

Midwest Foundation of American Yoga

MIDWEST FOUNDATION OF AMERICAN YOGA AND PERFORMING ARTS
 218 S. Wabash, 10th Fl., penthouse
 Chicago, Illinois 60604
 For Registration Appt., Call 663-0687

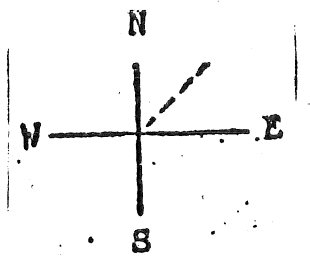
TAI CHI DEPARTMENT (January 8-March 9, 1979)

Tai Chi

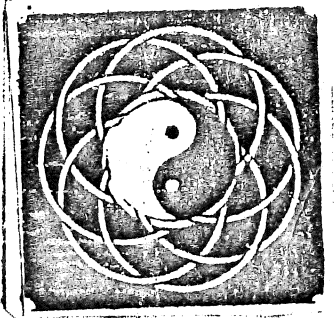
太極拳架式之圖片

FOR HOLISTIC HEALTH:
 A SPECIAL SHORT FORM, 12-15 minutes. MOVEMENT SEQUENCE IN PHOTOS

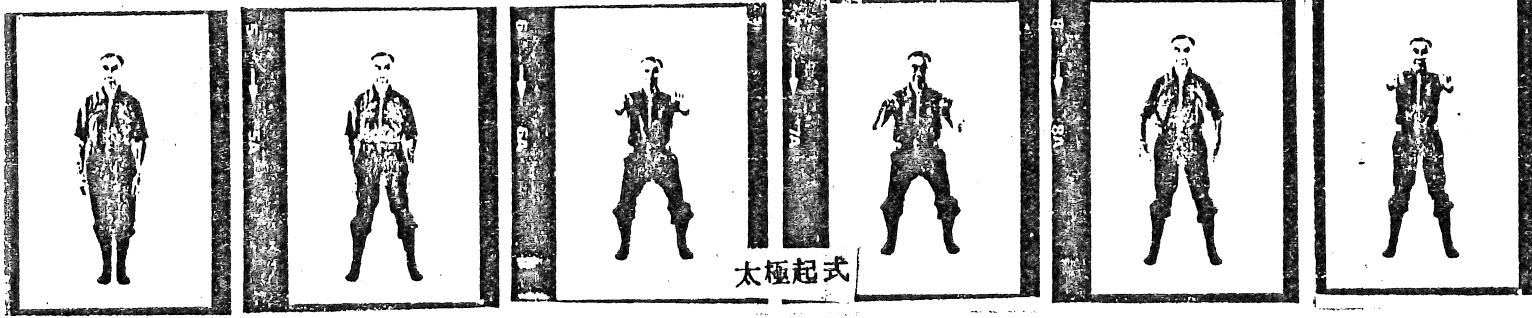
"Tai Chi, Lui keeps stressing, is not a weekend or 'do as you please' commitment. In order to reap the full benefits, one must practice at least twice a day for at least a half-hour each session. If you miss one day, Lui says, you know it. If you miss two days, your teacher knows it. Ah, but if you miss three days, everybody knows it. Apparently, everyone in the Monday class (in the gymnasium of the Chinese Christian Union Church, Chicago) had spent the last three days shadow-boxing; I couldn't tell they hadn't practiced, but Lui could."
 - Linda Winer, Chicago Tribune Magazine, January 14, 1973



Let it flow.



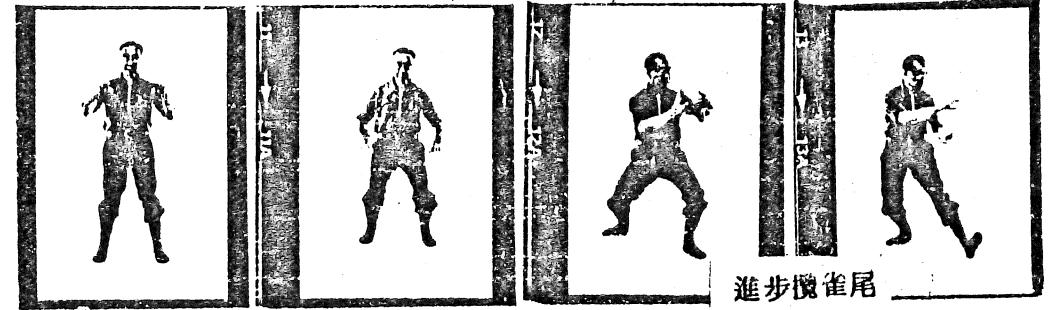
N.P.N.B.!!!!



太極起式

1. Preparation (N) 太極起勢

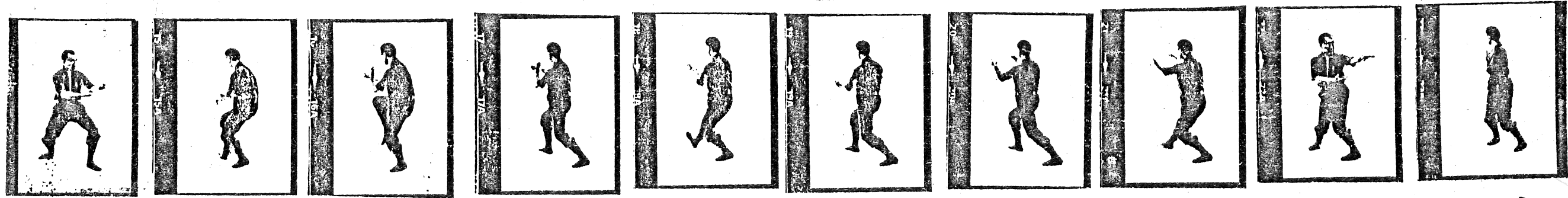
2. Beginning of Tai Chi (N)



進步攬雀尾

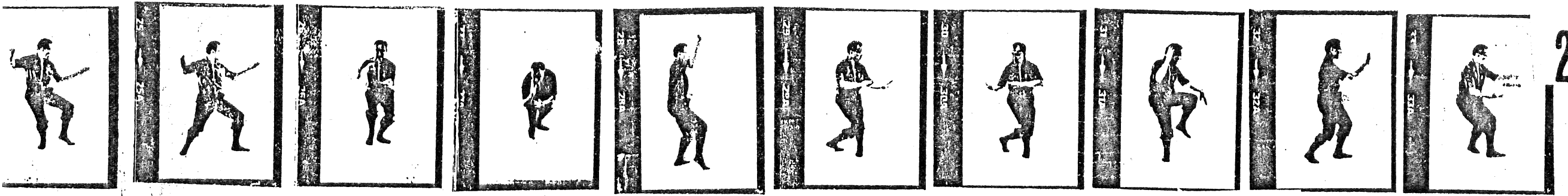
3. Grasp Bird's Tail (NW, SE)

Tai Chi serves to train your body, mind and spirit all at the same time. It gradually leads you to depreciate your ego and reject your 'I'. It helps you to let go your 'ego-center' and replaced by the 'truth-center' of Tai-Chi. Thus in learning Tai-Chi - Humility is the word!



攬雀尾左及右

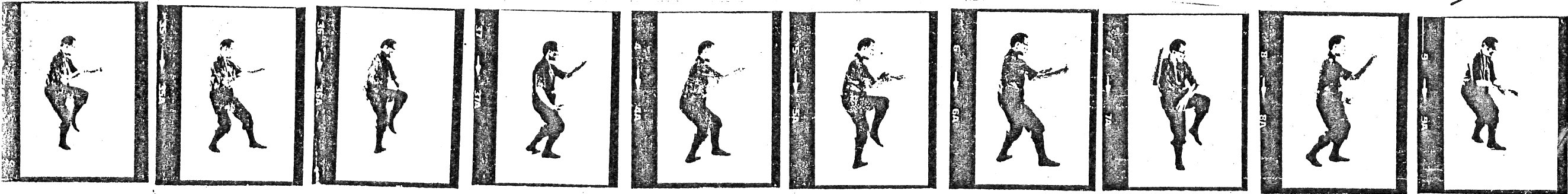
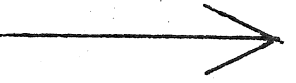
4. Turn, Single Whip (W)



單鞭

5. Rt. Raise Hand (N) 右提手 6. Step Back (lt. leg) (W) Stork Cools Its Wing (rt. hand) (W)

樓膝拗步三次 手揮琵琶

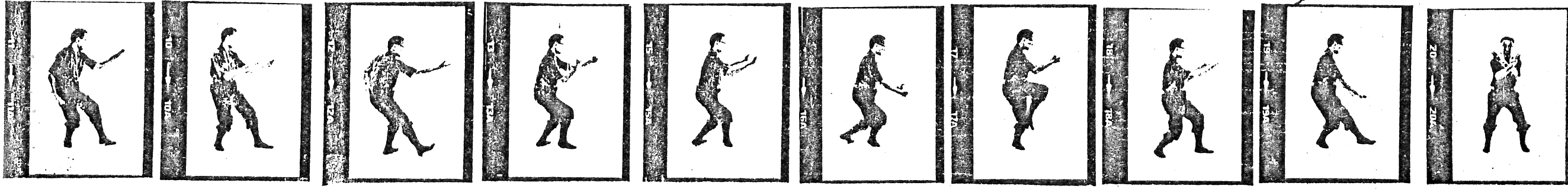


7. Step Forward (lt. leg), Brush Knee (lt) (W) Play The Guitar, lt, rt, & lt style (W)

樓膝拗步, 三次 手揮琵琶

樓膝拗步

手揮琵琶



上步搬攔捶

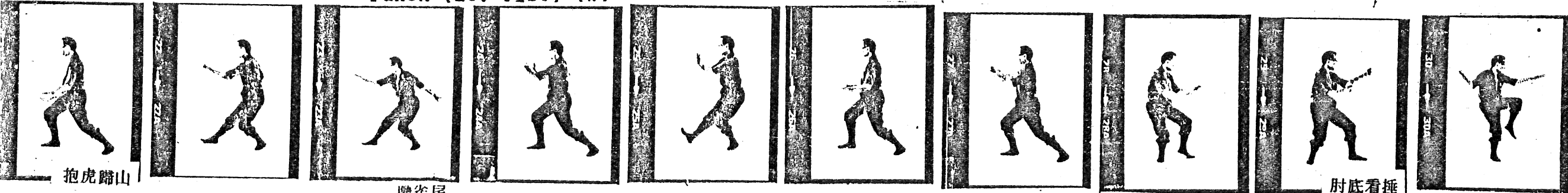
8. Step Forward (rt. leg) (W) Punch (lt. fist) (W)

如封似閉

9. Apparent Close Up (W)

抱虎歸山

十字手



抱虎歸山

攬雀尾

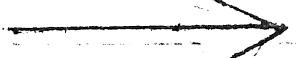
肘底看捶

10. Cross Hands, Turn (W-E) Carry Tiger Back To Mountain (E)

11. Grasp Bird's Tail, Turn (E-W)

12. Rt. Fist Under Lt. Elbow (W)

倒擡猴





13. Repulse Monkey, 倒攏猴
lt, rt, & lt, rt style (W)

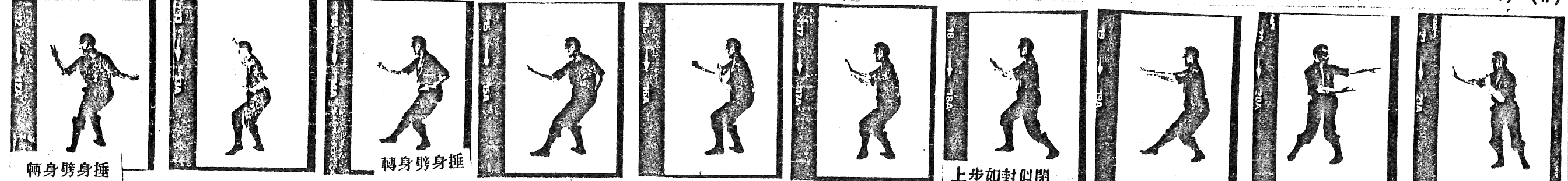
14. Fan Through The Back (SW)

15. Lt. Raise Hand (W)

16. Step Back (rt. leg) (W)

17. Step Forward & Brush Knee Needle At The Bottom Of Sea (lt. & Rt.) (W)

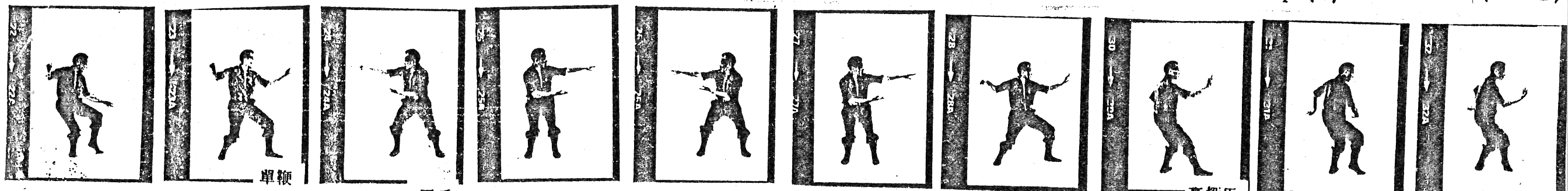
18. Stork Cools It's Wing (lt. hand) (W)



18. Turn, Chop Fist (rt. fist) (E)

19. Apparent Close Up (E)

20. Turn, Reverse High Pat On Horse Single Whip (W)

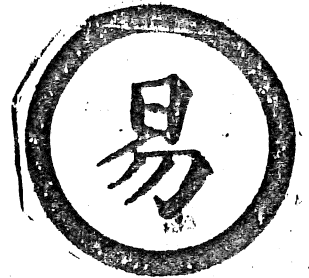


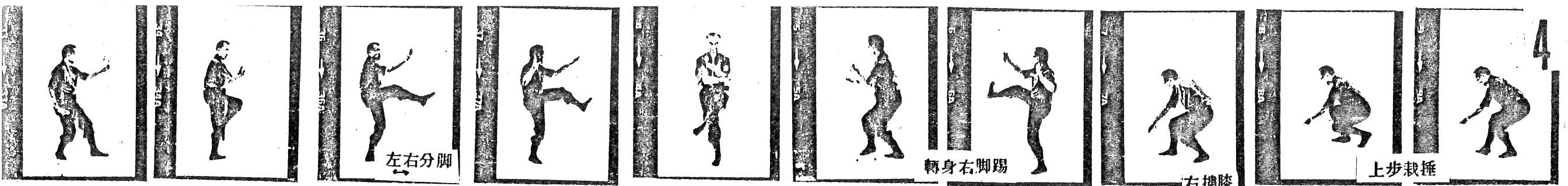
21. Cloud Hands, 4 times (E-W)

22. High Pat On Horse, rt, & lt. (W)

The entire Tai Chi movement is sequential. It really makes you go through all the parts of your body with this breath-feeling process. Not one place is neglected. This is why Tai Chi is a healing exercise used to correct joint problems or any other congestion or blockage that divides the body.

The function of Tai Chi education consists of not only the art of developing Chi (intrinsic energy) but also the art of releasing Chi in the pursuit of well-doing.

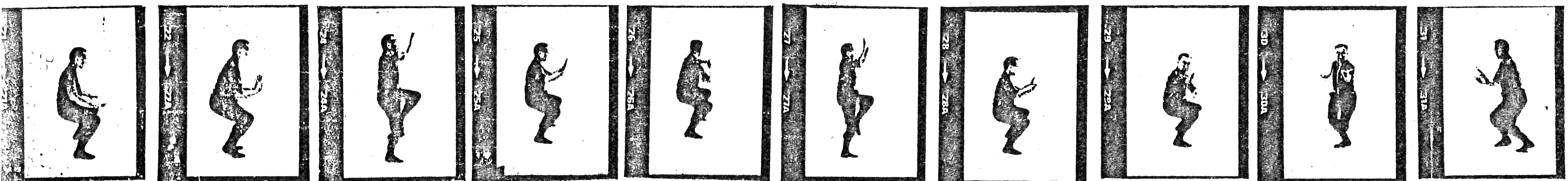




23. Separation Of Foot rt, & lt. (NW, SW) 24. Turn, Kick, Brush Knee & Punch, rt. & lt. style (SE, NE)



25. Step Back (rt. leg), Stab Hand (rt. hand) (E) Turn, Step Forward (lt. leg), Punch (rt. fist) (W) 26. Apparent Close Up (W) 27. Cross Hands. Kick (rt. leg) (NW)

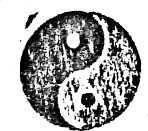


28. Drape The Tiger, rt. & lt. style (W) 29. Turn; Cross Hands, Kick (SE)

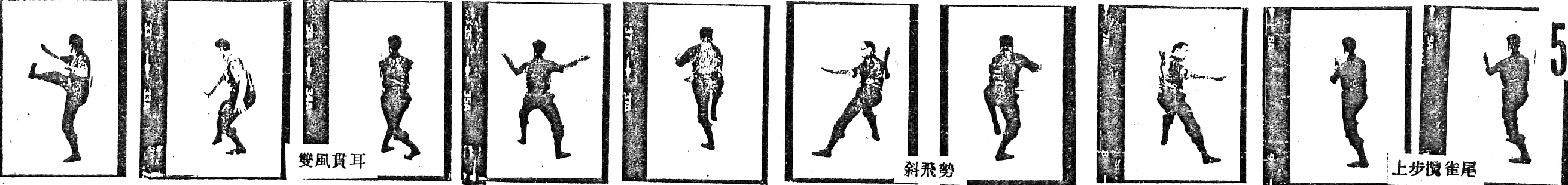
In Tai Chi
Truth-Center, yes.
I-Center, no

Knowing the male (yang) but keeping the female (yin), one becomes a universal stream. Becoming a universal stream, one is not separated from the eternal virtue.
Tao gave birth to One; One gave birth to Two; Two gave birth to Three; Three gave birth to all myriad things.
All the myriad things carry the YIN on their backs and hold the YANG in their embrace.
Deriving their vital harmony from the proper blending of the two Vital Breaths.

LAO TZU



Form without spirit, faith without work, is dead!



30. Double Fists (E)

31. Cross Hands, Kick (lt. leg) (NE)
Turn, Kick (rt. leg) (NW)

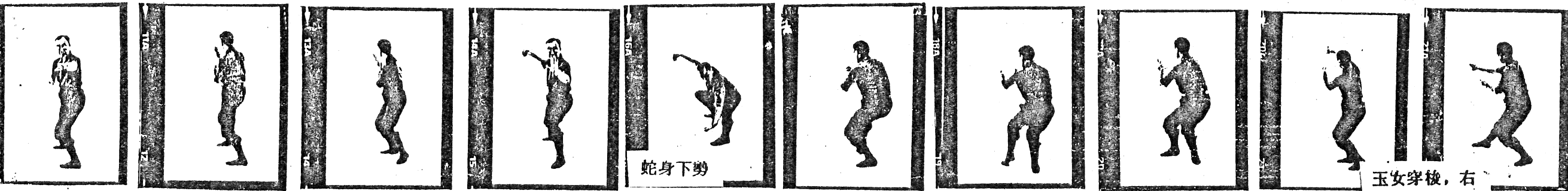
32. Step Forward (lt. leg)

Slanting Single Whip ((NW)

34. Step Forward (rt. leg) (N)

Grasp Bird's Tail (N)

33. Slanting Flying Style, lt. & rt. (SW, SE)

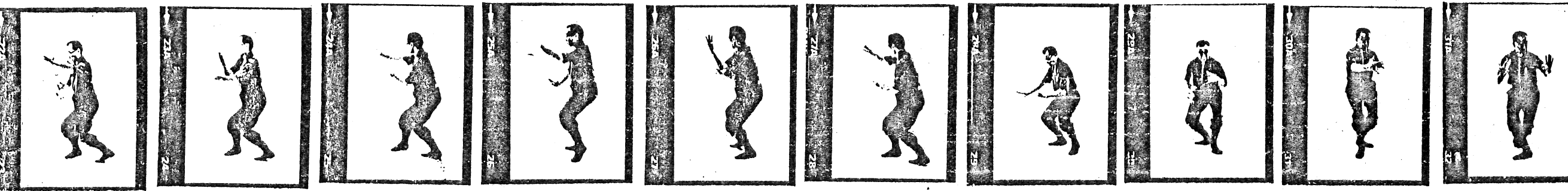


35. Turn, Reverse High Pat On Horse (N-S-N)
Single Whip (S)

單鞭

36. Snake Creeps Down (S)

37. Fair Lady Works On Shuttles,
4 corners (NW, SE, SW, NE)



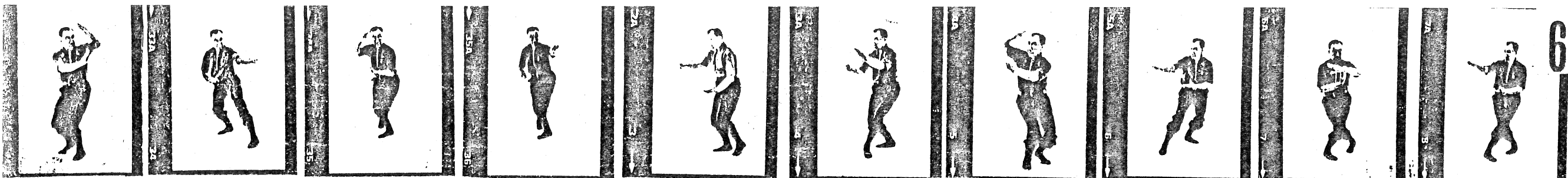
37. Fair Lady Works On Shuttles,
4 corners (NW, SE, SW, NE)

玉女穿梭

玉女穿梭, 右

The Book Of Change - I Ching- said, "When yin and yang are in harmony - properly blended- 10,000 things grow." The result of this harmony is styled Hsiang-shang in Chinese which means mutual growing or arising. Thus in the life journey of growth, production or creation, only yin wouldn't work nor only yang; the two are inseparable and are complementary to each other. There can never be the ultimate possibility that either one will win over the other. Thus the art of life is not seen as holding only to yin or yang and banishing the other, but keep the two in balance (properly blended).

Tai Chi is the work of peace and harmony, and of faith, hope and love. "Though I have all faith, so that I could remove mountains, and have not love, I am nothing." I Corinthians 13:2



玉女穿梭, 左

玉女穿梭,

The primary goal of Tai Chi practice is to seek the balance and harmony of the two vital breaths or energies, yin and yang.

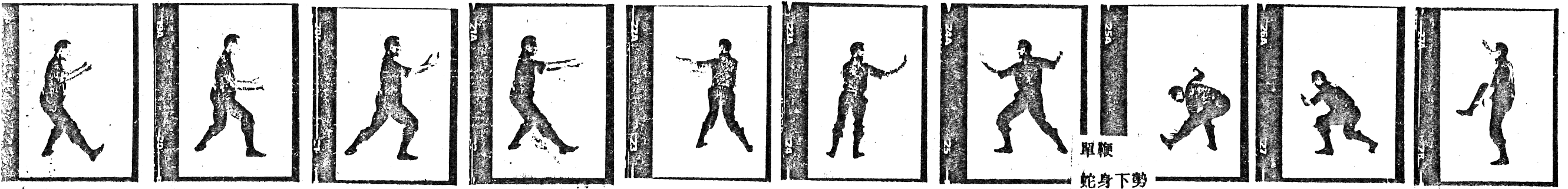
玉女穿梭,



When yin and yang are in balance and harmony, it is styled Tao. On the Tao things grow.

38. Grasp Bird's Tail (E)
Reverse High Pat On Horse (E-W-E)

上步搬欄捶



如封似閉

39. Single Whip, Snake Creeps Down (W)

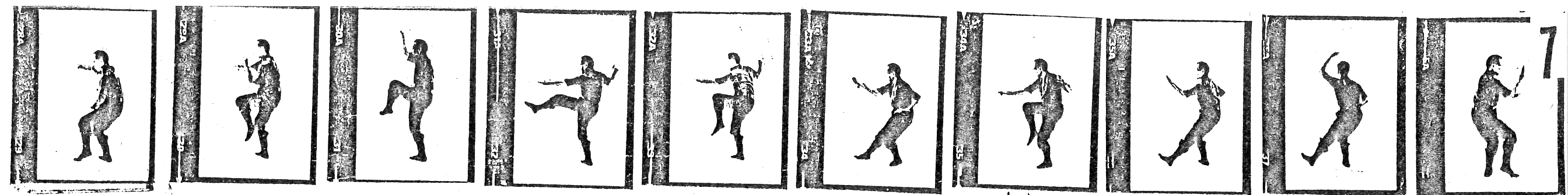
單鞭
蛇身下勢

40. Golden Cock Stands On One Leg, lt. & rt. style (W)

金雞獨立

The secret of Tai Chi is to harmonize ourselves with the movement of the universe (Learn the art as how to lose ourselves in the infinite and the eternal by just tuning the chords of our beings and making them move in harmony with the music of the cosmos.) and bring ourselves into accord with the universe itself. Thus true Tai Chi is a work of love. It is a work of giving life to all beings, and not struggling or striving with each other. There is no discord in love.

When you do Tai Chi your job is not to show off how marvelous YOUR Tai Chi is, but to allow Tai Chi manifest its truth, goodness and beauty through you physically, mentally as well as spiritually.



金鷄獨立, 左、右

41. Kick (lt. leg), Repulse Monkey, 2 times (W)

倒擡猴, 二次

轉身攬雀尾

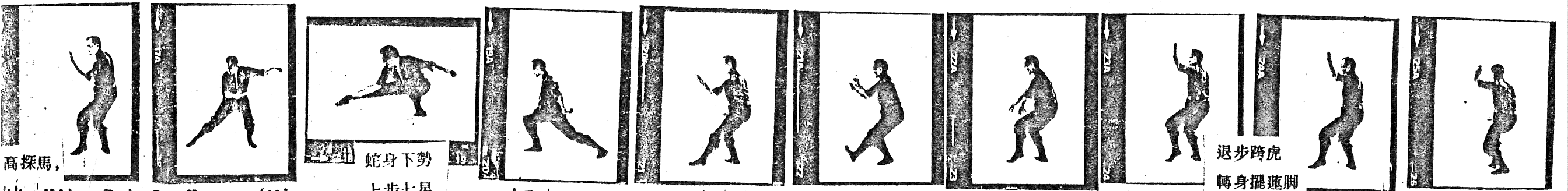


42. Grasp Bird's Tail (E)
Reverse High Pat On Horse (E-W-E)

如封似閉

43. Single Whip (W)
Cloud Hands, 4 times (E-W)

單鞭
雲手



44. High Pat On Horse (W)
Pierce Through Palm (lt. thru rt.) (W)

蛇身下勢
上步七星

47. Single Whip, Step Forward (rt. leg),
Snake Creeps Down (W)

49. Step Forward (rt. leg),
Seven Star Fists (W)

45. Turn, Kick (rt. leg) (E)
Step Forward (lt. leg), Punch (rt. fist) (E)

48. Step Forward (lt. leg),
High Pat On Horse (lt.) (W)

50. Step Back (rt. leg),
Stork Cools It's Wing (lt. hand) (W)

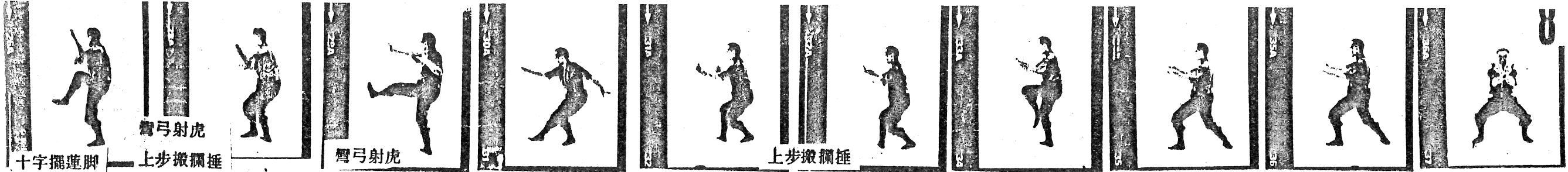
46. Apparent Close Up (E)
Reverse High Pat On Horse (E-W-E)

退步跨虎
轉身擺蓮脚

N. P. N. B.
No Practice No Breakfast!

In practicing Tai Chi
Truth-Center, yes;
Ego-Center, no.

ON THE TAO, THINGS GROW!

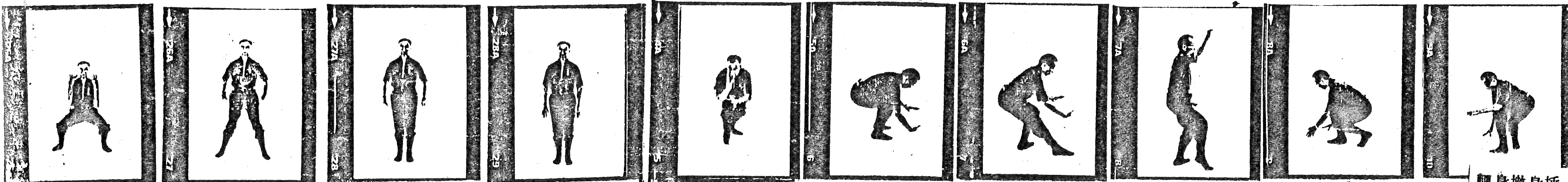


彎弓射虎

彎弓射虎

上步搬欄捶

51. Turn (lt. leg, 180 degrees) (W) Horizontal Kick (rt. leg) (W) 52. Draw Bow (with lt. arm) to Shoot Tiger (lt. kick) (NW) Apparent Close Up (W) 如封似閉
 53. Step Forward (rt. leg), Punch (lt. fist) Turn, Cross Hands (W-N) 合太極
 Carry Tiger Back To Mountain



56. Closing Of Tai Chi 合太極

合太極

Rt. Raise Hand 左、右提手 Turn, Chop Fist (rt. fist) 海底針
 Step Forward (lt. leg), Punch (rt. fist) 轉身撇身捶



轉身擺蓮脚

Snake Creeps Down

金雞獨立

Cross Hands, Turn
 Carry Tiger Back To Mountain

Grasp Bird's Tail, Turn

攬雀尾

He who knows others is clever;
 He who knows himself has insight;
 He who conquers others has force;
 He who conquers himself is truly strong.

40. Golden Cock Stands On One Leg,
 lt. & rt. style

Lao-Tze said, "The soft overcomes the hard,
 the weak overcomes the strong. This is something
 known by all but practiced by none."



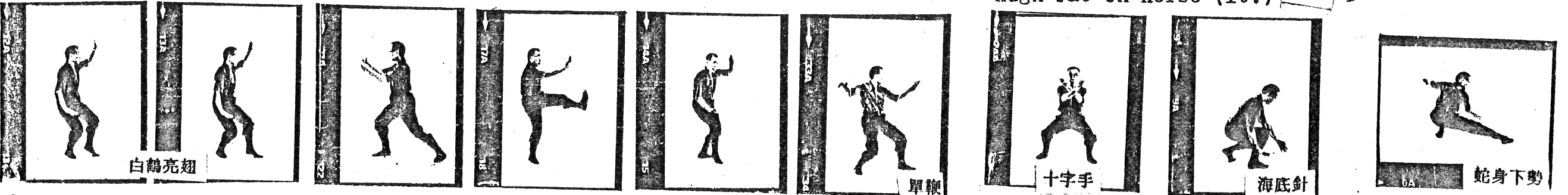
Rt. Fist Under Lt. Elbow

Single Whip, Step Forward (rt. leg), Snake Creeps Down

Step Forward (rt. leg), Seven Star Fists

上步七星 退步跨虎

48. Step Forward (lt. leg), High Pat On Horse (lt.)



Step Back (rt. leg), Stork Cools It's Wing (lt. hand)

Kick

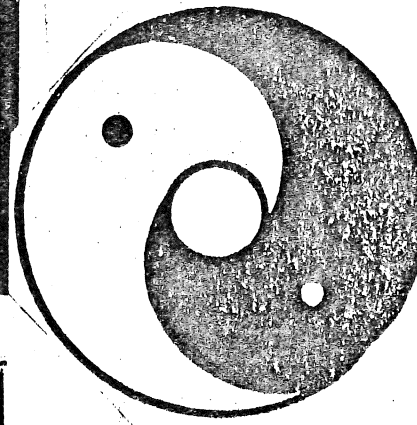
Single Whip

Cross Hands

Needle At The Bottom Of Sea (lt. hand)

太極

TAI CHI



TAI CHI - THE GREAT HARMONY "In that day the wolf and the lamb will lie down together . . . and lions will eat grass like the cows. Nothing will hurt or destroy in my holy mountain, for as the waters fill the sea, so shall the earth be full of the knowledge of the Lord." - Isaiah 65:25

Teaching is sharing & sharing is joy!

Lui