

A PERSONAL CLASS-PRACTICE COMPANION

# TAI CHI 8

## An Illustrated Practice Guide



Eight flowing forms plus a calm closing sequence

BEGIN ON THE RIGHT | EACH FORM ONCE | MOVE SLOWLY

Breathe naturally. Rest the tongue gently against the roof of the mouth.

[Watch the Tai Chi for Better Balance demonstration](#)

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## Hold the Ball



Create a calm, rounded starting position.

- Stand comfortably, soften your knees, and begin on your right side.
- Round both arms as though you are holding a large, lightweight ball.
- Keep one hand above the imaginary ball and the other beneath it.
- Relax your shoulders and keep your elbows gently bent.
- Stay centered, breathe naturally, and complete the movement once.

**PRACTICE CUE:** Hold the ball gently; relax the shoulders.

## Part the Wild Horse's Mane



Separate your hands in one smooth, flowing motion.

- Begin on your right side with your arms rounded as if holding a ball.
- Guide one hand upward and outward while the other lowers toward your hip.
- Imagine gently separating the long hair along a horse's neck.
- Turn your torso slightly while keeping your chest and shoulders relaxed.
- Remain mostly in place and complete the movement once.

**PRACTICE CUE:** Part the mane; one hand rises, one hand lowers.

## Single Whip

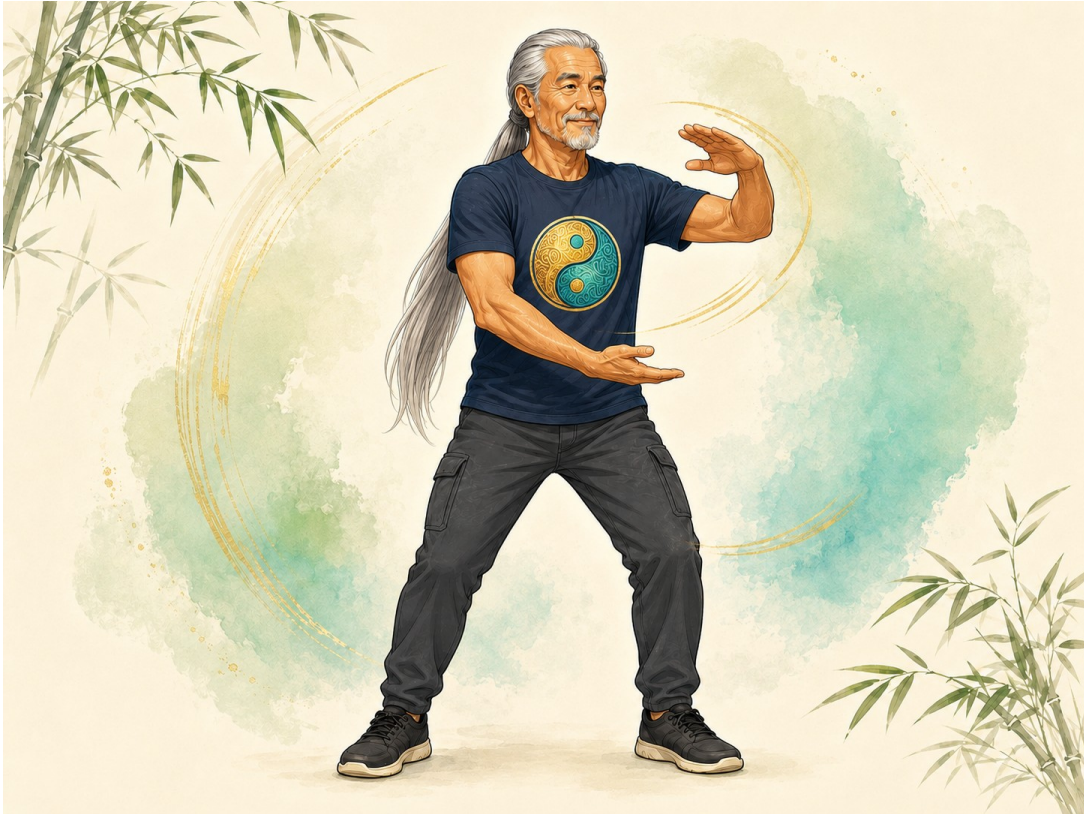


Balance an open palm with a softly hooked hand.

- Begin on your right side with your weight comfortably centered.
- Bring the fingertips of one hand together to form a relaxed hook.
- Extend your opposite arm outward with a soft, open palm.
- Let your torso turn slightly without locking your elbows or lifting your shoulders.
- Keep your stance steady and complete the movement once.

**PRACTICE CUE:** One hand hooks; one hand opens.

## Wave Hands Like Clouds



Let your hands float gently from side to side.

- Begin on your right side with both hands comfortably in front of you.
- Sweep your hands across your body as if clouds are drifting through the sky.
- Allow one hand to rise while the other lowers naturally.
- Rotate your torso gently, letting your hands follow your center.
- Stay mainly in place and complete one smooth passage of the movement.

**PRACTICE CUE:** Soft hands float like clouds.

## Repulse the Monkey



Take one careful backward step as one palm moves forward.

- Begin on your right side with both arms relaxed and ready.
- Draw one hand backward while the other prepares to move forward.
- Take one slow, controlled step backward and place your foot securely.
- Shift your weight carefully as one open palm extends forward.
- Keep your torso upright, breathe naturally, and complete the motion once.

**PRACTICE CUE:** Step back slowly; one hand pushes.

## Brush Knee



**Brush past your knee while the opposite palm presses forward.**

- Begin on your right side with your knees comfortably softened.
- Sweep one hand downward and gently past your knee.
- At the same time, guide the opposite open palm forward.
- Imagine brushing something aside while clearing a path ahead.
- Keep your torso upright, remain mostly in place, and perform the motion once.

**PRACTICE CUE:** Brush the knee; push forward.

## Fair Lady Works the Shuttles

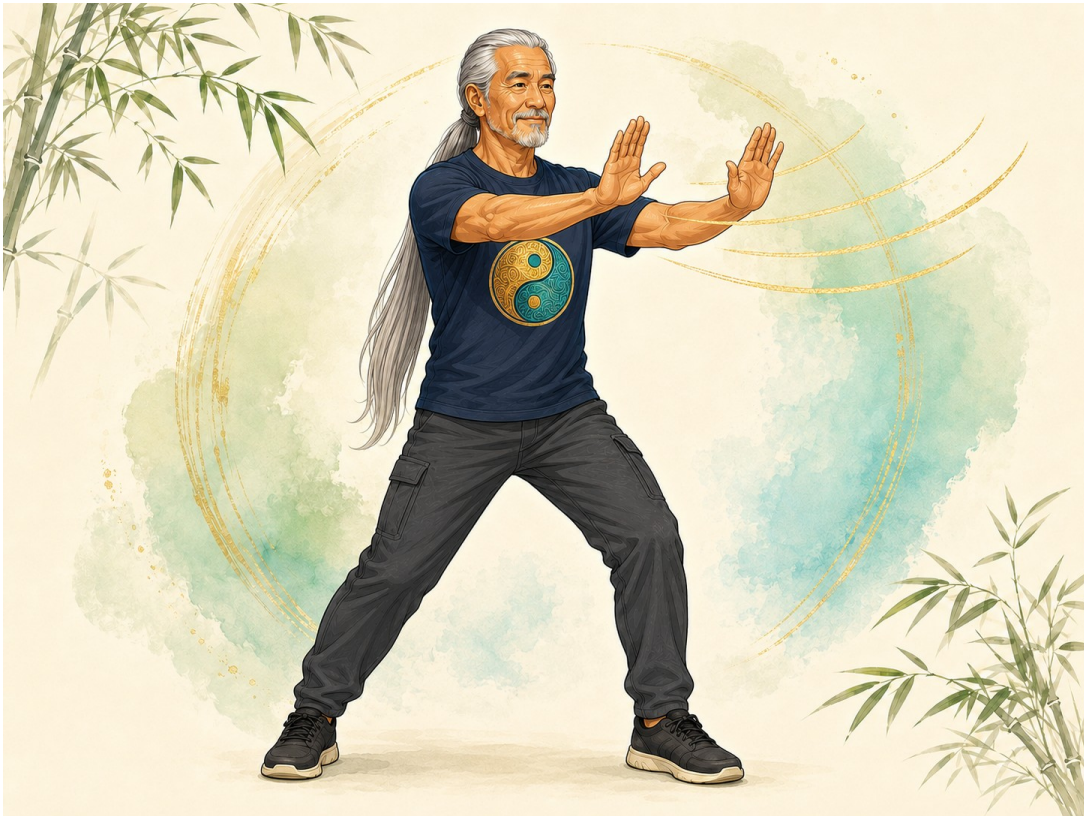


**Raise one arm in protection while the other presses forward.**

- Begin on your right side with your weight comfortably centered.
- Raise one forearm diagonally overhead as if gently shielding your head.
- Extend your other open palm forward at a comfortable height.
- Allow a small turn of your torso while keeping both shoulders relaxed.
- Remain mostly in place and complete the coordinated movement once.

**PRACTICE CUE:** One hand shields; one hand presses.

## Grasp the Peacock's Tail



Link four classic actions into one continuous movement.

- Begin on your right side and perform the four actions as one sequence.
- **WARD OFF:** Round and lift your arms gently, as if receiving something.
- **ROLL BACK:** Draw your hands and upper body slightly backward.
- **PRESS:** Bring your hands together and guide them forward.
- **PUSH:** Separate your hands slightly and extend both open palms forward.
- Stay upright, shift your weight subtly, and keep the sequence unhurried.

**PRACTICE CUE:** Ward off, roll back, press, push.

## CLOSING SEQUENCE

# Closing Form



**Return your posture, breathing, and attention to stillness.**

- After Grasp the Peacock's Tail, turn or settle your body to face forward.
- Bring your weight gently back to the center between your feet.
- Allow your hands to lower comfortably and settle beside your body.
- Bring your feet together or return to your instructor's preferred resting stance.
- Stand tall, relax your shoulders, and continue breathing naturally.
- Pause quietly before finishing. The closing form is not one of the eight.

**PRACTICE CUE:** Return to center, lower the hands, and become still.