

T'ai Chi Footprints



Foot movement,
directions and weighting
of the 'first set' of the
**New China
Form**

AKA:Chen Synthetic Form
or The 48 Forms



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Posture: #1
Opening / Preparation

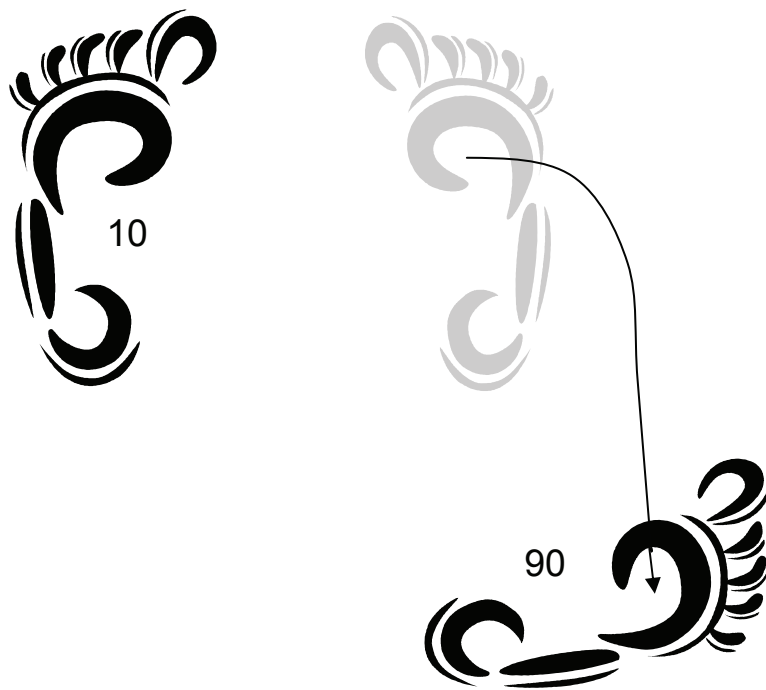
North



Begin with your feet together. Sink and shift your weight to the right foot and step out with your left (about as wide as your shoulders) and shift your weight back to 50/50.

Posture: #2
The Crane Spreads Its Wings

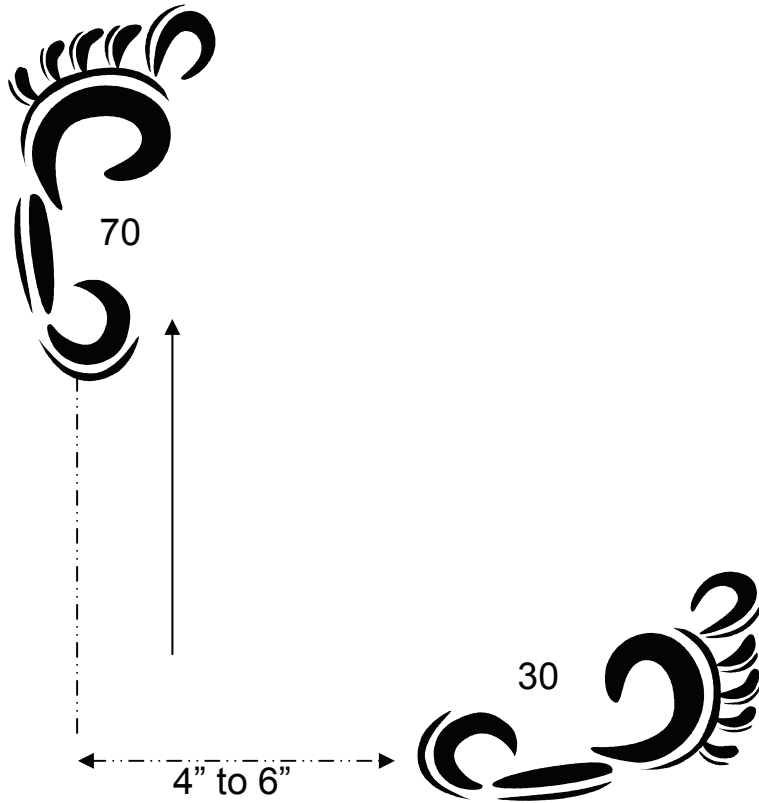
North



Sink and shift your weight to your left foot. Turn your waist to the right. Since the right foot is unweighted, it will follow with your waist and move toward the southeast. Shift 90% of your weight into your right foot. Rise straight up and turn your waist to the left to face north.

Posture: #3
Brush Knee, Left

North

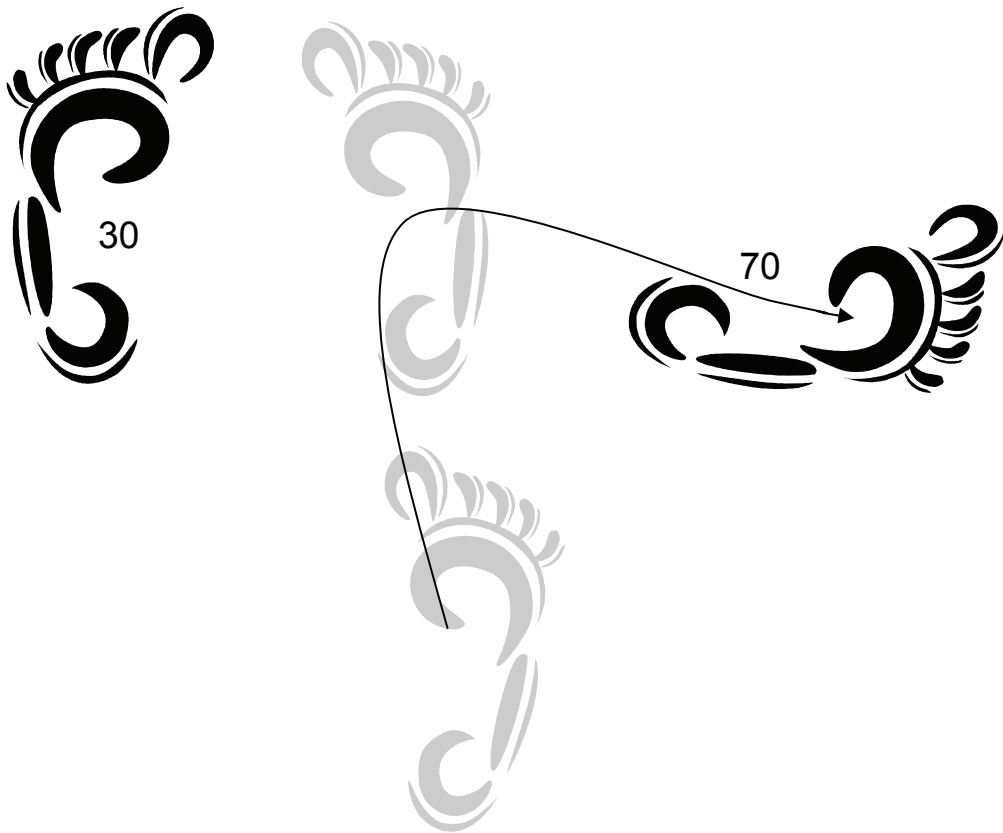


This is a Bow Stance. The name reflects the fact that this is how you stand to shoot a bow.

The feet on Brush Knee are fairly simple, but fundamental to T'ai Chi. This is 'unweighted stepping.' First, shift all your weight into the right foot, as you shift the weight extend the left foot. You are stepping forward, but think of stepping toward the northwest so your stance will be wide enough. Next, shift weight forward into the left leg ending with 70% of your weight on the left foot and 30% on the right. Make sure you keep your right foot flat on the floor. Your stance should be 4 to 6 inches wide.

Posture: #4
Three Point Concentration

North



The waist turns to the right and then to the left. The waist turn to the left brings up the right arm and leg and you shift the weight 100% into the left leg. The right foot comes up to the left, but you immediately turn to the right (east) and step out to the east. This is an unweighted step. Shift the weight into the right ending with 70% right and 30% left. This is a Half-Bow stance, not quite as long or wide as the Full Bow Stance in Brush Knee. Notice the path the right foot follows. This is called a Crescent Step

Posture: #5
Single Hand Push, Right

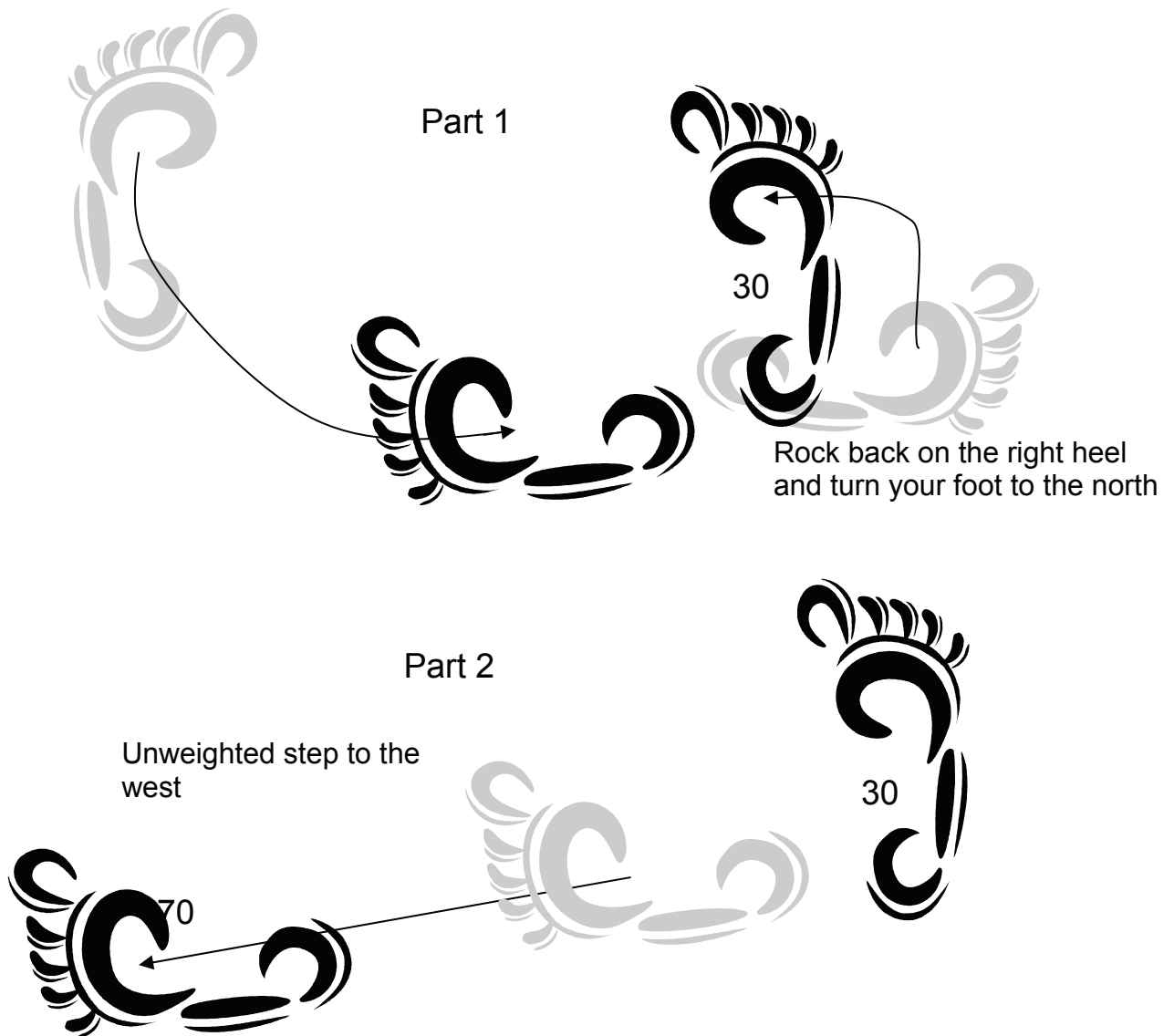
North



Shift your weight from 70% right to 70% left, the back to 70% right.

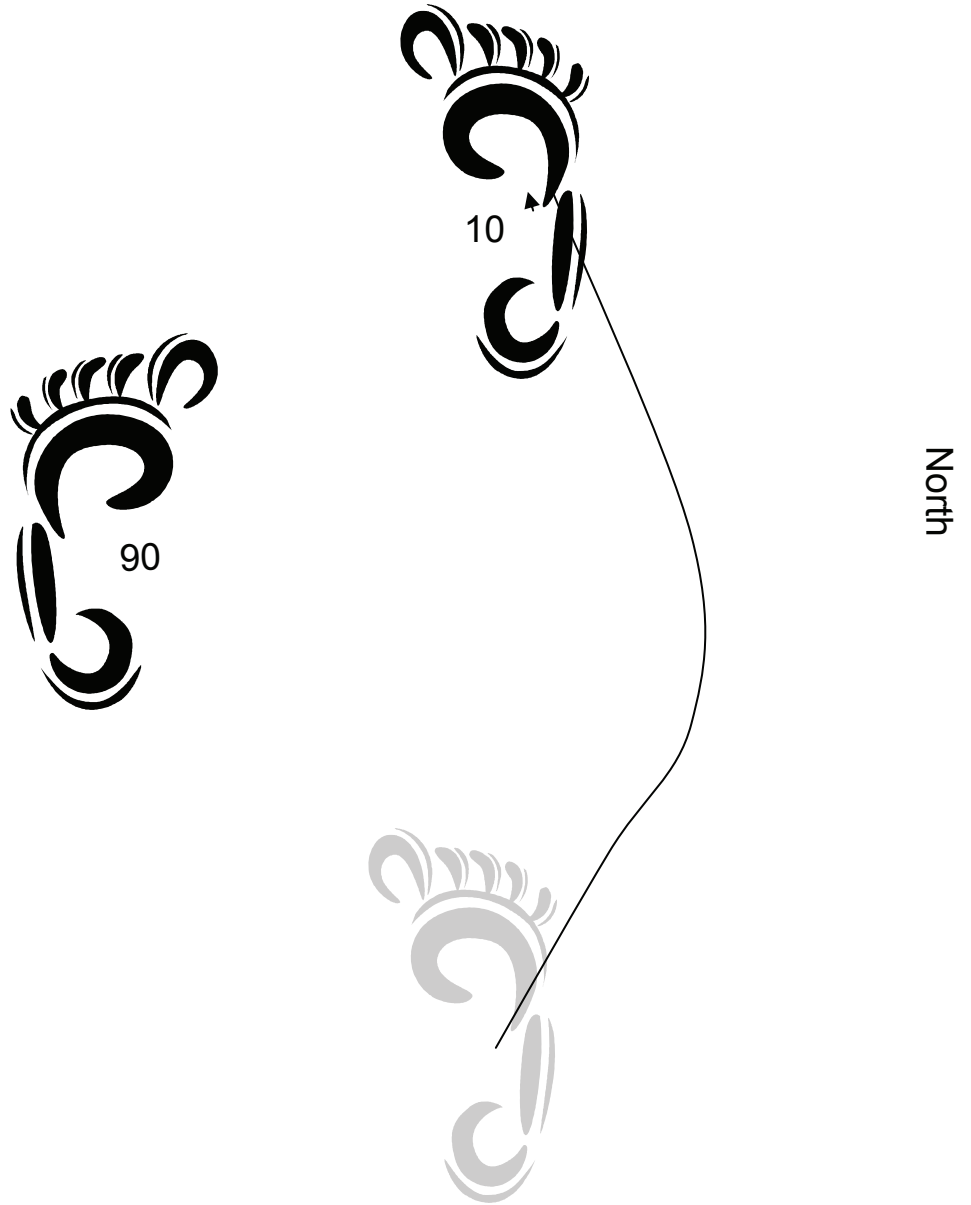
Posture: #6
Single Whip, Left

North



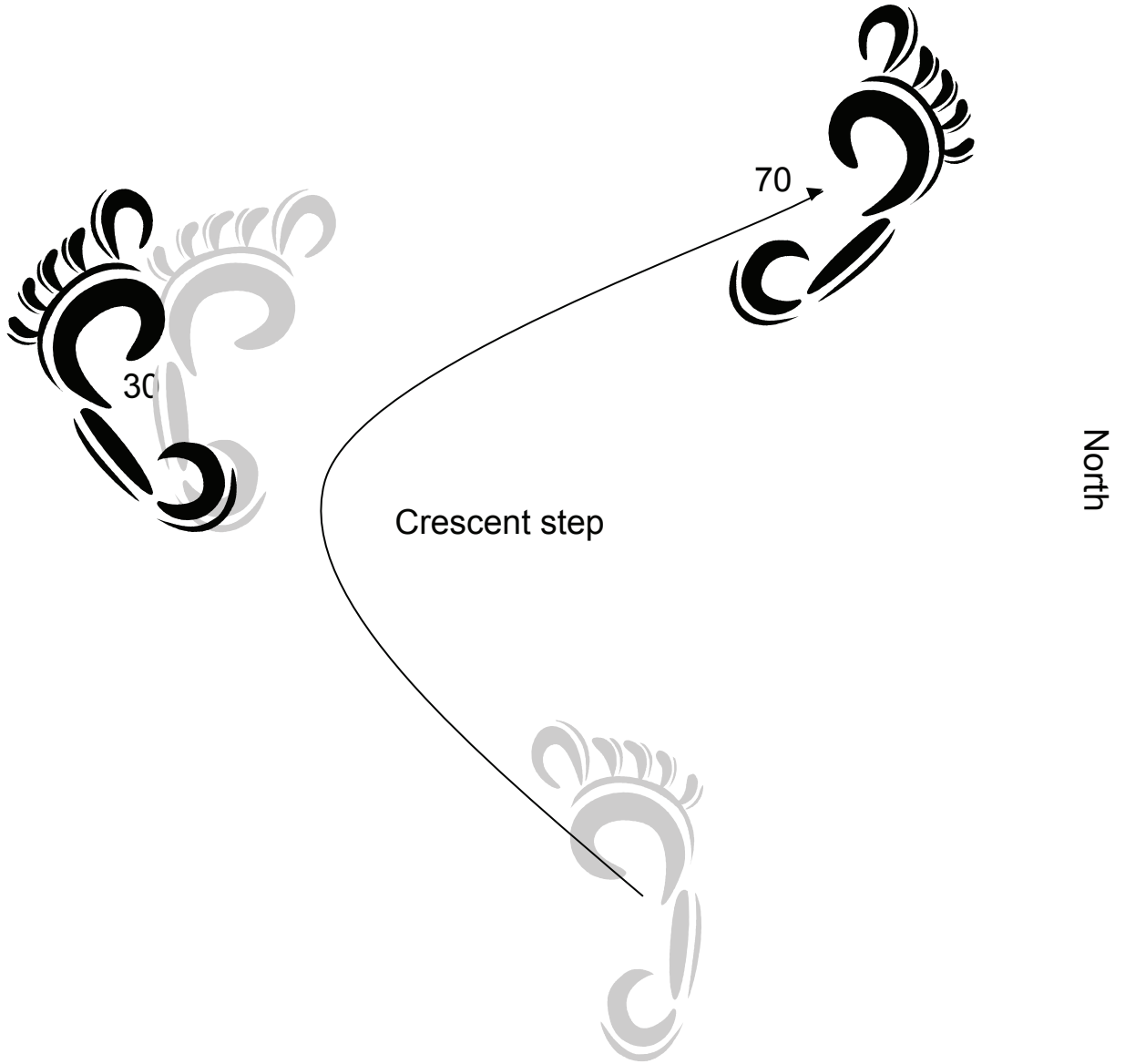
Shift your 90% of your weight to your left foot. Pull the front of your right foot up so you're on your right heel. Turn your right foot to the north and shift your weight 100% into the right foot. Draw your left foot up to the right. Turn to the west, do an unweighted step out with your left and shift the weight into the left foot in a half-bow stance.

Posture: #7
Play guitar



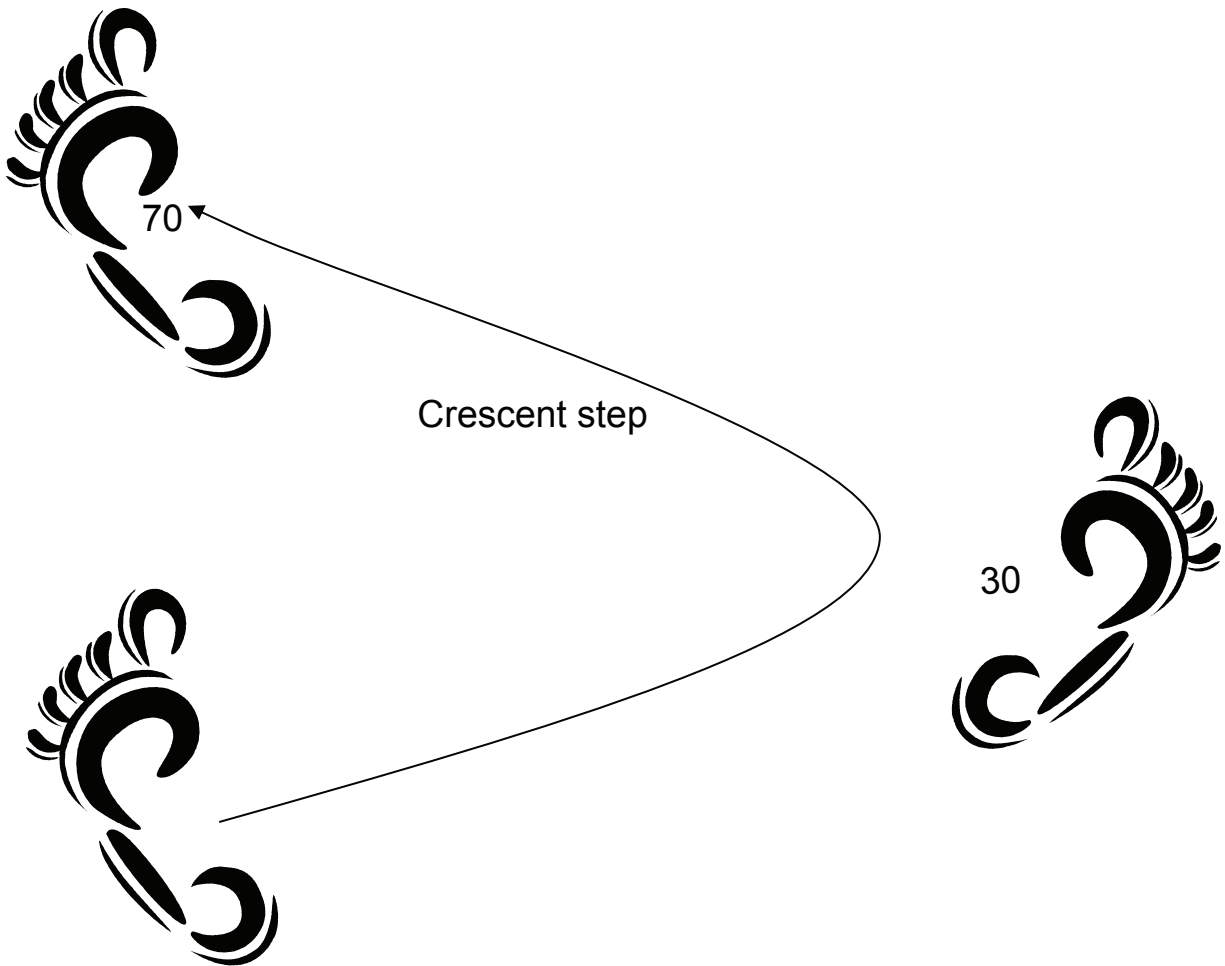
Note that NORTH is now to your right. You are moving West. Shift your weight 100% into the left and turn your waist to the left. Your unweighted right foot will move straight forward. The waist turns all the way to the left then to the right. You end in a T stance with 90% of your weight on your left foot and 10% on your right foot.

Posture: #8
Press, right



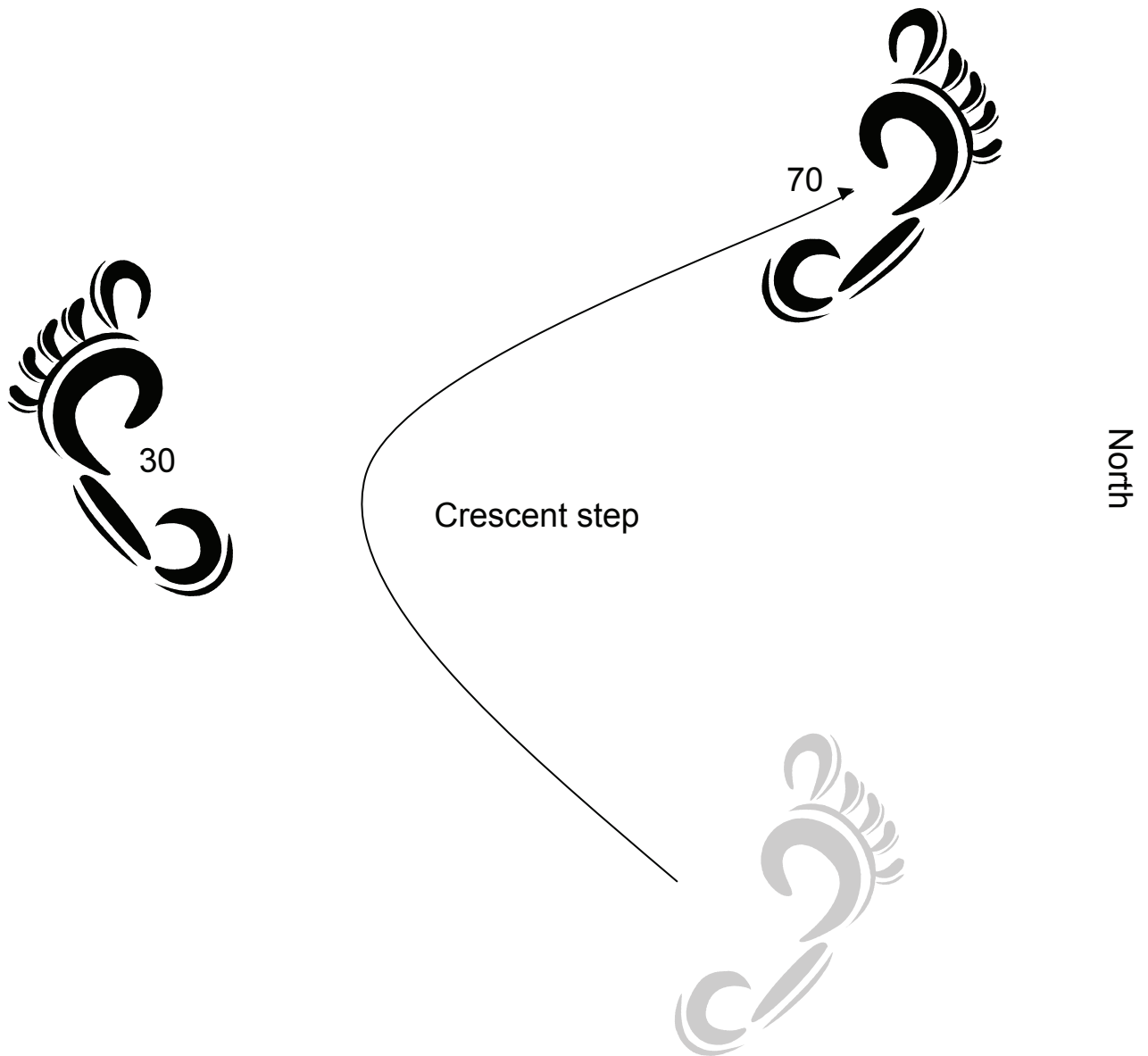
Turn your waist to the right and rock back on your left heel. Turn your left foot to the Southwest. Turn your waist to the left and shift your weight into your left foot. This will bring up your right foot. Immediately, turn to the right and make an unweighted step out with your right foot to the Northwest. Shift the weight into your right foot, ending in a 70/30 bow stance.

Posture: #9
Press, left



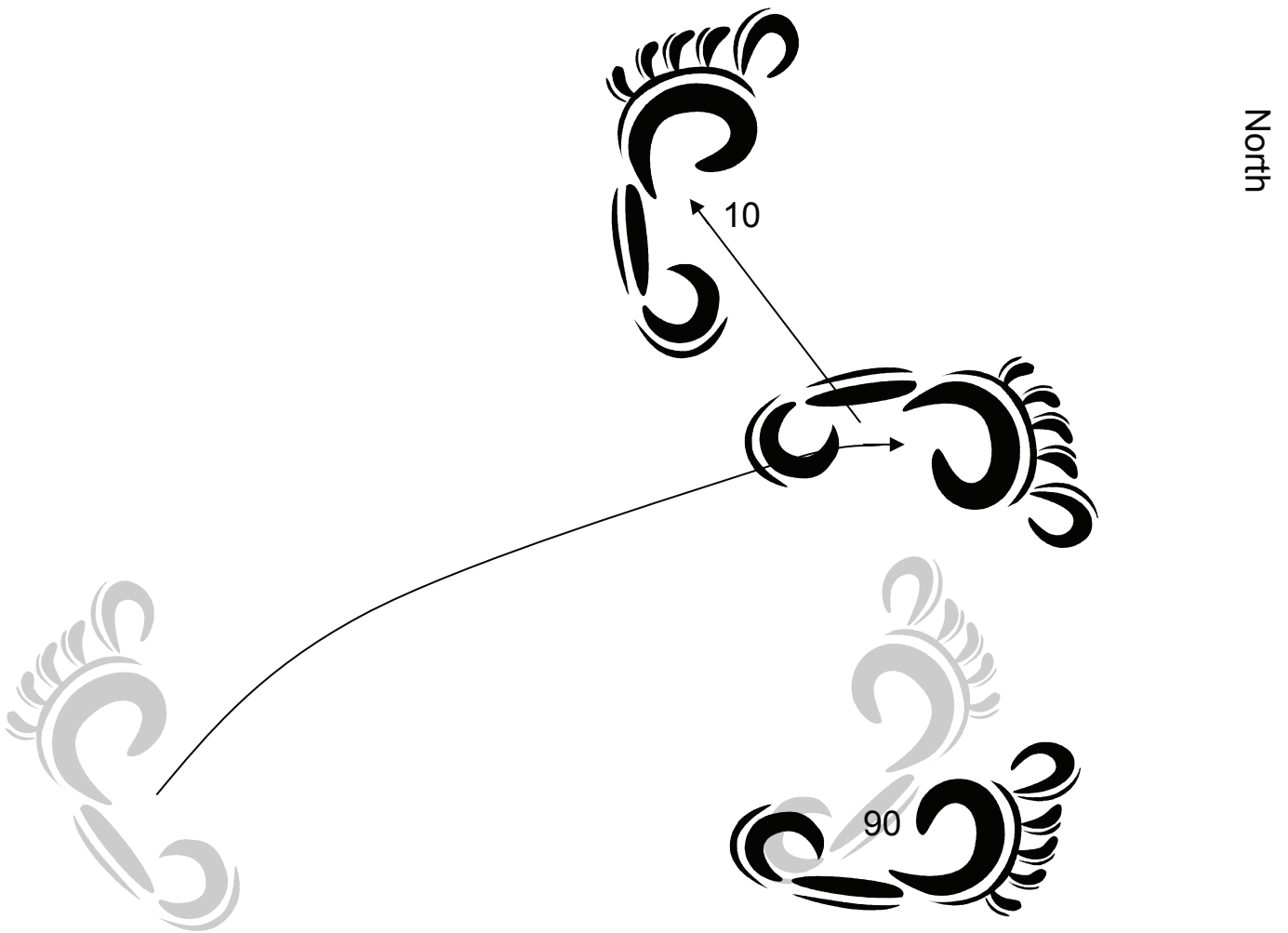
This is the mirror opposite of the preceding and following postures. Turn your waist to the left but don't shift the weight. Then turn your waist to the right. This will bring up your left foot. Immediately, turn to the left and make an unweighted step out with your left foot to the Southwest. Shift the weight into your left foot, ending in a 70/30 bow stance.

Posture: #10
Press, right



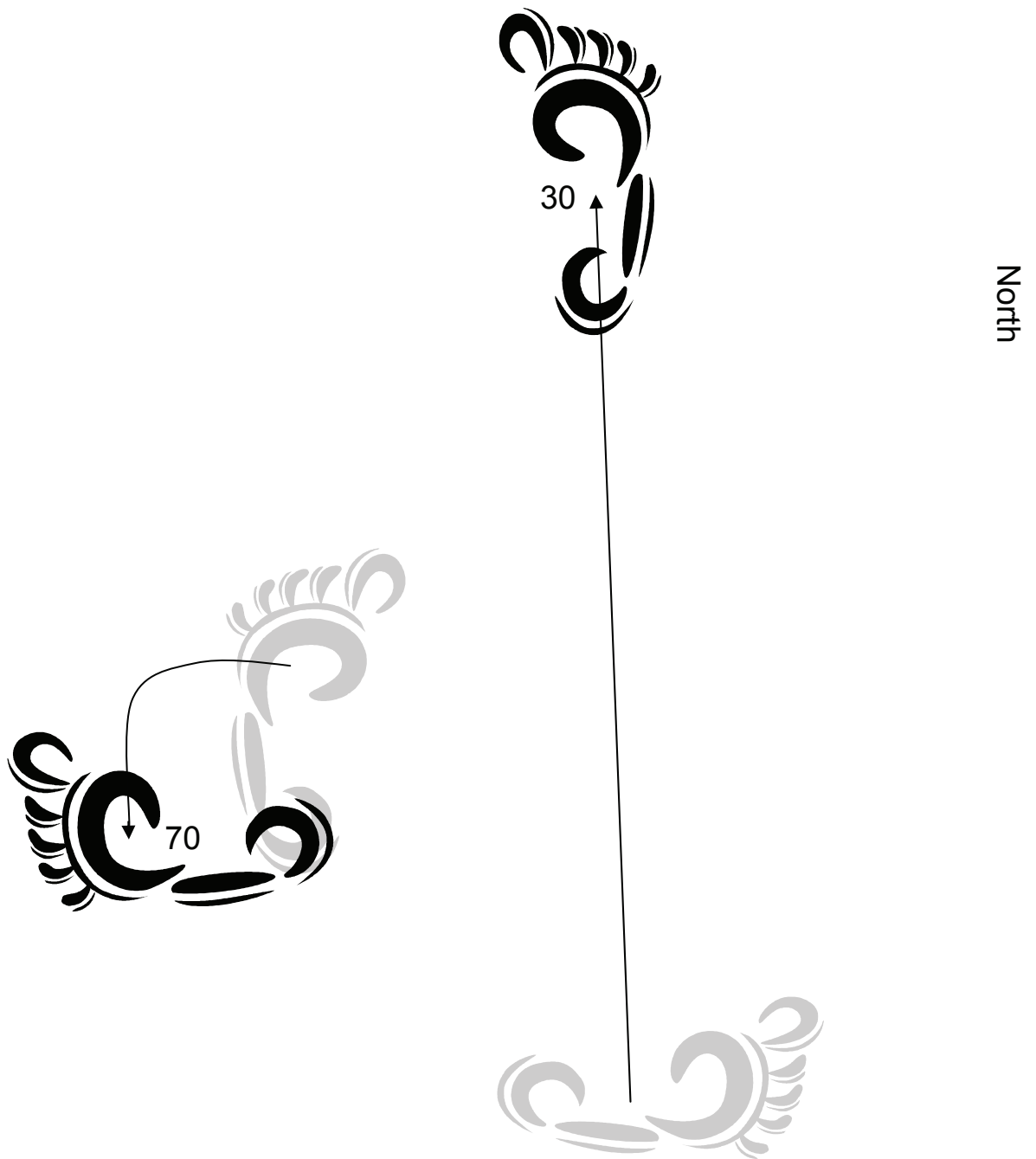
Turn your waist to the right, then to the left. The left waist turn will bring up your right foot which will immediately step to the Northwest. Shift the weight into your right foot ending in a bow stance.

Posture: #11
Turn and chop



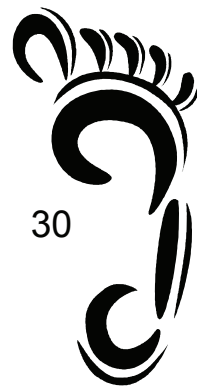
Rock back on your right heel and turn your foot to the North. Then turn your waist to the right as you shift your weight to the right. This will bring up your left foot. You are now facing North. Then turn your waist to the left and step out with the left. This is actually a crescent step. End in a T stance, 90% of your weight on the right foot and 10% on the left, facing West

Posture: #12
Deflect down, Parry & Punch



Turn the left foot to the South as you sink your weight into the left foot. You can come up on the ball of your right foot. Step out with the right, balancing on the ball of the foot, as you parry, Turn your waist to the right as you shift your weight into the right foot ending in a bow stance.

Posture: #13
Grasp Sparrow's tail

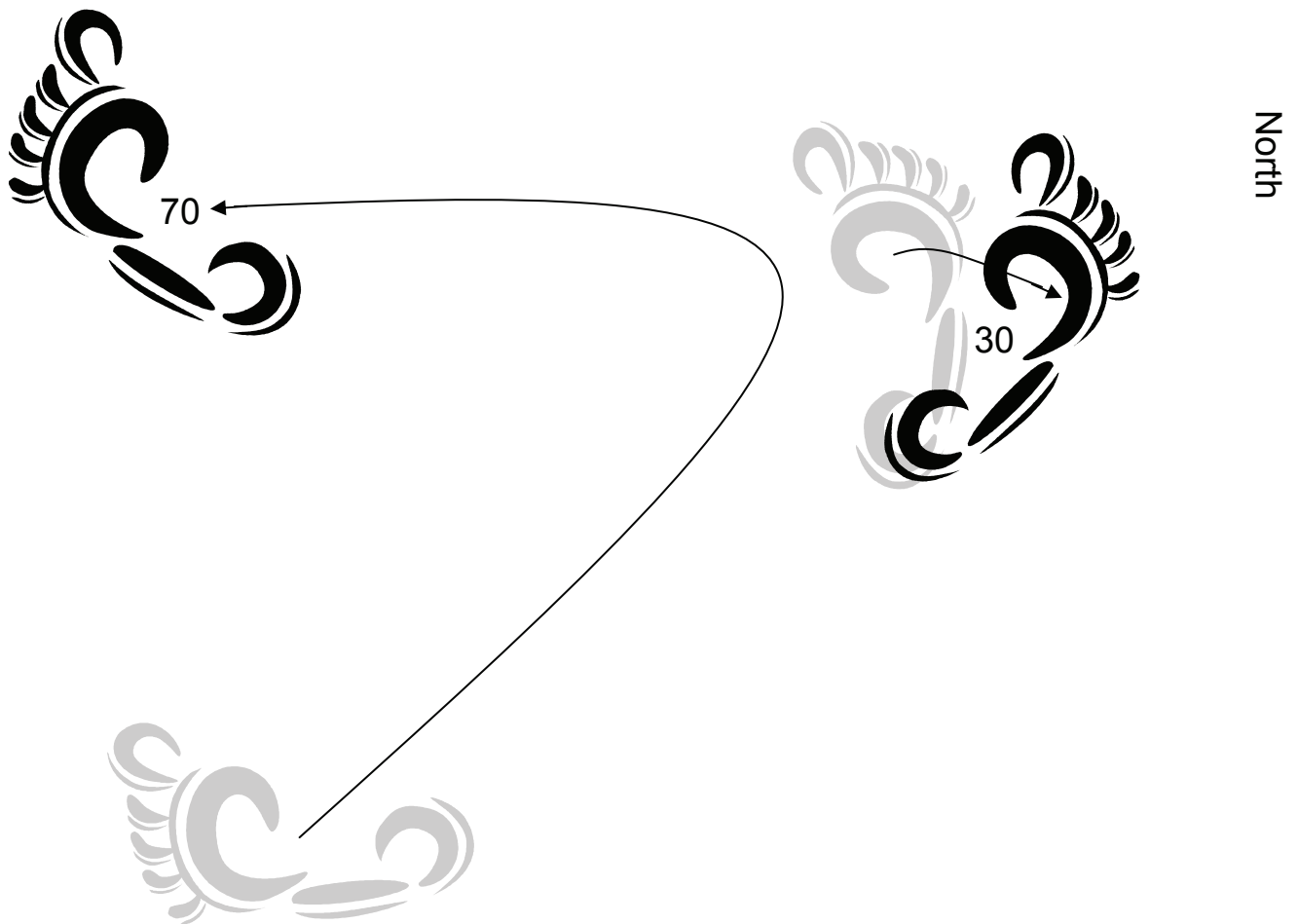


North





The feet don't move in Sparrow, but you do shift the weight. You shift the weight back to a 50/50 as you turn your waist to the left. You briefly face the South. Then turn your waist back to the right as you shift your weight back to the bow stance.

Posture: #14
Ward off



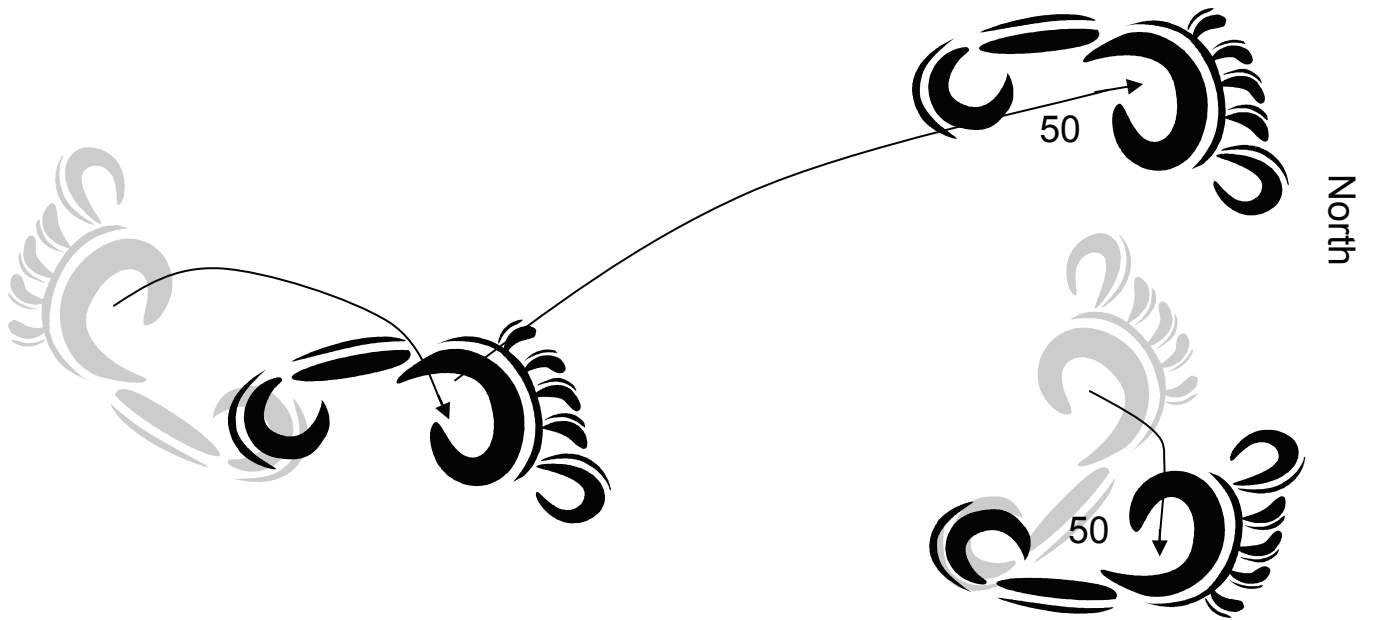
Rock back on the right heel and turn your right foot to the Northwest. Turn your waist to the right and shift your weight to the right foot. This will bring up your left foot. This is a crescent step, so immediately turn your waist to the left (Southwest) and step out with the left foot into a bow stance.

Postures: #15, 16 & 17
 Roll Back, Press & Push

|  | Ending Weight L | Posture | Ending Weight R |  | North |
|------------------------------------------------------------------------------------|--------------------|------------|--------------------|--------------------------------------------------------------------------------------|-------|
| | 30% | Roll Back | 70% | | |
| | 70% | Press Left | 30% | | |
| | 70% | Push | 30% | | |

You don't change the stance in Roll Back, Press or Push. You change the weighting, however. For Roll Back, you turn your waist to the right and sink 70% of your weight to your right foot.
 For Press, turn the waist to the right, then to the left as you shift 70% of your weight to your left foot.
 For Push, sink 70% of your weight to your right foot then sink forward to 70% left.

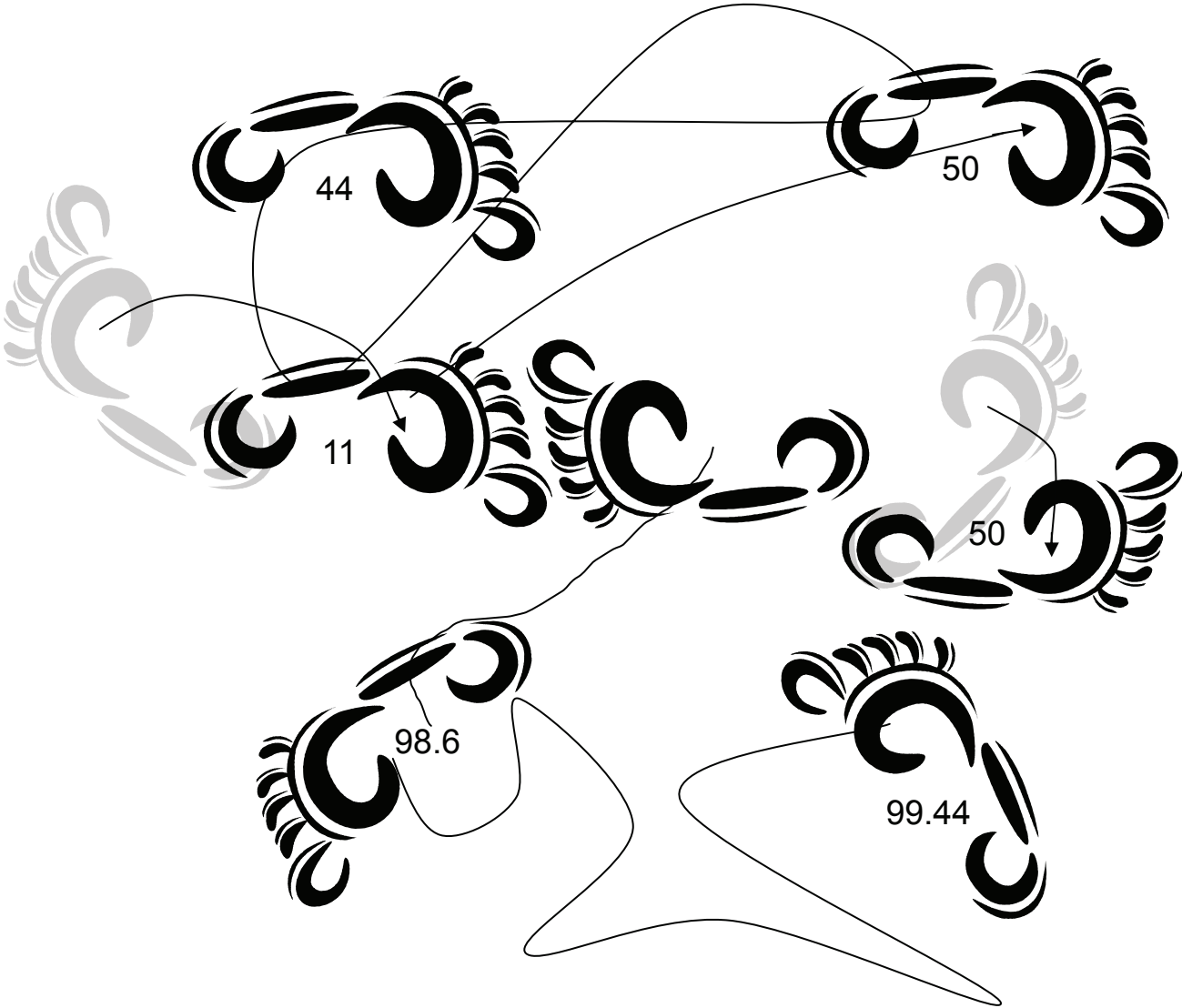
Posture: #18
Cross Palms



From a Bow Stance facing the Southwest, you move to a 50/50 stance facing the North.
Shift all your weight to your left foot and do a weighted turn on your left foot. Do an unweighted turn on your right foot. Shift the weight into your right foot, turning your waist to the right. This will bring up your left foot. You end with your feet shoulder-width. This ends the “First Set.”

Posture: #19
Cross Limbs

West Pole



Put your left foot out, put your left foot in, put your left foot out and shake it all about.
Put your left big toe in your right ear.

Dan Hegstad is a T'ai Chi student and instructor through his school, Full Circle T'ai Chi. Dan is also a professional speaker and trainer and the author of several books including:

- **Coming Full Circle: Everyone's guide to the ancient wisdom of T'ai Chi.** Soft cover or audiobook on 2 CDs
- **One Stone at a Time: Ideas to reenergize your T'ai Chi practice.** Soft cover
- **Success & Sanity: How to get everything you want without losing everything you are.** Soft cover or audiobook on 4 CDs
- **Speaking of Speaking: You CAN be a great speaker.** Soft cover
- **T'ai Chi for Everyone!** 60 min VHS tape

All books, tapes and CDs are available at www.danhegstad.com

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T'ai Chi works for EVERYONE

Except those who don't practice