



# Chiron Tai Chi Chuan & Qigong

## Student Feedback Form 2

## Cheng Man-Ching, Short Yang Form - 2nd Section

Names of Postures	CP	CS	D	Y/Y	Co.	ST	I/F	BTS	R&S	AA	MS
Embrace Tiger, Return to Mountain											
Ward-Off Right											
Ward-Off Right											
Roll Back											
Press											
Push											
Single Whip (NW)											
Step left and Punch Under Elbow											
Step Back to Repulse Monkey (x3)											
Diagonal Flying											
Single Whip											
Snake Creeps Down											
Golden Rooster on One Leg (L)											
Golden Rooster on One Leg (R)											
Brush Left Knee & Push											
Needles to Sea Bottom											
Iron Fan											
Elbow Stroke											
Chop and Push											
Step Up, Parry & Punch											
Kick with Right Heel											
Brush Right Knee & Push											
Punch Down											
Hold the Ball											
Ward-Off Right											
Press											
Push											
Single Whip											
Fair Lady Plays Shuttles											
Ward-Off Left											
Ward-Off Right											
Roll Back											
Press											
Push											
Single Whip											
Snake Creeps Down											
Salute the Seven Stars											
Ride the Tiger											
Feint to the Left											
360° Turn											
Sweep the Lotus Kick											
Bend Bow to shoot the Tiger											
Step Up, Parry & Punch											
Push											
Cross Hands											
Close											



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### Reflecting on your practice.

The purpose of this document is to allow you to consider the areas in the form where you may benefit from spending extra time to consolidate your knowledge of the form.

When training there are a number of approaches we can take and they can benefit from applying different mind sets at different times. Think about your balance and connection deep into the ground, notice any tensions or discomforts in your body, try to stay focussed on the intent or purpose of the movements, and have a sense of awareness regarding how you feel when practicing. At the early stages it can be difficult to have a sense of all of these aspects but, through time and practice, you'll be able to relax and gather and deal with the various pieces of information that are constantly fed through to you through your practice.

The qualities listed here are those on which one would be judged in a competition. Use them as a method to consider where you need more training.

- 1. Correct Posture:** This means that all the different parts of your body are in the right place. Check the postures with your instructor and/or with the images in the book or DVD. Make sure that you also feel 'connected,' and relaxed.
- 2. Correct Stance:** Check that your feet are in the right place and that your weight is distributed as instructed. Please note that by far the biggest error is to have a narrow stance, ensure your feet are shoulder-distance apart where required.
- 3. Direction:** Make sure that you are facing the right way. If you practice regularly you will soon become familiar with the correct direction.
- 4. Distinguishing Yin and Yang:** In the early stages this aspect is difficult to achieve. Only through working with a teacher will you really understand yin and yang fully. In the meantime try to work on your weight distribution, know where you should be with each posture and become equally aware of 'empty leg' postures.
- 5. Coordination:** Your upper and lower body should move in harmony - each part should move in perfect coordination with the other.
- 6. Smooth Transition:** This means moving smoothly from one posture to the other. Take time to experience each aspect of weight transference and work to perform the changes from one posture to the other without seeing the joins.
- 7. Intent and Focus:** When you are clear about how to move through each posture, it should start to look like you really mean it when practising. Remember that the "Mind is the Governor" and that you should be fully connected in mind and body to what you are doing.
- 8. Balanced Turning & Stepping:** When you stand on one leg you should be steady, and feel able to take as long as you like before bringing your other foot into contact with the ground. You should be able to place your heel first and then slowly transfer your weight.
- 9. Relaxation & Softness:** All parts of your body (and mind) should be completely relaxed and soft. From time to time try checking the tendons on the back of your hands to see if they're fully relaxed.
- 10. Aesthetic Appearance:** Simply speaking your form should just look good. If you're taking part in a competition, the style of your dress and appearance can increase your score, but so too can the style of your performance. When your family and friends begin to feel relaxed when they watch you, then you're probably getting closer to this aspect of good practice.
- 11. Martial Spirit:** Of all the attributed, martial spirit is probably one of the hardest to judge. Try to think about the people in your life who have a certain presence, there is something about them that engages you and makes you interested - this is what you're aiming for. Someone who has practised tai chi regularly, and who understands the purpose of each posture is most likely to express this martial spirit.

### Notes for Beginners:

Don't worry about trying to integrate all of the above aspects of good tai chi practice into your training straight away. Instead give priority to these three aspects, in this order.

- 1. Correct Stance:** Concentrate on getting your feet in the right place - this will make you feel more relaxed and comfortable and the transitions from one posture to the next will be easier.
- 2. Correct Posture:** Take the time to understand the shape and form of each position. Correct posture makes the work of stepping from one position to the next much easier.
- 3. Relaxation & Softness:** Keep this at the back of your mind all the time. By being relaxed and soft you will learn everything much quicker - and you will also feel the benefits of being tension-free.

### Additional Resources:

Ronnie has produced a book and DVD on the Short Yang Form which are available at [www.chirontaichi.co.uk/resources](http://www.chirontaichi.co.uk/resources)