**太极拳Thái Cực Quyền**

**Youtube videos**

* Basic 1 <https://youtu.be/sM6lWUvc62Q>
* Basic 3 https://y outu.be/mPnvcUuJqqs
* Basic 4 <https://youtu.be/zpkT3RlgVqo>
* Exercises with balls: <https://www.youtube.com/watch?v=jTh-W1_gCHo>
* Form 1 <https://www.youtube.com/watch?v=VIH2Q56qLNA>
* Form 3 back <https://www.youtube.com/watch?v=WRoX_MZ491g>
* Form 3 front <https://www.youtube.com/watch?v=4p3M0K6rjXo>
* Form 8 <https://www.youtube.com/watch?v=6jOaRyhtkUs>
* Form 9 <https://www.youtube.com/watch?v=f9k_u5T1-Qk>

Original location of this document: [www.notesdevoyage.com/ftp/Texte/Taichi.docx](http://www.notesdevoyage.com/ftp/Texte/Taichi.docx)

**Form 1 – 24 postures (Peking form)**

<https://en.wikipedia.org/wiki/24-form_tai_chi_chuan>

<http://www.khicongduongsinh.com/luyen-tap-thai-cuc-quyen-24-thuc.html>

Title convention**: “English name** [Chinese] Chinese phonetics – formal Vietnamese (ordinary Vietnamese)”

Abbreviations: RH right hand, LH: left hand, 2H: two hands, RF: right foot, LF: left foot, RA: right arm, LA: left arm, CW: clockwise, CCW: counter-clockwise.

1. **Opening** 起势Qǐshì - Khởi thức (bắt đầu)
	1. Step on left side
	2. Both arms frontwards
	3. Flex legs and grasp arms down
	4. LH turns CCW
	5. RH follows holding the ball



1. **Horse hair split** 野马分鬃Yémǎ Fēnzōng - Dã mã phân tung (ngựa rừng hất bờm)
	1. Horse LH
	2. Horse RH
	3. Horse LH





1. **The white crane opens its wings**, 白鹤亮翅Báihè Lìangchì - Bạch hạc lượng xí (hạc trắng xòe cánh)
	1. RF step fwd behind
	2. Hands open like wings
	3. Parry RH



1. **Crossed hand-foot** 搂膝拗步Lōuxī Àobù - Lâu tất ảo bộ (tay vuốt gối, chân linh hoạt)
	1. Crossed RH LF
		1. Parry LH, LH under right shoulder
		2. LF forwards, RH push, LH brushes left knee, pushes down
	2. Crossed LH RF
	3. Crossed RH LF







1. **Play pipa** 手挥琵琶Shǒuhūi Pípā - Thủ huy tỳ bà (tay gảy đàn tỳ bà)
	1. RF fwd behind
	2. Hands open like wings
	3. Hold guitar LF straight fwd



1. **Monkey retreats** 倒卷肱Dào juǎn gōng - đảo niệm hầu (khỉ khoa tay múa chân)
	1. Monkey RH
		1. RH circle crawl, LF step back bent
		2. RH RF straight
	2. Monkey LH
	3. Monkey RH
	4. Monkey LH





1. **Catch bird tail left**左揽雀尾Lǎn què wěi - lãm tước vĩ (nắm đuôi chim bên trái)
	1. Bird left
		1. RH circle up, Hold egg RH up, LF back together
		2. Horse stroke LH, 掤Peng - bằng (ngăn đỡ)
		3. RH swipes: 捋Lǚ - lý (kéo)
		4. LH stroke down, RH follows face up, legs bend back
		5. Push crossed hands RH in, leg bend fwd: 擠Jǐ - tê (ép)
		6. Open hands, hands back low, body back
		7. Hands push until knees: 按Àn - án (đẩy)
	2. Transition
		1. Rh lead like a banner to the right, feet spin
		2. RF step back together,





1. **Catch bird tail right** 右揽雀尾 - lãm tước vĩ
	1. Bird right
	2. Transition
		1. LH starts cloud hands left, foot don’t move





1. **Simple whip**单鞭Dān biān - Đơn tiên (cây roi)
	1. LH CW, stops at right elbow
	2. RH CCW, stops up
	3. RH fall like a withered bud
	4. LF and LH forwards



1. **Cloud hands** 云手Yúnshǒu - Vân thủ (cuộn tay như mây)
	1. LH CW
	2. RH CCW and RF joins other
	3. LH counter and LF aside
	4. RH clockwise and RF joins



1. **Simple whip**单鞭Dān biān - Đơn tiên
	1. LF CCW until below right elbow
	2. RH withers
	3. LF and LH fore



1. **Stroke on the horse neck**高探马Gāo tàn mǎ - Cao thám mã (vuốt bờm ngựa)
	1. LF step fore behind
	2. RH pushes fore, body moves back
	3. LH below RE



1. **Kick right**右蹬脚dēng jiǎo - Hữu đăng cước (đá gót chân phải)
	1. RH clock down till face
	2. LH clock up till face
	3. RK up
	4. RF kick, RH LH extend
	5. LF down in front



1. **Double hit ears**双峰贯耳Shuāng fēng guàn ěr - Song phong quán nhỉ (hai u nắm tay xuyên mang tai)
	1. Move back, 2H back to waist
	2. 2H open low
	3. Fists hit crush, body forwards



1. **Kick left**转身左蹬脚Zhuǎnshēn zuǒ dēngjiǎo - Chuyển thân tả đăng cước
	1. LH CCW down
	2. RH CCW up till face
	3. LE up
	4. Kick and 2H extend
	5. LF down



1. **Grab snake tail left, Golden rooster**左下势 独立- Tả hạ thế độc lập (ngồi xuống thấp bên trái)
	1. Grab snake tail left
		1. RH fist up
		2. LF extend low
		3. LH swim low, RH still behind
	2. Golden rooster right
		1. Arise from swim on LF
		2. Lift right knee with right arm in L shape in front



1. **Grab snake tail right, Golden rooster**右下势独立- Hữu hạ thế độc lập
	1. Grab snake tail left
		1. LH fist up
		2. RF extend low
		3. RH swim low, LH still behind
	2. Golden rooster left
		1. Arise from swim on RF
		2. Lift left knee with left arm in L shape in front



1. **Jade Maiden weaves left**,左玉女穿梭yùnǚ chuānsuō - ngọc nữ xuyên thoa (cô gái đẹp đưa thoi)

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1. **Jade Maiden weaves right**, 右玉女穿梭 yùnǚ chuānsuō - ngọc nữ xuyên thoa (cô gái đẹp đưa thoi)

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1. **Needle at the sea bottom**海底针Hǎidǐ zhēn - Hải để châm (kim chìm đáy biển)

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1. **Fan** 闪通臂Shǎn tōng bì - Thiểm thông tý (cánh tay như tia chớp)

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* 1. Turn, deflect, parry, punch, 转身搬拦捶Zhuǎnshēn Bānlánchuí



1. **As if closing door**如封似闭Rúfēng shìbì - Như phong tự bế (ngăn, chận, đóng lại)



1. **Cross hands**十字手Shízìshǒu - Thập tự thủ (tréo tay chữ thập)

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1. **Closing**收势Shōushì (Thu thế)



**Form 3**

1. Opening
2. **Horse, bird, whip**
	1. RH up but RL right
	2. Horse  left front
	3. Bird right (joining only hands’ palm)
	4. Shift hands left as if holding a ball
	5. Single whip RH up, extend L
	6. Horse R
3. **Crane, 2 cross push, fist down, 2 horses**
	1. Crane
		* RH in L-shape, LH in elbow,
		* turn right,
		* lh fall  on ll,
		* flap wings ra la
	2. Cross push right hand
	3. Cross  push left hand
	4. Fist down
		* Lh wave CW .
		* Lf joins rf.
		* Rh at waist in fist.
		* Lf stretches left.
		* Lh swip parry. Rh hit down opponent leg.
	5. Horse R & L
4. **Water snake, monkey, needle, fan, cloud, 2 maiden**
	1. “Snake over water”
		* Turn right
		* Fist brace RH
		* LH pushes front
		* LH turns CCW
		* Fist Pipa: LF front and LH like pipa, but RH in fist below
		* Turn to left with LH high
		* Fist pipa
	2. Monkey retreat
		* LH CCW
		* RH CCW, stop a waist
	3. Needle LF
		* LH CW, to R elbow
		* RH up at shoulder level like cross push
		* LH down till L knee
		* RH pick needle
	4. Fan left
		* Fan left
		* Transfer right
		* Transfer left again
	5. Cloud hand R
	6. Maiden R & L
5. **3 Kicks**
	1. kick R , hit ears
		* from maiden, move back, RH up
		* arms turn horizontally to the L
		* LH up RH down
		* RH up with R knee, kick
		* Hit ears
		* Move back for transition
	2. kick L
	3. Kick hand R hitting RH
		* Spin R crossing legs, 2H crossed on belly
		* 2H up crossed over head
		* RH hit RF
6. **2 Snake brace, whip, snake fist**
	1. Snake tail bracing 2H (see basic 3) L R
	2. Wave horizontally to the L (see step 2 of beginning)
	3. Whip L
	4. Snake, crossed fists
		* Snake L very low, without moving feet
		* RF moves front, weight on LF
		* RH meets LH in fist
7. **Brace and hit hands**
	1. 2H fall CCW, RF step back
	2. LH CW down, RH up protecting
	3. Half turn R, raise LH , lower RH (hold wood log)
	4. Step LF, half turn R
	5. LA CW, RA CW, 2 arms crossed, RA up LH below,
	6. hit RH with RF
	7. Snake tail fists brace 2H R
8. **Fist and close door** (see end of set 1)
	1. Turn, deflect, parry, Punch R 转身搬拦捶
	2. As if closing door 如封似闭
	3. Cross hands十字手
9. **Closing**收势

**Form 5**

I - To the left

1. **Opening**
2. **Horse, crane, cross, whip**
	1. Horse right, direct likage
		* Swing left
		* Horse right
	2. Crane left
		* From horse, turn left directly without leg move
		* crane
	3. Cross-push RH, direct likage
	4. Whip from horse
		* From CP, turn right
		* Horse right start, with LH on right elbow
		* RH turns wide, coming back to cheeks for whip
		* Whip left
3. **Pipa, Short birds, Fists, Bird**
	1. Pipa
		* RA turns forth while LA back, RF joins LF
		* LA down and forth, invert foot weight
		* Left heel forth, hold pipa
	2. 3 Short birds
		* Short bird right
			1. Sweep RH CW, RF joins LF
			2. 2H stoke down like bird tail
			3. RF step forth, 2H push like bird tail
		* Short bird left
		* Short bird right
	3. Fist left
		* LA waves to the right
		* LH in fist forth, LF forth like start of water snake
	4. Fist left like a door
		* LH in fist turns up and back, RF joins LF
		* RF steps forth, LH fist hit with RH holding below
	5. Bird tail left
		* LF joins RF, 2H fall like bird tail
		* Bird tail, like form 1 : hands broadly held

II - To the right

1. **Brandish sword**
	1. Turn right, RA CW
	2. Stand on LF, 2H in shape of skull and bones: “Nguy hiem chet nguoi”
	3. RF step right, RH brandish sword, 2H up bracing
2. **Water snake turns**
	1. RH forth, LH back, LF joins RF
	2. LF heel forth, LH forth, RH below elbow in fist
	3. LH high left, body turns left, RH low
	4. RH forth up, LH low back, RF joins LF
	5. Invert feet weight
	6. LF heel forth, LH down forth, RH below elbow in fist
3. **4 monkey retreats**
4. **4 cross push in 4 directions**
5. **Bird and fist right**
	1. Keep RH up, LH on right elbow, LF back stretching legs
	2. 2H fall down back, join like bird tail and push back
	3. RH turns CCW, body moves back
	4. LH turns CCW, rises, hit down in fist on right

III - To the left again

1. **3 Reversed monkeys**
	1. RH rises CCW, body turns left 180
	2. RH stretches, while RF
2. **Kick brace, brace kick**
	1. LF kicks RH
	2. LF step left, RF step left, LF left, 2H brace
	3. 2H move right, LH left up, kicked by LF
	4. LF step forward, RF too, 2H brace
3. **Fist and snake**
	1. Turn hands and brace LH fist
	2. Body turns left, LH fist up, RH fist horizontal
	3. Snake move to the right

IV - To the right again

1. **Push ceiling 2**
	1. Forward, move up left knee with LH
	2. Then up right knee and RH
2. **Whip right**
	1. RF back, LH up left with RH below elbow
	2. 2H fall to the right, join together like bird tail
	3. 2H start to press left, but then LH turns horizontally in circle CCW
	4. Simple whip right
3. **2 horse**
	1. Horse right
	2. Horse left
4. **Stroke horse, 2 kicks**
5. **Fist kicks the earth**
	1. Stand straight with RH fist in LF
	2. LF back left, 2H on right knee
	3. RH up turns CCW to hit down
6. **Needle and fan**

**Basic 1 – 8 postures**

1. **Opening** 起势
2. **2 Monkey, hands only, L R**
3. **2 Crossed hand-foot** 搂膝拗步 push L R
4. **2 Horses**野马分鬃 L R
5. **2 Clouds**云手L R
6. **2 roosters**独立 R L
7. **2 kicks**蹬脚 LF RF
8. **2 snake**下势 L R
9. **2 maiden**玉女穿梭 L R
10. **Closing**收势

**Basic 2 – Bird tail**

1. **Opening**起势
2. **Bird tail** 揽雀尾
3. **Closing**

**Basic 3 – Elbow swivels**

1. Opening
2. **2 pushes**
	1. Simple push L & R
	2. Push and step forward, L & R
		* Push hands,
		* Step forward
		* Turn hand in jade maiden
3. **Fist R & L**
	1. Swivel LA,
	2. caress bird tail back
	3. turn 2 arms side by side
	4. brace left fist out, right hand aside
4. **3 snakish**
	1. Snake tail and fist brace L & R
		* Start high like snake tail
		* Extend LL while both hands fall
		* Turn around waist to the left
		* Brace both fist
	2. Snake tail and golden rooster L R (classic)
	3. Snake tail and rooster with hand lifting sky L & R
5. **2 waist swans**
	1. Turn and fencing serving, hand and knee risen together L & R
		* Extend LL, RH to the R with LH below
		* Move 2H to the L, then fall to waist
		* Lift LH with LK, RH parries on the R
		* LL down, move body left as if fencing, RL stretched
		* Same on the left
	2. Cross hands and hold lamp lifting leg L & R
		* Cross 2h in front
		* Fall to waist L
		* Lift RH with LK, RH pushes L, LH holds a lamp
6. **Cloud hands + whip R, L**
	1. Cloud R
	2. Whip L
	3. Cloud L
	4. Whip R
7. **Ending**

**Basic 4 – Strong**

1. Opening
2. **3 punches**
	1. Punch down L R
		* Rise arms like cross push
		* High arm punches down
	2. Throw the net R L
		* Hold ball like horse
		* Throw to opposite side
		* Step forward and push gently
	3. Throw punchy net R L
3. **3 Kicks**
	1. One-foot kick, hitting one hand, R L
	2. One-foot kick quick (hit aside, classic), R L
	3. One-foot Kick both hands R L
4. Cloud hands quick, R L
5. Closing