

## 37 Posture Yang Short form

Instructions for the first section

### Opening of the form

The posture is the same as for the Preparation exercise: heels are in contact with the feet at a 90 degree angle, arms down by your sides with the middle finger in line with the seam of the trousers, crown of the head feels as if suspended from above, chin lightly drawn in, level gaze with eyes looking straight ahead. **Figure 1**

Begin the preparation exercise movement by releasing the feet, ankles, knees and sitting the hips, so that the knees are opening in the direction of the toes and also let go of any unnecessary tension from the body and shoulders.

When you are about half way down, allow the left heel to come off the floor so that the body weight begins to settle into the right foot. **Figure 2** Keep adjusting the body weight into the right foot as you turn on the left toes. Slide open the left leg until the leg is comfortably straight but not locked and with an outward intention with the left heel and the toes lightly touching the floor. **Figure 3** Now move towards the left foot, until you have 50% body weight on each foot, using the movement to bring the left heel into contact with the floor. **Figure 4**

Relax the base and turn the base to the right, creating a spiralling movement into the left leg with the left knee moving forward and down in line with the left toes, as if performing the number one exercise into the left leg. As you do so, turn the right palm to face behind you. You are now facing to the corner. **Figure 5** Push into the ground with the left foot to release the spiral. As the body rises and the hips square to face the front turn in the right toes turning on the heel and open the left palm to face behind you. You are now facing front with the feet in a parallel stance, shoulder width, with both palms facing behind you. **Figure 6**

Relax both feet, ankles, knees and hips so that the body settles down and at the same time sit the wrists as if the palms were resting on two cushions of air beside the body. **Figure 7** Push both feet into the floor. As the body rises both arms move up in front of the body to below shoulder height with the fingertips dropped and the hands moving towards one another. **Figure 8** Complete the movement by relaxing the base, dropping the shoulders and elbows to bring the hands back beside the body with a sitting of the wrists. **Figure 9** Push into the ground to return to the original height and turn the palms to face behind. **Figure 10**

### Ward off right or Tai Chi ball

Begin to turn the right hip and as you do so turn on the left heel to turn in the left toes about one inch; keep the right hand in the same position with the palm facing behind. **Figure 11** Perform the number five exercise by relaxing the base, back knee dropping as you move towards the right foot. Simultaneously, drop the right shoulder and elbow to bring up the right hand and bring the left hand to belly height. You now have 50% weight on each foot and the arms are as if holding a ball, with the palms facing one another. Have a small push into the ground with the back foot to bring the body back to the original height but without effecting the weight distribution. **Figure 12**

### Ward off left

Begin by softening both hip joints and allowing the left heel to come off the floor so that your body weight begins to shift forwards to the right heel. As you do so, turn the left palm to cover the groin with the fingertips pointing towards the floor. **Figure 13**

Turn the hips to the corner so that the body weight shifts to the whole of the right foot so that you now have all your weight on the right foot. Turn the left palm to face your belly as you do so. **Figure 14**

Step your left heel in line with your left toes with the outside edge of the foot pointing toward the front, but do not put any weight on it yet. **Figure 15** With the hips still facing the corner, move towards your left toes until the body weight is 50% on each foot and you are in the horse-riding stance with the knees in the direction of the toes. As you do so, the right palm moves down until the fingers of the right hand are pointing at the left palm. **Figure 16**

Turn in your right toes 45 degrees by turning on the heel. Turn your hips to face the front and drop the back knee. As you do so, your left palm rises until it is facing your chest and the right palm falls in line with your belly. **Figure 17** Have a push into the ground with the right foot to return to the original height, as you do so the right hand moves out to the side of your right thigh. **Figure 18**

### **Grasping the sparrows tail**

From the ward off left position, have a small turning of the hips to the left and allow the right heel to come off the floor. As you do so, the left palm faces your chest. You will have transferred some of the weight to your left heel as you did when stepping from ward off right to ward off left. **Figure 19** Turn your hips back to the right corner, shifting your body weight fully to the left foot. As you do so your left palm turns to face the floor and your right palm rises until it is facing your chest and the left fingers are facing the right palm. Take half a step to the right with the right foot. **Figure 20**

Move into the horse-riding stance with the hips still facing the corner. **Figure 21**

Turn in your left toes and turn your hips to face the side, dropping the left knee as you do so. **Figure 22** Push into the ground with the left foot and turn your hips to the right moving the arms in relation to the hips, but without moving the right knee so that the movement of the right leg is like the number three exercise. **Figure 23**



Figure 1



Figure 2



Figure 3



Figure 4



Figure 5



Figure 6



Figure 7



Figure 8



Figure 9



Figure 10



Figure 11



Figure 12