

24 Posture Compact Form – guide to movements.

1. **Open Tai Chi** - Start with the feet together, body upright, relaxed and stable, mind calm and within the body. Sink into the right foot, step out with the left foot to form a shoulder width stance. Centre the weight. Hands rise to just under shoulder height. Relax and sink slightly, hands come down to waist height. Knees slightly bend.
2. **Part The Wild Horses Mane** - Sink weight to the left foot, centre turns to right, turning right foot 90 degrees. Right hand rises, shift weight to the right foot, step in and hold the ball. Step to left and forwards, sink weight to centre and left hand rises, right hand falls, hips turn to form Left Bow Stance.
3. **Ward Off, Roll Back, Press, Push** - Sink weight forwards, step in with right foot, hold the ball. Turn to right, step to right, form Right Bow Stance, right arm rises and goes out slightly, left hand sinks to side (Ward Off). Turn to right another 15 degrees, right hand turns down, left hand turns up, sink back, turn to left, hands rise to rear corner. Turn to right, palms meet, push forwards to form Right Bow Stance (Press). Sink slightly forwards, shift weight back, palms separate, move forwards into Push, Right Bow Stance.
4. **Single Whip** - Sink slightly forwards, move back, right hand sinks, turn to left, left hand sinks, right hand rises. Shift to right leg, turn slightly to right, right palm turns out. Turn to left, right hand goes out to form hook, left hand rises. Step to left to form Bow Stance, left hand turns out.
5. **Raise Hands** - Sink slightly forwards. Shift weight to right, turn to right, hand follow and turn 180 degrees clockwise. Shift to left leg, turn to left, then to turn to right. Sink into left leg, place heel on ground. Left hand opposite right elbow.
6. **White Crane** - Turn to left, right hand drops in beneath left palm (holding ball). Shift weight to right, turn to right, raise right hand to corner. Turn to left and open, left hand comes down and across in front of left hip.
7. **Brush Knee and Press** - Turn to left, deflect with right hand. Right hand falls, left hand rises, turn and deflect to the right. Step in (right hand rises), step out right hand comes to right ear. Press forwards and come into Left Bow Stance (left hand comes round to left hip).
8. **Strum The Lute** - Sink weight into front leg, turn to left. Sink into right leg, turn to right. Turn to left (ahead) place heel on ground. Left hand near to right elbow.
9. **Repulse The Monkey** - Turn to right, right arm to corner behind. Palms turned up. Step in with left foot (right arm comes in to ear), step back to left. Sink into back leg, palms cross, face forwards.

10. **Slanted Flying** - Turn to left, hold ball (left over right). Step to right corner, turn to form right Bow Stance. Right arm comes up and left hand comes down to side.
11. **Cloud Hands** - Sink into front leg, turn to the right. Right hand begins to circle down as you step up with the left foot (feet now parallel). Shift weight to the left, turn to the left, left hand comes down as you step in with the right foot (narrow parallel stance). Right hand circles up (on the inside of the left arm), shift weight to the right leg, turn to the right.
12. **Single Whip** - Right hand turns out, turn to the left, left hand rises. Form hook with right hand. Step to the left and come into a Bow Stance. Left hand turns outwards.
13. **High Pat On Horse** - Step in with right foot, half a step, sink back into right leg turn to the right. Open up the arms (left arm forwards, right arm to the right corner) palms turning up. Sink into right leg and turn to front, right palm comes in to ear and down (slap down). Left foot touches the ground.
14. **Kick with Right Heel** - Step in with left foot, left hand comes up to the right wrist. Step to left corner, left hand turns out. Form left Bow Stance, arms open to sides. Sink weight forwards to left leg, step in, hands circle down. Right knee and hands rise, turn to right corner, kick with right heel, arms open like a fan.
15. **Strike Ears with Fists** - right leg comes in, hands turn in and lower. Step to right corner to form Bow Stance. As this happens, hands come to hips and circle out and inwards to form fists (connect with imaginary opponents temples). Keep shoulders relaxed.
16. **Kick with Left Heel** - Shift weight back and turn (as far as stability allows) to the left, hooking right foot to the left. Sink weight back in to your right leg. Hands circles down and cross in front of body. Left knee and hands rise. Turn to left corner and kick with left heel, arms open like a fan. Keep upright, relaxed and stable.
17. **Snake Creeps Down** - Turn to the right and form a hook with your right hand. Step in to the right instep with your left foot. Bring you left hand to beneath your right elbow. Sink down slightly into the right foot. Step out with your left foot to the side (left toes on line with the right heel). Sink further into right leg. Left arm comes down. Begin to shift the weight forwards and turn to the left. Come into a long Bow Stance, right hook having descended to the right thigh. Left arm forwards in front of the centre line of the body.
18. **Golden Rooster** - Shift the weight forwards and raise right knee to the right elbow. Left arm sinks down to the side of the body.
19. **Fair Lady Weaves Shuttles** - Step forwards and place right heel ahead. Turn to the right and shift weight forwards into right leg. Hold ball (right over left) and step in with left foot. Step to left corner as you raise the left arm, turn, Form Bow Stance, rotate left arm outwards and press forwards with right palm.

20. **Needle at The Bottom Of The Sea** - Shift weight forwards to left leg. Step in half a step with right foot (position at 45 degrees to forwards direction). Shift weight back and turn to deflect to the right with your left arm. Raise right arm in a circle, turn to left, deflect low with left arm and strike forwards and down with right hand (tilting forwards). Sink into right leg.
21. **Fan Penetrates the Back** - Step in with left foot, left hand comes up to your right wrist. Step forwards to form a Left Bow Stance. Press forwards with left palm and out and up slightly with your right palm.
22. **Block Parry and Punch** - Sink weight slightly forwards, sink weight back into right leg. Turn to the right, as close to 180 degrees and possible. Hook left foot round to the right (hands circle up slightly). Turn slightly to the left, left hand at head height, right hand forms a fist in front of groin. Turn to the right, strike down and forwards with the back of the fist. Left hand to the side of the fist (Block). Turn to the right, right foot turns, fist turns outwards (Parry). Step up to right leg with left foot, step forwards with left foot. Fist comes in to hip as the left foot touches the ground. Come into a Bow Stance and punch past the left palm (Punch)
23. **Palm Under The Elbow and Push** - Turn left hand under right arm to the elbow. Turn slightly to the left and sink slightly forwards. Sink weight back and separate palms. Push forwards back into Bow Stance.
24. **Close** - Sink slightly forwards and shift weight back into centre. Turn to the right, turn left foot and then right foot 90 degrees. Open arms. Sink back into left leg, palms cross and sink to hip height. Step in with right leg to form a shoulder width stance. Hands go forwards, legs lengthen. Sink arms to sides of body. Step in with left foot, feet together. Finish!