

### Preparation/Yù bèi shì (wújíbù, N)

Begin with feet together, heels touching, toes pointing out at 45 degree angles and weight distributed 50/50 over both feet. Arms at side.

1. Shifting 100% of your weight to the right leg, drop center slightly and slightly lift left heel. At the same time, turn elbows out slightly and let palms rotate back (arms remain by side.)
2. Step left laterally with the left foot, so that the toe points straight ahead (N); slowly set the foot down flat. Feet should be shoulder width apart; left foot should be empty, weight 100% on right leg,
3. Slowly shift 100% of weight to the left foot, slow enough to register as body passes through 50/50.
4. Turn from the waist (hips) towards the right (NE) to align right shoulder, hip, knee, and ankle. Keep center 100% on left leg. Arms should rotate slightly to match hips gearing elbows and wrists.
5. Using the left side of your body as a hinge, “close the door” by turning in the left hip towards the front (N) while pivoting on right heel so that the right toes point straight ahead (N). Weight should be 100% on the left leg; don’t lean. Arms rotate to back, palms facing S, elbows slightly out.
6. Shift weight back to center (50/50) to wújíbù.

### Qǐ shì tàijíquán (wújíbù, N)

1. Raise both hands up to shoulder height, leading with the backs of the wrists as striking points and keeping the elbows bent and low. (Fingers will point down.) Rise slightly in the legs.
2. Straighten both hands so that fingers point straight ahead.
3. Draw both hands slightly back towards the body by sinking the elbows, keep wrists bent.
4. Sink slowly as you lower your hands, leading with the heels of your hands, to dāntián level, palms down.
5. Rotate in right hip to the right and expand arms (hands rotate or “gear” with each other).

AND: Rise slightly in legs and raise arms to shoulder height.

6. Rotate back into left hip to face north, bringing arms with torso and hips.

AND: Sink as you lower both hands to dāntián level, palms facing down.

### Close Tàijí (bāzìbù, N)

1. Shift weight 100% to left foot. Separate wrists horizontally, palms facing body.
2. Turn in left hip, pivot right foot on right heel so that toes point to NE (45 degree angle) torso rotates with hips to face NE corner.

3. Shift weight to right leg, arms move down by side of body, palms rotate to face body.
4. Step up so that feet are together, heels touching. Torso remains angled to NE, feet at 45 degree angles.
5. Shift weight 50/50, arms circle out and up, ending in front of body chest height, palms down. Torso rotates to face N.
6. Hands push down, arms return to side of body, turn head to look to your left.