good isn't it, I bet you feel better already.

Now check your knees. Are they loose? Not bent but just relaxed with no undue muscle tension. Some people insist this is slightly bent. That's okay - whatever gets the job done.

And last the ankles and feet. Relax the ankles. Relax the feet, imagine your weight falling into them making them spread out. This makes for a more solid foundation. Strong trees have strong roots and are more likely to survive a storm.

Prepare



Eagle Stance



Bear Stance

No. 1 (South)

Breathe in

From bear stance draw your left foot in until the left heel touches the heel of the right foot. As you do this circle the hands forwards and inward so they end up in front of your body. They should be 5 to 10 centimetres below your navel with the fingers pointing towards each other, palms down, but not touching.

No. 2 (South)

Breathe out

Let the hands float forwards and upwards in an arch. As they pass your eyes at **1a** follow your hands with your eyes looking at the back of your hands. So as you execute this move your hands draw an arc from just below your navel up until the palms are pointing towards the ceiling.

Note: There must be no straining to do this. It is better to raise the hands to the point just before you feel yourself starting to strain then stop. With practice you may relax more making it possible to point the hands towards the ceiling.

No. 3 (South)

Breathe in

Reverse this process by letting the hands arc downwards whilst still watching the back of the hands. As you pass the point shown at **1a** let your hands continue but leave your eyes looking straight forward. So you are now at the point shown in **2a**.

At this point relax the hands so that they fall due to gravity, now rotate both wrists inwards so the palms face upwards. Straighten the hands so the fingers point towards each other but do not touch.

Gather Celestial Energy
1 - 3



Bear Stance



No 1

Eagle Stance



No 1a



No 2

Eagle Stance



No 2a



No 3

Eagle Stance

No. 4 (South)

Breathe out

Step forwards with your right leg placing the right heel onto the floor whilst sinking your weight onto your left leg bending the left knee slightly. As you place the right foot down transfer your weight onto the right leg allowing it to bend as you simultaneously straighten the left leg into right dragon stance. Whilst you execute these leg movements the forearms move forwards with the right hand circling over the left so they end up parallel to the floor with the fingers tips of the left hand level with the wrist of the right as shown.

No. 5 (South)

Breathe in

Keeping the fingers of the left hand level with the wrist of the right circle the hands upwards round an imaginary ball shape so you are at position **4a**. Now turn the hands inwards again keeping the fingers of the left hand in line with the wrist of the right. Transfer your weight onto the back leg (left) bending the left leg as you straighten the right and simultaneously allow the hands to ride over the imaginary ball shape and then slide back towards your body so the left elbow gently touches the ribcage. The right hand is slightly forwards of the left so the fingers of the left hand are still in line with the wrist of the right. During this the right foot first slides back a little, then you raise your toes into monkey stance.

No. 6 (West)

Breathe out

Relax the wrists allowing the hands to droop, the right first then the left over it as in figure **5a**. Now swing your right foot 90 degrees to the right placing the right heel on the floor. Place the rest of your right foot down bending the right leg whilst pivoting on the left heel turning the left toes to the right in a comfortable position as you straighten the left leg into dragon stance. Allow your hands to unfold turning them palms up (fingers of the left hand still in line with the wrist of the right)

Play the Guitar
4 - 6



No 4

Dragon Stance



No 4a



No 5

Monkey Stance



No 5a



No 6

Dragon Stance

No. 7 (West)

Breathe in


Keeping the fingers of the left hand level with the wrist of the right circle the hands upwards round an imaginary ball shape so you are in the position you were at **4a**. This time instead of turning the hands inwards, you slide them over the ball, slowly drawing them level, as you simultaneously turn them to face each other whilst drawing the foot back around 15 centimetres and then lifting the toes up into monkey stance. As you do this allow your head to droop slightly so that you are looking through your hands at the floor.

No. 8 (West)

Breathe out

Relax the wrists allowing the hands to droop towards the floor. Then rotate the hands inwards and upwards until the palms of both hands face the shoulders as in **7a**.


Now step forwards into dragon stance with the right leg, straighten the left leg as you transfer your weight.

The hands make a gentle movement curving upwards and downwards  as you push them forwards so the fingertips end up level with the shoulders.

Note: The elbows should not move past the knee, otherwise you will become unstable.


No. 9 (West)

Breathe in

Transfer your weight back onto the left leg as you bend it and straighten the right leg. As you do this the hands draw back making a gentle curve, downwards and upward.  until they reach the position shown in front of the shoulders whilst you simultaneously draw the foot back around 15 centimetres then lift the toes up. (Monkey stance)

No. 10 (West)


Breathe out

Rotate the palms so they face forwards **9a**. Then step forward, heel down first then the toes, into dragon stance as you push the hands forwards in a gentle movement downwards and upwards. 

Make sure to move the elbows on a level with but not past the knees.

No. 11 (West)

Breathe in

Transfer your weight back into duck stance as you bend the left leg and straighten the right. Slide the right leg back (only 5 to 10 centimetres, no more) and raise the toes into monkey stance. At the same time the hands draw back in a gentle curve, upwards and downwards,  until they are in front of the shoulders with the palms facing forwards.

Fair Lady Weaving
7 - 11



No 7

Monkey Stance



No 7a



No 8

Dragon Stance



No 9

Monkey Stance



No 9a



No 10

Dragon Stance



No 11

Monkey Stance

No. 12 (South)

Breathe out

Pivot on the right heel placing the toes down to your front. Transfer half your weight onto the right leg, now pivot on the left foot turning it to face the front also. At the same time allow your hands to cross with the left in front of the right as in **11a**.

Now slowly bend both knees sinking your weight down into riding horse stance simultaneously letting your arms fall downwards to their natural length then float upwards and outwards to shoulder height. The left hand raises so the fingers point upwards and the right hand drops so the fingers point downwards.

No. 13 (South)

Breathe in

As you transfer your weight onto the right leg straighten the left so you are in right leopard stance. Let the arms float down to their natural length. They then bend at the elbows, the right continuing to bend until the right palm faces the shoulder. The left arm meanwhile bends and moves under the right elbow. The palm turns so the centre of the palm is close to but not touching the elbow.

No. 14 (South)

Breathe out

Straighten the right leg as you draw the left leg in to the right foot into eagle stance, (heels must be touching - no gap) at the same time allow the hands to fall to the sides. The left hand remains by the side but the right draws an imaginary semi circle to the right and up over the head with the palm facing forwards.

No. 15 (South - turning East)

Breathe in

Keeping the knees relaxed, turn to your left as far as you can without strain, allowing your head to turn with your body.

No. 16 (South)

Breathe out

Turn back to the front and as you do so draw a semi-circle with the left hand up and over your head. The hands face forwards and are close together but not touching.

No. 17 (South)

Breathe in

Step off to the left placing the heel down first then the toes. Simultaneously allow the arms to fall outwards and downwards as if you are drawing a large circle with your fingertips. As your hands near the hips, allow them to turn inwards to face your body and cross with the left in front as shown in **16a**. Now raise the forearms together, so the left forearm moves to the right and up and the right arm moves to the left and up, so you end up as shown at 17. (Try to keep the shoulders relaxed as you do this.)

Note: During the whole of the above try to time the bending of your knees so that the hands and legs work together and finish in their respective positions at the same time.

The Crane Exercises its Wings
12 - 17



No 11a

Riding Horse Stance



No 12

Riding Horse Stance



No 13

Leopard Stance



No 14

Eagle Stance



No 15

Eagle Stance



No 16

Eagle Stance



No 16a

Riding Horse Stance



No 17

Riding Horse Stance

No. 18 (South)

Breathe out

Transfer your weight onto your right leg and step forwards with your left leg, heel then toes, into left dragon stance. Let your arms drop down and move to the sides of your body. The left hand now circles down and outwards, then up so the back of your wrist is above your left knee with the fingers curled up slightly. The right hand circles upwards to finish over the left hand with the fingers drooping down slightly.

(**Note** the hands circle in an anti-clockwise direction)

No. 19 (South)

Breathe in

Transfer your weight onto your right leg allowing it to bend as you straighten the left leg. Then step backward with the left foot, placing the left heel on the floor then the toes, at the same time allowing the left leg to bend and simultaneously straightening the right leg into duck stance. During this the hands circle as if round a ball, the left circling to the top of the ball, the right hand circling to the bottom of the ball. So you end up as shown.

(**Note** the hands circle in a clockwise direction)

The above leg movements are often difficult at first, so it is acceptable to put the toes down first in this case until you become more proficient.

No. 20 (South)

Breathe out

Step slightly to the right and slightly forwards - just 5 or so centimetres - placing the heel down first then the toes. Meanwhile let the hands fall, the left making a semi circle to the hip with the fingers pulled up so the palm points at the floor. The right hand, once it has fallen to its natural length, makes a semi circle upwards to finish with palm pointing forwards, little finger edge upwards and slightly to your right. During this movement turn your head to look over the edge of your right hand. (Dragon stance)

Note: The left hand travels slower than the right so that they both finish together.

At this point, it may be helpful if you smile, and remind yourself this is relaxing and you're having fun.



Drive the Tiger away
18 - 20



No 18

Dragon Stance



No 19

Duck Stance



No 20

Dragon Stance

Congratulate yourself. You have just completed the first five sets!

This is quite an accomplishment and required a fair amount of practice and dedication. Well done!

So what now? Well you can stop there and practise what you have learnt. Done on a regular basis, preferable every day for a few minutes you will derive untold benefits to your physical and mental health.

I say untold because these benefits come to you through the practice. T'ai Chi is a living philosophy. A physical medium that through practice raises our individual awareness, increasing our tactile skills. Other exercises such as I Fu Shou, (sticky hands) which you practise with a partner develop further skills. By learning to work with another's movements whilst retaining our own personal balance, we are able to increase our understanding of the world outside ourselves, and thereby learn to respond more appropriately.

This process draws the individual's inner and outer experiences together creating a vibrant harmony within. But! and it is a big but, these things do not come easily and require persistent dedicated work over a long period of time.

The depth of T'ai Chi and related Taoist arts are truly astounding but that does not mean you cannot gain any benefits without years of gruelling work. T'ai Chi is often described as 'The Supreme Ultimate' which in my opinion is an apt description, and as such T'ai Chi has something to offer to everyone who participates.

The benefit received is in direct relation to the effort put in. Actually, I think I will just contradict myself there. Perhaps in truth to start with the effort you put in is greater than the benefit received. However if you persevere, then the circle turns and the benefits received far, far outweighs the effort put in.

So for those who would like to progress the next 12 sets of the 'Lee Style T'ai Chi form' are available in the complete volume1 DVD and Manual, the manual is available in eBook or HardCopy. Details of this and our other publications manuals and DVDs can be found on pages 34/35 or at the website address www.howardgibbon.com

Whatever you decide to do from here on - good luck! May we wish you a long and happy life. May you find and follow your own personal Tao (way) through your journey in life.

The Table of Content for the Complete T'ai Chi Manual

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Here are some of the many testimonials we have received for our other publications which can be seen at:
www.eastwestpublications.com

Hello Howard,

I absolutely love the Tai Chi Dance DVD. The different viewing angles allows a 360 degree sweep of each move. Allowing you to really examine each move and the way all the parts synchronize together to bring about such fluid, graceful, flowing and meditative movement. Its hard to put into words how brilliant it is to have this available, like having your own one to one lesson with Howard. Not being able to attend classes on a weekly basis due to the time and distance involve, because of living in Dublin, its just fantastic to play the DVD and feel I can progress with these arts and gently push them a little further down the road.

N.B. I Will be there for the Easter Course all going well, which for me will be such a great thrill to renew the very valuable contact that is greatly appreciated.

Best Regards, Anthony

From: Janice Hall

To: howard@eastwestpublications.com

Thank you for sending the dvd so quickly. I have found it very easy to follow and makes practise sessions so much easier. I have been attending a class locally and now I know what I am supposed to be doing with the form I don't feel such a novice. Your demonstration with your wife on the cliff top is quite uplifting. Many thanks once again.

Please email me any information you may have on other useful aids and also classes/courses that may be available in Yorkshire. I live just outside Wakefield.

Thank you for the speedy delivery of the K'ai Men manual I ordered. I love the format with the in depth instruction on the left and the photo's on the right. Another very useful addition to my Lee style training library. L. Johnson

From: Rosie Mor

To: howard@ewta.co.uk

Dear Howard, I have received my online copies of the newsletter and have now managed to download and read them thanks to finally getting Adobe Reader sorted out. I feel quite pleased with myself actually being a computer innocent! Can you please let me know some details about membership and also if I could come to the April 15th day in Scarborough without attending the other days. I am a friend of Mark (P's) and have attended classes with him in Wakefield - I am going to start going again when I feel I have some more oomph about me. I have bought your Dao Yin DVD and lay on the sofa soaking it in, relaxing fully for the first time in ages. So I thank you very much for that.

with love, Rosie

For your free copy of our monthly newsletter subscribe at:

www.howardgibbon.com/Tai-Chi-Newsletter.html

East - West Publications

Relaxation DVD

Three different scenes of Gisela and I performing the short form and long form. A useful DVD to relax with after a stressed filled day or to give to a friend to show them what you practise and help them relax too.

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