

Power Taiji Book Three

Pauchui/Large San-San
Erle Montague



A Moontagu Book

Power T'ai Chi Ch'uan

Book Three

Pauchui Solo Form

&

Two Person San-San

By Erle Montaigne

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Preface

Pauchui & San-sau

Pauchui and San-Sau are the last basic techniques that one is taught in the training of T'ai Chi Ch'uan. This is where we really know if we have learnt all of the foundation forms well. The tai chi training culminates in the fast form of pauchui and in the two-person set of san-sau. Pauchui means hammer fist form and san -sau means, 'a style of free hands'. The pauchui, as with the Original Yang Style form came from the Chen style and represented the white side of the yin-yang symbol in that it had mostly internally hard fast or explosive movements with some slower ones, whereas the Old Yang style and Chen had mostly slow movements with a few explosive ones which represented the black side of the yin-yang symbol. The pauchui is a fast form, which has two parts. These parts can be used as a two person set form which uses all of the T'ai chi techniques. The Pauchui is then called san-sau. In teaching the pauchui one must remember that the form could be given as a Kung-fu form and used to great advantage. But if this is done without all of the tai chi basic techniques then the internal is lost.

Only after all of the T'ai chi basics have been learnt and understood should the student then go on to the advanced pauchui form. This makes sure that there will be no tension while practicing the fast. Only after at least four years should the san-sau be taught. Until then no sparring should be taught or practiced. The san-sau teaches us to use our T'ai chi technique to the best advantage. In a carefully prepared two-person set the student is guided through the movements without the thought of competition so injury does not happen. After many months of soft practice, the forms become faster and heavier and the players are able to throw in techniques out of sequence so that eventually the san-sau becomes totally free sparring. All of this precise training ensures that when the student is under pressure, the technique does not leave them

and become just a brawl as we see in so many of the full contact tournaments today.

HOW TO USE THE BOOK

The photos have been taken to show the best image and page two so that the student is able to follow them correctly. To find the correct direction, look at the text, it tells you exactly where you are to face for each movement. The photos have been taken on a flat plane in order to show the technique to the best advantage. If you come across a photo that only has a letter and not a specific number then this signifies an interim step.

In order to understand the dynamics of the pauchui, I will use the terms, sweeping which means a movement full of power but slower as if being held back by springs. If I say an explosive movement, it means that you release the energy with the absolute power from within, with no tension before or directly after the technique. This is the most difficult movement to teach, as tension must not come into the technique. Fa-Jing is a relaxed explosive technique that's a bit like sneezing. You must give up yourself completely to the movement and have your whole body and mind working together. The power must reach the target all at once and the energy must not be scattered. Most times there is a sound heard at the end of each punch or kick, this sound can only happen when one is totally relaxed when executing the technique. A fast movement is a little less than a fa-jing one but the power must be kept. The "fast" movements are used when blocking and then attacking.

The speed of the san-sau is determined by the other person in keeping with the T'ai chi principle of 'stick to and not letting go'. This principle will manifest itself during the practice.

In push hands and san-sau, we are given everything that we need to learn about the art of T'ai chi ch'uan. All that is required is that you practice regularly and use your whole mind and body as one whole unit. The practice should never come to the point where two people are competing with each other to see who is better, when this happens we lose the whole idea of this art as being internal. Learn to learn with your partner and you will both go on to great heights in your search for anything. Most importantly, if you are a teacher, learn to learn from your students, this is the greatest compliment a teacher can pay to his most loved students. Jeni Blake is featured in the san-sau photos.

A NOTE ON ROMANISED SPELLING

The translation of many words from Chinese sometimes gives a wrong meaning, for instance. Most people say that Chee is to press. This is wrong as Chee means to squeeze. Most people say that Arn means to push, this is also wrong the word Arn means to press. There are no pushes or pull sin T'ai Chi ch'uan.

Chapter One

SOLO FORM No. 1.

Author's Note, additional to the original text:

The following text and photos are from the originally published book, "Power T'ai Chi Ch'uan, Book 3", first published back in 1984 and written in 1982. I have not changed any of the original text, nor have I added to it other than to correct any typing errors in the original text as I originally typeset the whole book using a simply typewriter! I had to use a ruler to measure each line and count the amount of characters in order to get justified columns! Anyone who has an original copy of this book (also available form the WTBA) will know that the text has not been changed.

I mention this as I have included many dim-mak points in this book, long before I formally introduced Dim-Mak to the world in my later works such as the Encyclopaedia of Dim-Mak. And although it is by no means a comprehensive covering of Dim-Mak, it certainly shows that I was talking about it even back then, long before most of the so-called Modern Masters of Dim-mak had even heard of it or who were still only children! I only began teaching this part of Taijiquan when others began to teach point striking as some kind of 'game'! Saying that it was not dangerous!



1

ADVANCE STEP & PUNCH

Stand facing the North as in **photo No. 1** with the fist as shown Turn the right toes 45 degrees to the right and the weight goes onto the right foot. Slide the left palm under the right elbow palm down. The right palm opens and turns palm up. Slide the left fist along the right arm as the right fist comes back to the right hip. Take a left step forward with the left foot at 45 deg and p'eng upward with the left arm. See **photo No. 2**. As you step forward with the right foot and put the weight onto it, pull the left palm back to the left ear and punch to the North to the heart with the right fist. This should be a fa-jing movement with a snapping motion at the end. See **Photo No. 3**.



2



3

ADVANCE STEP AND BLOCKING PUNCH

Sit back onto the left leg and block in and up with the left palm as the right foot picks up to near the left knee and the R fist comes back to the hip. See **photo 4**. Now step forward with the right foot and attack the heart with a right punch. See **photo 5**. The first block with the left palm is also an attack to the neck and the punch is a fa-jing movement. The block should be held perfectly still momentarily before the punch.



4



5

ADVANCE STEP TO THE LEFT

Turn the body towards the N.E. and bring the right foot across so as to make a scissors step as you push up with the left palm. See **Photo 6**. Put the weight onto the right foot and take a step to the N.E. and attack with the elbow. This is a sweeping movement, powerful but slower than the fa-jing. See **photo No.7**



6



7



8



9



10

ATTACK LEFT FOREARM AND STRIKE HEART WITH ELBOW

Take a ¼ step to the South with right foot and grab up and under your left wrist with the right palm. **Photo No. 8.** Pull to the right (South), and step up with the left foot to near you right foot. **Photo No. 9.** Hold a fist with the left hand as you step to the N.E. with Left foot; push the left fist with the right palm to attack with the elbow. **Photo No. 10.**

LEFT ARM ATTACK

Bring both feet up together, and stand up as you perform a back fist with your left fist. See **Photo No. 11** this is a fa-jing movement.



11

REMOVE STEP ATTACK TIGER ON LEFT

Push with your right palm under your left axila and drag you left arm over your right wrist. Step to the E. with your left foot and do a roundhouse type of punch to the temple. This is a fa-jing movement. See **Photo 12**

Remember! The photos are not necessarily in the right direction, so look at the text for the correct direction.



12



13



14



15



16

RAISE ARM AND ADVANCE

Turn quickly to the right with the weight on the left foot and block in and down with the left palm as your right arm comes up underneath. See **Photo 13**. Now slap forward with the back of your right palm and sit onto your right foot. This is a fa-jing movement. **Photo 14**.



17

PUNCH TO BODY

Sit back on the left leg and block to the right with your left palm as you turn slightly to the right and pull your right fist back to your hip. See **Photo No. 15**. Now put the weight onto the front foot and punch to the solar plexus. This is a Fa-Jing movement **Photo No. 16**



18

BEND BACKWARDS

Take a small step diagonally to the S.E. as you block in with the left arm. **Photo No. 17**.

Pick up the right foot and do an arc out to the left and back to the right as if stepping behind someone's leg. At the same time the left palm pulls to the left as you turn the torso to the left. The right arm crashes down across the opponent's body and draws it over your right leg to the South. This is a sweeping movement. **Photo No. 18**.



19



20



21



22

RETREAT AND ATTACK TIGER RIGHT



22a

Sit back onto the left foot and push forward with the left hand as you pull the right fist back to the right hip and pick up the right foot. **Photo No. 19.** Now step down to the South and punch with the right fist. **Photo No. 20.**

NB/ In the photo the author has used elbow stroke, as this seems to work much better at such close quarters.

ADVANCE KEEPING TO THE LEFT AND ATTACK WITH CHEE



23

Turn the right toes to the S.W. and step forward with the left foot to attack with Chee. This is a fa-jing movement. **Photo 21.**

DOUBLE SEPARATION AND KICK

Leap backwards with your Left foot and throw both arms up and out as you kick with your right foot. The left foot has not yet touched the ground. **Photo 22** and **Photo No. 22A.** Place the left foot down and immediately step back with your right foot. To the North. Block to the left with your right forearm. The kick is a fa-jing movement while the step down and block is a slow movement. **Photo No. 23**



24



25



26



27

BEND BACKWARDS



28

Turn your right palm over to palm up to block and pull the weight onto your left leg. As you do this, push to your right shoulder with the right palm. This is a sweeping movement. **Photo No. 24.** Now step in an arc as before forward with the right foot as if stepping behind around to the South and turning the torso to the Left, the right arm crashes across the chest **Photo No. 25.**

SUPPORT WITH LEFT AND PUNCH WITH RIGHT

Turn body to the right and sit back onto left leg as you scoop in and up with the left hand The right fist does a clockwise turn and as you sit onto your right foot. Punch downward with right hammer fist **Photo No. 26.** This is a fast movement, both the block with the left palm and the punch.



29

SNAKE CREEPS DOWN AND CHEE TO THE STOMACH

Squat right down onto the Left leg and touch your right ankle with the right palm on the inside. See **Photo No. 27.** Now turn the right foot 45deg. to the right stepping through with the left leg to the South and use Chee. **Photo No. 28.** The block is a fast movement and the attack is a fa-jing movement.



30

31

32

33

TURN BODY AND LU (PULL BACKWARD)

Turn the left toes 45deg to the left and bring the right foot up even as you graze the top of the left forearm with the right palm See **Photo No. 29**. Now step back -wards to the North with your Left foot and turn your left palm to a pullback stance. The right one is turned up and in front of it. See **Photo No. 30**. All of this is done at a slow to fast speed.

ADVANCE AND PRESS WITH BOTH HANDS

Do a shuffle step backwards i.e. the right foot comes up to equal then the left foot steps back to the North. As this happens both palms block in towards the mid-section and do two opposite circles until both palms are near the ear. The right foot picks up. **Photo No. 31**. Now place all of the weight onto the right foot and press forward with both palms See **Photo No. 32**. The press only is performed with power.

SINGLE PUSH ON RIGHT ARM

Turn the right toes to the S.W. 45deg, a weighted turn and bring the right palm across the body with the palm facing down See **Photo No. 33**. Now push the right palm over to your right in a block and step through with the Left foot as you attack to the upper arm with the left palm. The block is a slow movement while the attack is a fa-jing movement. See **Photo No. 34**.



34



35



36



37



38

CHANGING STEP AND PUSH

Thrust out your right arm as if being pulled forward. Now step back with the left foot and push forward with the left palm as you pull your right palm back. **Photo No. 35.** Step forward with the right foot to the South, and push with both palms. **Photo No. 36** The two pushes are fa-jing movements.

EVASION AND PUSH

Sit back onto the left foot and squat down as both arms do a NW circle up to the left and over to the right as if blocking. Now push to the south. **Photo No. 37 and 38.**



39

ADVANCE AND BEND BACKWARDS

Step to the S.E. and parallel to the right foot with the left foot as you push with the left palm in front of your chest. **Photo No. 39.** Step around with the right leg in an arc as if stepping behind a leg. As you turn your torso to L, slam your right arm across the chest. **Photo No. 40.** All of the last movements are done slowly



40



41



42



43



44

ATTACK TIGER ON RIGHT

Touch your right forearm with your left palm and pull back your right foot. **Photo No. 41.** Pull your left palm down to your left side in a grab and as you step to the S.E. with the right foot do a phoenix punch with the right fist. The punch is a fast movement. See **Photo No. 42.**

STEP TO THE LEFT AND CHEE

Turn the right toes 45deg to the right (South.), and as you pick up your left foot place your right palm on the inside of your left wrist. Step to the East and attack with Chee as your right toes drag around 45deg to the left. The Chee is a fa-jing movement, See **Photo No. 43.**

CHANGING STEP AND SHOULDER STROKE

Do a changing step to the East. i.e. the left foot comes back and the right foot comes forward. As you do this, open both arms in upward circles in front of the body and down to each side as you strike with the right shoulder to the E. This is a slower movement. **Photo No. 44.**



45



46



47



48

ELBOW STROKE

Sit back onto the left foot and graze the top of your right forearm with your left palm as the right elbow does a counter-clockwise circle and attacks as you roll forward. **Photo No. 45.**

RETREAT AND PULL DOWN



49

Lift both palms up to in front of your chest in a cross with the Rt. on the outside **Photo No. 46.** Sit back. Take a step to the S.W. and open your palms to pull them both down as you place the weight onto your right leg. **Photo No. 47.** Next cross hands again with the left on the outside and as you step to the S.W. backwards with your left foot, pull down with both palms. **Photo No. 48.** These movements are performed easily.



50

LEFT SHOULDER STROKE

Grab your own left wrist with the right palm, turn right toes 45deg step to N.E. with left foot and do shoulder stroke with the with left shoulder. **Photo No. 49.** This is an easy movement.



51



52



53



54

RIGHT TOE KICK

Turn left toes 45deg to the left. To the Nth. Then graze your left forearm with your right palm. See **Photo No. 50**. Open both palms out as in the Yang Cheng-Fu form and kick with the right toes to the R axila, (armpit). To the N.E. **Photo No. 51**. This is done quickly.

SPIN AROUND AND LEFT CRESCENT KICK

Spin around on your left toes and face to the N.E. counter C.W. Spin landing on your right foot. The palms are still up as you do a left crescent kick. I.e. the foot arcs up and over to the left. The attacking part is the outside of the left foot. This is a fast movement. **Photo No. 52**.

RIGHT SHOULDER STROKE

As your left foot comes down, place it near your right foot and grab upwards to the right with your Right palm **Photo No. 53**. Now as you pull your right palm down to your left side, put the weight onto your left foot and perform right shoulder to the N.E. **Photo No. 54**. This is done slowly.

ADVANCE AND SEIZE BIRDSTAIL LEFT

Sit body backward and draw a C.W circle backward with the right palm. **Photo No. 55**. Do a changing step, (right back and left

for-ward), and as you do this, strike up diagonally with the left palm
Photo No. 56. To the N.E.



55



56



57



58



59

ADVANCE AND SEIZE BIRDS TAIL RIGHT

Swivel both toes around to the rear, S.W. and slide the left palm under the right wrist. **Photo No. 57.** Now pull down with the left palm. Step to the S.W. with the right foot and strike diagonally upward with the right arm. **Photo No. 58.** Both Birds tail movements are done slowly.



60

BLOCK TO REAR AND PUNCH TO BODY

Swivel toes back around to N.E. and block to the left with the left palm upward. **Photo No. 59.** Step to the N.E. with the right foot and punch with the right fist. **Photo No. 60.** The block is a sweeping movement while the punch is a fa-jing movement.



61

ADVANCE STRIKE AND KICK

Block in and out with right palm and turn the right toes 90deg to the right. **Photo No. 61.** Kick with the left heel; toe out to the knee area and at the same time strike to face with the left open palm. Facing to

the East. **Photo No. 62.** The palm and foot are done as fa-jing movements.



62



63



64



65

LOTUS KICK TO AXILA

Place the left foot down to the S.E. and as you do a lotus crescent kick to the South with your right foot, slap it with both palms to the left. **Photo No. 63.**

ARTFUL HAND SNAKES TO THE GROIN

After the kick, place the right foot down near the left foot. The body faces to the S.W. Step to the S.W. with the left foot with the weight on the right foot, drop the body down as far as you can go as in the posture “snake creeps down” and strike to the groin with the left palm fingers facing down and right palm over head. This is a fast dropping movement. **Photo No. 64.**

TRIPLE PUNCH

Lift the left foot and strike with the right palm to the S.W. Now immediately strike with the left palm as you pull the right palm back. As you place the Left foot down to the S.W. and place the weight onto it strike to the heart area with your right fist. **Photo No. 65.** The triple punch should be performed as quickly as possible without losing power.



66



67



68



69

STEP BACK AND REPULSE MONKEY



70

Step backwards to the N.E. with the left foot as you block in with your left palm. Strike with the right palm weight on the left foot as in the form. **Photo No. 66.** Block down with Right palm up, step backwards with Right foot and strike with the left palm. **Photo No. 67.** Block with Left palm up step backward with Left foot and strike with the R palm **Photo No. 68.** The power for the strikes comes from the front foot and the strike only is fast.



71

NEEDLE AT SEA BOTTOM



72

Step backward with the right foot weight on it and pull down with R palm, left palm on top. **Photo No. 69.** This is a medium movement. **HOLDING** Step to the E with left foot and put weight onto it, right palm pulls down at chest height while Left palm pushes up. **Photo No. 70.** Medium.

SINGLE WHIP Block to your right with the left palm then push to the left while holding a hook with the left. Step forward to the N with the right foot and attack to the heart with the right palm. **Photos No 71 & 72.** The attack is a fa-jing movement.



73



74

INSPECTION OF HORSE'S MOUTH

Block to your left with the right palm, step to the N. with the Left foot and slide your left palm out over your right palm turned down Jab to the throat with the left fingers. **Photo No. 73.** This is a medium movement.



75

PULL DOWN SPIN AROUND AND CONCLUDE



76

Throw both hands upward then step back with the left foot to the S. Pull down with both hands. **Photo No. 74.** Spin the right foot to the rear and turn the body around to the South. **Photo No. 75.** Turn both hands up and do two large circles from down to up in opposing arcs and bring them down crossed in the front. **Photo No. 76.** Touch the both knees and bow. All of the last movements are performed with a sweeping motion. This concludes the first part of the Pauchui form. The next part is started as soon as this one is finished with no stopping. When it is performed as the san-sau, one partner takes this first part and the other takes the next one.

It is advisable to practice the first part and to know it very well before going on to learn the second part. Be able to perform each movement with great balance, speed and power, as well as being able to perform the slower movements with great balance and power.

PAUCHUI FORM No 2

STEP LEFT AND LIFT HANDS



78

Start by facing to the South, which is where you should be at the end of the first form. Carry straight on from the bow and take a diagonal step to the left and slightly forward. The toes are at 45deg. At the same time, block across to the right at your center with the left palm. Now bring the right palm up to in front of the left one to bring you into a lift hands posture. The right heel kicks to the knee or shin. The kick is a fa-jing movement. The Right fist can be used to punch at the face but is not executed, just know that it can be done.

Photo No. 78. Now turn your torso to the Right which pushes your left palm to the right and pull your right fist to your right hip. Step forward to the South. and punch to the heart area. **Photo No. 79.** The punch is a fa-jing movement. *NB:// There is no Photo number 77!*



79



80

BLOCK AND BACKFIST

Sit back onto the left foot and block to the right and down with the left palm. At the same time, the right fist comes up underneath the left arm.

Photo No. 80. And attacks with a backfist to the face as the weight is put onto the Right foot. Both the block and punch are fast movements. **Photo No. 81.**



81

HIT THE TIGER ON THE RIGHT

Sit back onto the left foot and block under your right armpit with the left palm. At the same time bring your right foot back to equal the left one, turn to the S.W. **Photo No. 82.** Take a Left step to the S.W. and phoenix punch with the right fist. **Photo No. 83.** The punch is fast.



82



83



84



85

SIT BACK AND ATTACK THE ELBOW



86

Sit back onto the left foot and hold your right palm with fingers facing down in front of your right axila. **Photo No. 84.** Now push forward with your right palm, fingers down. This is a medium movement. See **Photo No. 85.**



87

RIGHT ELBOW ATTACK

Sit back onto the right foot as you bring your left foot across in front of the right. Still holding the right palm near the right axila. **Photo No. 86.** Step to the S.W. with the right foot and attack with the right elbow. **Photo No. 87.** The elbow attack is a fa-jing movement.



88

PULL RIGHT ARM AND BACKFIST

Step to the S.W. with the Left foot and grab up to the W with your left palm. **Photo No. 88.** Pull the left palm back and put the weight onto the right foot. Strike with a backfist to the North. This is a fa-jing movement. **Photo No. 89.**



89

Sit back onto left foot and bring both arms up in a C.W. circle to the left and over in front as you press forward with both arms. The press is a powerful body push. **Photo No. 90.**



90



91



92



93

OPEN STANCE MOVING AWAY PUNCH

Sit back onto left foot and block in to the right with the left forearm. Bring the right fist back to the hip. Pick up the right foot and as you punch to the heart, put the foot down again towards the N. **Photo No. 91.** The punch is a fa-jing movement.

PARTITION OF WILD HORSE'S MANE LEFT



94

Step back to the rear with the Right foot and block up in front with the Right p'eng arm. **Photo No. 92.** The left palm is under the right palm. Pull the right palm back to the right side and as you put the weight onto the left foot strike up diagonally with the left forearm palm up. **Photo No. 93.** This is a slow powerful movement.

TURN BODY RETREAT AND PULL BACK

Sit back onto the right foot and turn left palm out in a grab. Now take a step to the rear with the left foot and perform pull back-wards as in **Photo No. 94.** This is a slow movement.



95



96



97



98

NEUTRALISE TO RIGHT AND PRESS

With the weight on the left foot turn the body to the right which causes both palms push to the Right to neutralize the force, Then step forward to the N with the Left foot and press. **Photo No. 95.** The press is a fa-jing movement.

PUNCH TO LOWER ABDOMEN

Take your left foot back equal to the right foot and block to the left with the left forearm. **Photo No. 96.** Your right fist does a backwards circle to your Right hip. Now step forward to the Nth. with the right foot and punch to the lower abdomen with the right fist. **Photo No. 97.** The punch is a fast movement.



FAIR LADY WORKS AT SHUTTLES

Take your right foot back to equal the left foot and block up with R p'eng arm. Left palm under Right palm. **Photo No. 98.** As you step to the W. with the Left foot in a changing step, the Left arm comes up on the outside of the Right arm with palm out and then attack with the right palm to the chest. **Photo No. 99.** The attack is a fast movement.

99



100



101



102



103

CRANE SPREADS WINGS AND LEFT KICK

Step to the right with the right foot and step and as you place your weight onto it, throw your right palm up above your forehead with the palm out. Your left palm opens down to the left as you do a heel kick to the front (N) **Photo No. 100**. The kick is done fast.

RETREAT AND STRIKE LEFT ARM

Graze your right wrist with your left palm on top as you step to the rear with your left foot. Pull down with your left palm to the left. Hammer down onto your opponent's left forearm with the right hammer fist as you sit onto your left leg. The hammer is done fast. **Photo No. 101**.



104

DOUBLE WIND GOES THROUGH BOTH EARS

Turn the right toes 45deg to the N E. as your left palm is pulled out to the N. **Photo No. 102**. Step to the W. with the left foot and slap the top of your own left hand with your right palm. **Photo No. 103**. The momentum of the slap causes both arms to swing down and up in two opposing circles. As you hold two fists, step to the N. with the Right foot and attack the temples or the ears with two phoenix fists. **Photo No. 104**. The whole movement is done with a sweeping motion with the final punch being a flicking movement.



105



106



107



108

RETREAT AND PUNCH TO C. V. 14 (Near the Solar Plexus)

(NB: C.V.14 is an extremely sensitive point and should be avoided at all costs in sparring). Jump back pushing off with the right foot and land about two feet back the feet are the same. At the same time grab up to the left and lower the body with the right fist at the right side. **Photo No. 105.** Now thrust forward a step with Right foot and punch to the C.V.14 point. This is a Dim-Mak point. **Photo No. 106.** The punch is fast

OPEN UP AND BREAK RIGHT ARM

Sit back onto the left foot and open both palms. The Left palm grabs. **Photo No. 107.** The right palm does a C.W. circle down to the right and up to the left. Then both palms push and pull to break an arm. The left arm pushes palm out while the R palm pulls in with the palm facing inward. **Photo No. 108** There is an arm in between your palms and as you push and pull you break the elbow joint. This is a fa-jing movement and fast.



109

ATTACK WITH PALM

Sit back again and open the both palms outward as you did before. As you put the weight onto your right foot slap to your right with the right palm. This is a fast movement. **Photo No. 109.**



110



111



112



113

ATTACK WITH RIGHT ELBOW

Sit back again and open the arms as before. This time come forward and attack with the R elbow **Photo No. 110**. This too is a fast movement.

CHANGE STANCE AND STRIKE RIGHT ARM

As you step back towards the S, Right foot, P'eng upwards with the right arm. **Photo No. 111**. Turn the right palm over palm down and grab. As you pull down to your right side, hammer down with left hammer fist as in **Photo No. 112**. This is a medium pace movement.



114

PULL BACK TO THE LEFT

Again block upward with left p'eng arm and step forward with the right, foot until it is parallel to the Left foot and shoulder width from it. Put the weight onto it. Turn the Left palm over and grab bringing the Right palm up and over to the left with palm up ready for 'lu'. **Photo No. 113**. Shift the left foot backwards to E and pull down with the weight on the left foot. **Photo No. 114**. Now facing to the W. This is a medium speed movement.



115



116



117



118

RETURN CHEE (SQUEEZE)

With both hands, turn the torso to the left and neutralize. Step to the right and step with the left foot to N.E. and use Chee facing to the S.W. **Photo No. 115.** The Chee is a fa-jing movement.

CHANGE STANCE AND STRIKE WITH LEFT SHOULDER

Facing S.W. bring the right foot back and left one forward. At the same time grab your own left wrist with Right palm and strike to the S.W with the left shoulder, weight on Left foot. This is a medium movement. **Photo No. 116.**

GOLDEN ROOSTER STANDS ON ONE LEG

Turn the left foot 45deg to the S, Step Right foot forward until even with the left foot, toes to the W. Bring both hands up in front with the right crossed over the left. **Photo No. 117.** Open palms upward and right knee attacks the groin. This is a medium movement **Photo No. 118.**

DOUBLE SEPARATION ADVANCE AND KICK

Now step down to S.W. with Left foot. Both hands point down in front as if being pulled down. Weight is on the left foot. Palms face down. Step up to near Left foot with Right one as before and cross wrists as before only left on the outside. Open palms up and out as

before but this time kick to the shin with Left heel. This is a fast movement with the pull downs being slow. **Photo No. 119.**



119



120



121



122

RETREAT AND HAMMER LEFT ARM

From the left kick place the left foot down to the S.W. and as before both palms are pulled down in front. Step backward with the Left foot one step and grab with Left palm in front of stomach. Right hammer fist does a counter C.W. circle and hammers down onto the opponent's Left arm as you sit back. The hammer is done fast. **Photo No. 120.**

DOUBLE SEPARATION BLOCK KICK WITH RIGHT PALM

From previous position, sit forward onto Right leg as Left arm comes across to Right to cross with Right palm under. Both palms are out. Separate both palms, left up and Right blocks down to Rt. A fast movement. **Photo No. 121**

CHANGING STEP DOUBLE SEPARATION AND BLOCK KICK

Bring right foot back to the left. Bring right palm up in front to cross on the outside of the left both palms out. Step to the S.W. with the left foot and block down to the left with the left palm and up with the right palm. This is the exact opposite of the previous move only there is a changing step. **Photo No. 122.**



123



124



125



126

RIGHT SHOULDER STRIKE AND CHANGING STEP

Bring left foot back to right foot and block in low with the left palm. **Photo No. 123.** Turn Right palm out low and step forward to the S.W. with the right foot and strike with shoulder. **Photo No. 124.** This is a slow movement.

ATTACK ARM ON RIGHT

Step to the S.W. with the left foot and p'eng up in front with the right forearm. **Photo No. 125.** Step right around to the S.W. with the right foot so that you now face to the N.E. as you do, grab with the right palm and strike with the left palm weight on the left foot. **Photo No. 126.** This is a leap in to the air and the strike is a fa-jing movement.



127

ATTACK ARM ON THE LEFT

This is the opposite move to the last one. Step to the N.E. with Right foot and p'eng up with the left forearm. Then step to N.E. with the left foot and turn back to the S.W. Grab with the left palm and attack with the Right palm. **Photo No. 127**



128



129



130



131

ATTACK BODY FROM SIDE

Block in with your left palm and turn right toes 45deg to the W. Make a right fist. **Photo No. 128.** Step to the S.W. with Left foot and right fist does a C.W. circle to attack the lower abdomen. This is a jumping changing step with the punch being a fast powerful blow. **Photo No. 129.**

STORK SPREADS WINGS

Step up onto left foot lifting R foot to ward off a kick. Open both palms out to face the West. The right foot does a snap. **Photo No. 130.**

SLANT FLYING LEFT



132

Place right foot down in front of left foot and p'eng up with R forearm. **Photo No. 131.** Step to the N W. with left foot and pull Right palm back to the right side. The left arm comes from underneath and strikes upward across the opponent's chest to the N.E. This is a slow movement sweeping. **Photo No. 132.**

SLANT FLYING Right AND CHANGING STEP

Touch your right palm with your Left palm to signify a grab as you bring your left foot back until it is parallel to your right one. Pull the left palm back to the Left side and as you do, step forward to the N.E.

with Right foot and from underneath slant upward with the Right forearm. **Photo No. 133.**



133



134



135



136

RIGHT BACK FIST

Sit back onto the left foot and block in then out to the left with the left palm. As you put the weight onto the right foot, the right fist does a circle in towards you then out to attack with a back fist strike. See **Photo No. 134.** The block and the attack are done fast.

ADVANCE AND FAN ATTACK ON LEFT

Turn the right toes 45' to the East, a weighted turn and block in with the left palm as the Right palm comes across to the left to "take over" the block. **Photo No. 135.** Pull the right palm to your right and step through with the left foot to the N.E. and attack with a cobra palm to the side of the neck. **Photo No. 136.** Both the block and attack are done at circular speed. For cobra palm see **Photo No. 137.**



137

ADVANCE AND FAN ATTACK ON RIGHT

This is the exact opposite move to the last one. Turn Left toes 45 degrees, to the L (N) and block in to the Left with the right palm. Left palm comes across to the right and takes over the block from above. Pull the Left palm to the Left and step through to the N.E. with the

Right foot as you attack with cobra palm to the neck. **Photo No. 138.**



138



139



140



141

STEP FORWARD TO THE SEVEN STARS

Step up with Left foot to equal right foot as both fists do two opposing circles. Cross fists at the wrists in front of body Right on outside and kick with ball of Right foot to shin area. **Photo No. 139.** The kick is a fa-jing.

FAN THROUGH THE BACK



142

Step down to the NE. with the Right foot and then take another step to the N.E. with Left foot and only place the ball of the foot on the ground as your palm points down. **Photo No. 140.** Step forward with the Left foot to form a bow step, hold Right palm near Right ear palm out, and poke with the left fingers to the N.E. Both of these movements are medium sweeping movements. **Photo No. 141.**

BENDING BOW TO SHOOT TIGER

Swivel both toes 45deg to the Right as you change the weight to the Right foot. At the same time with the momentum of the waist, punch straight to the right axilla as you pull the right palm up. To SE the punch is a fa-jing movement. **Photo No. 142.**



143



144



145



146

BLOCK AND PUNCH TO THE HEART

Sit back onto the Left leg and block in and out with Left palm as you lift the Right foot and fist comes back to the Right hip. **Photo No. 143** Step forward to S.E. with Right foot and punch to the heart. **Photo No. 144.** The punch is fast.

RETURNING TO MOUNTAIN RIDING THE TIGER

Leap into the air from Right leg and before Right foot touches the ground kick to the groin with the Left toes At the same time cross palms in -front, Right on outside and open the both palms outward **Photo No. 145.** The leap and kick are done at full power and speed.



147

SPIN AROUND AND CONCLUSION

Place Left foot down to S.E. and p'eng with Right arm. **Photo No. 146.** Step to the S with Right foot. Jump into the air and open palms in two large circles, opposing and land with feet together facing N. as both palms come down to the knees, bow. **Photo No. 147.**

THIS CONCLUDES BOTH SIDES OF PAUCHUI

Now you must practice until you are able to perform the whole set at a reasonable amount of speed and power without becoming exhausted. Every type of attack and defend is included in the pauchui form. These forms go into the subconscious and are deployed upon attack by the mind. If you have to think about any of the techniques, then you still have some more practice to do. They must become so fast and fluid that someone watching won't be able to know what you're doing. When you punch, try to relax while making the power come from the center and not just a muscular arm punch. When you pull, pull with all of your waist power and breathe in. BELIEVE that your power is rising from tantien and it will, then no one will be able to stop your attack.

Chapter Three:

SAN-SAU THE FIGHTING ART OF T'AI CHI CH'UAN.

PUTTING IT ALL TOGETHER



148

The next section deals with putting the two pauchui forms together in a choreographed but real fighting situation using the two pauchui forms which will now be called san-sau. This section uses all that you have learnt from the beginning of your training; push hands, da-Lu and the form. You will need a partner who is at the same level of learning as you. At first only practice one movement per week and get it right until it can be used without thinking. The most important thing is to remain relaxed with every muscle and joint loose and use the whole body as a unit. I will refer to the photos as E & J meaning Erle and Jeni. I have taken the photos at the best angle to see what is happening so read the text to find out exactly what direction to fact etc. I will not include all of the finer details as they have already been covered in the Pauchui.

BEGINNING

E & J face each other feet parallel and shoulder width. E faces N and J faces South. E holds a fist as shown in **Photo No. 148**.

ADVANCE STEP AND PUNCH

E advances the left foot and at the same time blocks up with Left forearm with fist at the Right hip. **Photo No. 149**.



149



150



151

ADVANCE STEP AND PUNCH CONTINUED.

E advances Right foot and with Left palm near Left ear attacks to the heart of J with Right fist. **Photo No. 150.**



152

STEPPING Left AND LIFT HANDS

J moves Left foot and steps to left and blocks E's fist with her Left palm. At the same time, her Right palm slides up underneath the left thus displacing the attack more. She then kicks to E's Right knee. Also Photo No. 150. Now J turns her torso to the right thus pushing E's fist to the right and holds a fist at her right hip. She then attacks E's heart with her Right fist. **Photo No. 151.**

ADVANCE STEP AND BLOCKING PUNCH

E sits back and blocks J's fist on the inside with Left palm. **Photo No. 152.** Picks up Right foot and steps down as he punches to J's heart. **Photo No. 153.**

BLOCK AND BACKFIST

Before maximum force of E's punch, J moves body backward and Left arm is used to block E's Right fist across to



153



154



155



156

Right and down. Right palm comes up underneath left arm and strikes to E's face with backfist. **Photo No. 154.**

ADVANCE STEP TO THE LEFT

E turns to Right slightly and back-wards at the same time withdraws Right hand and Left foot moves to the Right slightly. Left palm grabs J's Right elbow and steps to behind her Right leg. E attacks J's Right axila, to the N.E. **Photo No. 155.**

HIT TIGER ON RIGHT

J blocks E's elbow with Left palm. Then takes her Right foot back and steps forward to S.W. with Left foot and attacks E's left temple with Right fist. **Photo No. 156.**



ATTACK LEFT FOREARM AND ATTACK HEART WITH ELBOW

Before Jeni's punch strikes, E grabs her left wrist with his Right palm and turns the Right toes to the Rt. Erle Pulls her left wrist, which stops her punch. Then Erle strikes to her heart with his left elbow. **Photo No. 157.**

157



158



159



160

SIT BACK AND ATTACK ELBOW

Jeni facing S.W sits back onto her Right foot and grabs Erle's elbow with her right palm before it strikes. Jeni now attacks Erle's center through his elbow. **Photos No. 157 & 158.**

LEFT ARM ATTACK

To counter Jeni's attack, Erle stands up bringing his left foot up to his right and attacks with back fist to her head **Photo No. 159.** To the N.E.

RIGHT ELBOW ATTACK



Jeni shifts her weight onto her back foot and shifts her left foot to the right while still holding Erle's arm. Photo 159. She then steps to behind Erle's left leg with her right leg and attacks his axila. **Photo No. 160.**

REMOVE STEP ATTACK TIGER ON Left

In anticipation of her elbow, Erle now blocks Jeni's elbow with his right palm and lifts his Right foot to place it down behind her Right leg and attacks her Right temple. **Photo No. 161.**

161



162



163



164

PULL RIGHT ARM AND BACK FIST

To stop Erle's attack, Jeni grabs his Right wrist with her left palm and pulls. At the same time step to her S.W. with left foot diagonally and hits Erle's face with a right back fist. Jeni now faces N. and Erle faces S. **Photo No. 162.**

RAISE ARM AND ADVANCE

Erle now blocks Jeni's back fist with his left palm moving it downward. At the same time he brings his Right palm up underneath and over to attack her neck with the back of his palm. **Photo No. 163.**



165

PRESS

Jeni now brings both of her arms up in a counter C.W. arc and blocks Erle's right forearm with her right forearm as she sits back. **Photo No. 164.** She now completes the circle and presses forward onto Erle's chest with both palms. **Photo No. 165.**

PUNCH TO BODY

Erle sits back and blocks Jeni's punch by turning to the Right and pushing her Right forearm to his Rt. As he does this he makes a



166



167



168

Right fist at his hip and strikes J's heart as he sits forward. **Photo No. 166.**

OPEN STANCE, MOVING PUNCH AWAY

Jeni sits back and blocks Erle's punch with her Left palm and pushes it to her Right as she punches to Erle's Chest at CV 14 point. **Photo No. 167.**

BEND BACKWARDS

Erle now blocks Jeni's right punch by blocking under and out to Left with his Left palm. **Photo No. 168.** Picks up his Right foot and places it behind Jeni's Right leg. He now holds her Right wrist and turns to the Left thus throwing her over his Right leg. **Photo No. 169.**



169

PARTING WILD HORSE'S MANE LEFT

Before she is thrown, Jeni blocks upward with her Right forearm and lifts her Right leg over Erle's Right leg to the rear and holds his Right wrist with her Right wrist. She then places the weight onto her Left



170



171



172



173

leg and strikes up under Erle's Right axila with the Left arm. **Photo No. 170.**

RETREAT AND ATTACK TIGER RIGHT

Before Jeni's Left strike, Erle blocks it with his Left palm and sits back as he lifts his Right foot. He then puts his foot down to the S to the out-side of her Left leg and attacks Jeni's Left ribs with elbow, to South. **Photo No. 171.**

TURN BODY AND PULL BACK THEN RETREAT

To stop Erle's attack, Jeni grabs his Left wrist with her Left palm, steps back with her Left foot and performs Lu onto his Left arm. **Photo No. 172.**

ADVANCE KEEPING TO LEFT AND ATTACK WITH CHEE

Erle, instead of pulling back, goes with the force, takes a step forward to the South, and attacks with Chee as in **Photo No. 173.**

NEUTRALISE TO THE RIGHT AND PUSH

To neutralize Erle's Chee attack, Jeni turns to the right thus pushing Erle's arm to the right, and steps forward with her left foot and

pushes forward towards Erle's heart with both palms. **Photo No. 174.**



174



175



176

DOUBLE SEPARATION AND KICK

To stop from being pushed over, Erle jumps backward, opens both palms on the inside of Jeni's arms and kicks to her chest with Right foot before his left toes touch the ground. **Photo No. 175. & 176**

PUNCH TO LOWER ABDOMEN (Tantien or CV 4)

Jeni blocks Erle's kick with her Left p a 1m. **Photo No. 177.** She then takes her Left foot back and steps forward with her Right foot. At the same time her Right fist does a backward circle and attacks Erle's lower abdomen. **Photo No. 179.** NB/ I have reversed the direction of the photo to show the technique. In fact the directions of the both players has not changed from the previous movement. *NB: There is no Photo number 178!*



177

BEND BACKWARDS

Erle, his Right kicking foot to the rear, and puts his weight onto it as he blocks to the Left with his Right forearm Jeni's fist. Photo No. 179. Now



179



180



181



182

Erle turns his Right palm over so that it is palm up and pushes Jeni's Right arm to his Rt. **Photo No. 180.** Erle now pushes Jeni's Right arm with his left palm and steps around to behind her Right foot with his Right foot and slopes his Right arm across her neck to push her over his leg. **Photo No. 181.**

FAIR LADY WORKS AT SHUTTLES

Jeni, before she is pushed over lifts her Right arm to ward off Erle's Right arm **Photo No. 182.** She then steps back over Erle's Right leg with her Right foot and steps forward in a changing step with her Left foot as she blocks up with her Left palm to take over from her Right arm. She now attacks to Erle's chest with her Right palm. **Photo No. 183.**



183

SUPPORT WITH LEFT AND PUNCH WITH RIGHT

Before Erle is struck, he blocks Jeni's right palm from underneath with his Left palm then out to the Left and sits back. Erle's Right fist circles down then up and strikes down at Jeni's face with hammer fist. **Photo No. 184.** Erle is facing the South.



184



185



186



187

CRANE SPREADS WINGS AND Left KICK

Jeni steps to the Right with Right foot and blocks Erle's Left arm upwards. At the same time blocks Erle's Right fist downward with her Left palm and kicks at his Right knee with Left heel. **Photo No. 185.** Jeni faces the Nth.

SNAKE CREEPS DOWN AND CHEE TO THE STOMACH

To avoid Jeni's kick, Erle squats down and blocks her left kick with his Right palm. **Photo No. 186.** Then he steps forward with his Left foot and attacks Jeni's stomach with Chee. **Photo No. 187.** Erle faces south.

RETREAT AND STRIKE LEFT ARM



188

Jeni now grabs Erle's Left wrist with her Left palm, steps back to the Sth, with Left foot and attacks Erle's Left elbow with right hammer fist. **Photo No. 188.**



189



190



191



192

TURN BODY AND LU (PULL BACK)

To stop having his arm smashed, Erle blocks Jeni's hammer by placing his Right palm in between the hammer and his Left arm and brings both feet up to equal. **Photo No. 189.** Now Erle steps back with Left foot and performs pull down onto Jeni's Left wrist. **Photo No. 190.**

DOUBLE WIND GOES THROUGH EARS

As Jeni's Left arm is pulled forward to the Nth, she steps forward with her Left foot and strikes along her own Left arm to break Erle's hold. **Photo No. 191.** She then steps forward again with her Right foot and attacks Erle's both temples (GB 3) with double phoenix punch. **Photo No. 192.**



193

ADVANCE AND PRESS WITH BOTH HANDS

As Jeni steps forward with her Right foot, Erle does a shuffle step to the rear with his Left foot and puts her both palms on top of his both palms. **Photo No. 193.** Erle then pushes Jeni's arms downward and into her stomach as he pushes her backwards. Erle faces the South. **Photo No. 194.**



194



195



196



197

RETREAT AND PUNCH TO C.V. 14

Jeni moves her body backward as her Left arm grabs and blocks the Right arm of Erle upward. Jeni literally jumps backward as she does this. Jeni's Right fist attacks Erle's solar plexus. **Photo No. 195.**

SINGLE PUSH ON RIGHT ARM

Erle moves his body backward and turns his body to the Right, his Right palm moves Jeni's Right fist to the Right, as he does a change step. Then he attacks Jeni's right shoulder with his Left palm. **Photo No. 196.**

OPEN UP AND BREAK RIGHT ARM



To avoid Erle's attack, Jeni sits back and blocks his Left arm outward from underneath with her Right arm. At the same time she grabs Erle's Right wrist with her Left palm. As Jeni moves onto her Right leg, she locks Erle's Right arm as in **Photo No. 197.** Jeni faces Nth and Erle Faces South.

CHANGING STEP AND PUSH

Erle now pushes onto Jeni's Right shoulder with his Left palm, which allows him to pull his Right palm back. At the same time he does a change step and then attacks Jeni with push. **Photo No. 198.**

198



199



200



201

ATTACK WITH PALM

Jeni lifts both palms up on the inside of both Erle's arms and sits back. This blocks the push As Jeni sits forward again she attacks Erle's head with Right palm. **Photo No. 199.**

EVASION AND PUSH

Erle now lowers his body to evade Jeni's attack and lifts his both arms up in a C.W. circle to contact her Right forearm with his Right forearm. Erle then uses push towards Jeni's chest, see **Photo No. 200.**

ATTACK WITH ELBOW



Jeni sits back and blocks outward as before under Erle's arms. She now moves forward and attacks his chest with elbow. **Photo No. 201.** Jeni faces to the Nth and Erle S.

ADVANCE AND BEND BACKWARDS

Erle sits back and blocks Jeni's elbow with his Left palm as he lifts his Right leg to behind her right leg. He turns his torso to the Left and pushes her over. **Photo No. 202.**

202



203



204



205

CHANGE STANCE AND STRIKE Right ARM

Jeni lifts her Right arm upward to displace Erle's Right arm as she steps back with her Right foot and grabs his Right wrist. Jeni now slams down upon Erle's Right elbow with hammer fist. **Photo No. 203.** Jeni faces to the Nth West.

ATTACK TIGER ON THE RIGHT

Erle places his Left palm between Jeni's fist and his own Right elbow and grabs that palm. At the same time he lifts R foot and places it on the outside of Jeni's Left leg and attacks her Left temple with phoenix fist to the S.E. **Photo No. 204.**



206

PULL BACK TO THE LEFT

To avoid the punch, Jeni grabs the Left wrist with her Left palm; steps forward to N.E. with Right foot then to S.E. with Left foot and applies pull down as in **Photo No. 205** (to the SE)

STEP TO THE LEFT AND CHEE (squeeze)

Erle now steps diagonally to the South, and uses Chee against Jeni's Chest. Erle faces to the East. **Photo No. 206.** NB/ most people call Chee press but this is mistranslated.



207



208



209

RETURN CHEE

Jeni moves her Left leg to her Right, and neutralizes Erle's Chee to her L. She then uses Chee onto his Left shoulder to the S.W. **Photo No. 207.**

CHANGING STEP AND SHOULDER STROKE

Erle now lifts both palms up under Jeni's arms and opens them out and down to his both sides. He does a change step to bring his Right foot forward to strike Jeni's Chest with his right shoulder. **Photo No. 208.**

CHANGING STEP. STRIKE WITH LEFT SHOULDER



NB. The photo for this has changed direction to show the technique.) Jeni does a change step to place her Left foot forward. As she does, she grabs Erle's Right wrist with her Right palm and pulls it to her R as she strikes his Right axilla with her Left shoulder. **Photo No. 209.**

ELBOW STROKE

Erle now grabs Jeni's Left wrist with his Left palm and picks up his Right foot, placing it down on the out-side of her Left leg as he strikes to her Left triceps with Right elbow. **Photo No. 210.**

210



211



212



213

GOLDEN ROOSTER STANDS ON ONE LEG

To avoid Erle's elbow Jeni lifts both of her arms up underneath his both arms and opens them up. She also steps up with her Right foot and uses her Left knee to attack Erle's groin. **Photo No. 211.** Jeni faces the S.W.

RETREAT AND PULL DOWN RIGHT

Erle now steps back to the S.W. with his Right foot as he grabs Jeni's both wrists and pulls them down to avoid the knee. **Photo No. 212.**

DOUBLE SEPARATION ADVANCE AND KICK



Jeni steps forward with Left foot as she is pulled down and quickly steps up to equal and then kicks to Erle's shin with the Left heel. To the S.W. **Photo No. 213.**

RETREAT AND FULL DOWN TO THE LEFT

Erle now grabs both of Jeni's palms as before and steps back with his Left foot to the S.W. to pull her down again. Jeni steps forward onto her Left foot. **Photo No. 214.**

214



215



216



217

LEFT SHOULDER STROKE

Erle grabs Jeni's Right wrist and steps forward to the N.E. with his Left foot. He then attacks Jeni's Right axila with shoulder stroke. **Photo No. 215.**

RETREAT AND HAMMER LEFT ARM

Jeni now grabs Erle's Left wrist with Left palm and as she steps back to the N.E with Left foot, hammers down onto Erle's left elbow with Right hammer. **Photo No. 216.**

KICK WITH RIGHT TOE Before



Jeni's hammer strikes, Erle turns his Left toes 45deg.to Nth. and blocks her Right fist with his Right palm and grabs it. Erle now lifts Jeni's Right arm up and kicks to her Right axila with his Right toes. **Photo No. 217.**

DOUBLE SEPARATION AND BLOCK KICK Right

Jeni now brings her Left palm under her own Right wrist and grabs Erle's right wrist. As her Right palm is freed, she slaps downward to her Right to block the kick. **Photo No. 218.**

218



219



220



221

SPIN AROUND AND LEFT CRESCENT KICK

The momentum from Jeni ' s Right hand push causes Erle to spin right around placing his Right foot down to the rear. As he does this. His Left palm grabs her Left wrist. Erle now continues the turning momentum and performs a left crescent kick to her Left side. **Photo No. 219.** The first kick is to the N.E and the crescent to the S.E.

CHANGING STEP. DOUBLE SEPARATION AND KICK LEFT

Jeni does a change step, right back and left forward to the West. As she does this, her Right palm comes up underneath her Left palm to grab Erle ' s Left wrist. Her Left wrist is free and she slaps it down to her Left thus blocking Erle ' s crescent kick. **Photo No. 220.**

RIGHT SHOULDER STROKE

Erle brings his Left kicking foot down equal to his Right foot and grabs the Right wrist of Jeni up to his Left. He now steps forward to the N.E. and pulls Jeni ' s Right hand down to his Left side as he strikes her chest with R shoulder. **Photo No. 221.**

RIGHT SHOULDER STROKE CHANGING STEP

Jeni frees her Right hand and moves a little to her Left thus evading the shoulder. She then grabs Erle ' s Right wrist and presses it against his body as she does a change step. Left foot comes back, right for-



222



223



224

ward, to the Left side of Erle's right foot and strikes his axila with shoulder. **Photo No. 222.**

ADVANCE AND SEIZE BIRDS TAIL LEFT

Erle now sits back to neutralize Jeni's shoulder and grabs her Right wrist with his Right hand and at the same time does a changing step. Right foot back and Left goes to behind Jeni's Right leg and strikes up under her Right arm. Thus pushing her over his leg. **Photo No. 223.**

ATTACK ARM ON RIGHT



225

To stop from being pushed over, Jeni blocks Erle's Left arm with her Left palm and grabs his Right wrist with her Right hand. She then steps right around behind Erle to face his back. She firstly steps with her Left foot and then with her Right foot to strike his Right arm with Left palm. Jeni now faces the N.E. **Photo No. 224.** NB/ the photos are as they are in direction

ADVANCE AND SEIZE BIRDS TAIL RIGHT

Erle does a quick turn to the S.W. i.e. he swivels on his heels as his Left hand catches Jeni's Left palm from underneath before it strikes. He then pulls her Left palm across his body, steps forward to behind her Left leg and strikes up underneath her Left arm with his Right arm. **Photo No 225.**



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227



228

ATTACK ARM ON LEFT

This is the exact opposite maneuver to Photo 224. Jeni blocks Erle's Right arm with her Right arm and jumps around to the rear of Erle. She grabs his Left wrist with her Left hand and attacks his Left shoulder with Right palm. Jeni now faces to the S.W. **Photo No. 226.**

BLOCK TO REAR AND PUNCH TO BODY

Erle quickly turns to the rear (N.E) and blocks Jeni's Right palm with his Left palm. **Photo No. 227.** He then steps forward with his Right foot and attacks Jeni's body with a punch. **Photo No. 228.**



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230

ATTACK BODY FROM THE SIDE

Jeni blocks Erle's Right fist with her Left arm inward while turning her Right toes 45degs to the Rt. She then steps forward to the S.W. and does a C.W. circle with her Right fist and attacks Erle's lower stomach or groin. **Photo No. 229.**



231



232



233

ADVANCE STRIKE AND KICK

Erle blocks Jeni's punch from above and across to his Right with his Right palm. He then attacks her face with Left palm and simultaneously her shin with his Left heel to the S.E. **Photo No. 230.**

STORK SPREADS WINGS

Jeni opens her Right palm upward blocking Erle's Left palm with her Right arm and holds his Right palm down with her Left hand. She then kicks at Erle's attacking ankle with her Right foot. She now faces to the N.W. **Photo No. 231.**

LOTUS KICK TO RIGHT AXILA

Erle places his Right foot down to the South and grabs Jeni's Right arm with his Right palm near the wrist and Left palm near the elbow. As he pulls down to his Right, he kicks to Jeni's back with the side of his Right foot. **Photo No. 232.**

SLANT FLYING TO THE LEFT

Jeni moves her Right foot to near her left foot and steps to the W with her Left foot as she grabs Erle's Right wrist. She then swings her Right foot right around to S.W. thus avoiding the kick. Jeni now rolls onto her Left leg and attacks Erle's Right axila with her left arm to the N.E. **Photo No. 233.**



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235



236

ARTFUL SNAKEHAND STRIKES TO GROIN

Erle now blocks Jeni's Left arm with his Left palm and places his Right kicking foot next to his Left foot. He then quickly steps forward to the S.W. with his left foot and pulls her Right wrist up sharply with his R hand and attacks to her groin with his Left palm. **Photo No. 234.**

SLANT FLYING RIGHT

Jeni grabs Erle's attacking wrist with her Left hand and pulls it to her left. As she does this she does a changing step bringing her Right foot to the front i.e. N.E. She now pulls Erle's Left arm to her Left and strikes up under his Left arm and across his chest with her Right arm. **Photo No. 235.**



237

TRIPLE PUNCH

Erle now blocks Jeni's Right arm with Right palm in a knife-edge strike. As he does, he picks up his Left foot and places it forward on the outside of her right leg. As he does this he attacks Jeni's Right arm again with a Left knife edge palm as he pulls his Right fist back to his R hip. **Photo No. 236.** He now does a third punch to Jeni's heart. **Photo No. 237.**



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240

RIGHT BACK FIST

Jeni blocks Erle's right fist with her left palm from underneath and then out as she sits back onto her Left leg. She then brings her Right fist in towards her in a circle and as she places the weight onto her Right foot she attacks Erle's face with a Right back fist. **Photo No. 238.**

STEP BACK AND REPULSE MONKEY RIGHT

Erle now steps back with his Left foot to the N.E. and blocks Jeni's right fist in to his right and down with his Left palm up. At the same time he attacks Jeni's chest with his Right palm. **Photo No. 239.**



241

ADVANCE AND FAN ATTACK ON THE LEFT

Jeni quickly blocks Erle's Right palm with her Left palm from the outside. Her Right palm then comes over from the Right and wraps over the top of Erle's wrist. **Photo No. 240.** Jeni then pulls Erle's Right palm to her Right and steps forward to the N E. with her Left foot and attacks Erle's neck with cobra palm. **Photo No 241.**



242



243



244

STEP BACK AND REPULSE MONKEY LEFT

To avoid Jeni's attack, Erle blocks with his Right palm from the inside and steps back with his Right foot as he attacks Jeni's chest with his Left palm. **Photo No. 242.**

ADVANCE AND FAN ATTACK ON THE RIGHT

Jeni now does the opposite to No 241 She firstly blocks Erle's Left palm with her Right palm inwards to her L. Then her Left palm comes across over the top and pulls Erle's Left palm to her L. She now steps forward with her Right foot to the N.E. and attacks with cobra palm. **Photo No. 243.**



245

STEP BACK AND REPULSE MONKEY RIGHT

Erle now repeats exactly as he did in No 239. The only difference is that he blocks Jeni's palm from the inside and down. **Photo No. 244.**

STEP FORWARD TO FORM SEVEN STARS

Jeni blocks Erle's Right palm upward by crossing both fists in front and lifting up as she kicks his Right knee with her Right heel. **Photo No. 245.**



246



247



248

GOLDEN NEEDLE AT SEA BOTTOM

To avoid being kicked, Erle now grabs Jeni's Right wrist with his Right palm and steps backwards with his Right leg as he pulls downward. Erle's Left palm is placed on top of his Right to assist. Jeni steps forward with the Right foot. **Photo No. 246.**

FAN THROUGH BACK

Jeni now turns her Right palm over and grabs Erle's Right wrist as she steps forward with her Left foot to the N.E. She lifts Erle's right arm over her head and pokes his Right axila. **Photo No. 247.**

HOLDING BANJO (PLAYING THE LUTE)



Before Erle is poked, he shifts his right foot to his Left and his feet are now on an East to West line. At the same time he grabs Jeni's Right wrist with his Right hand and pulls in a downward movement as his Left hand lifts her Right elbow. **Photo No. 248.**

BENDING BOW TO SHOOT TIGER

Jeni grabs Erle's Right wrist and pulls it to her Right as she shifts her weight onto her Right foot. She swivels both toes to her Right and punches to Erle's chest with her Left fist. **Photo No. 249.** Left fist punches to S.E. and feet are on the N.E. to S.W. diagonal.

249



250



251



252

SINGLE WHIP

Erle now makes a hook with his Left palm and brings it over to his Right to lock onto Jeni's Left fist **Photo No. 250**. He now pulls the fist over to his Left and as he steps forward to the N.W. with his Right foot attacks Jeni's axila with his Right palm. **Photo No. 251**.

BLOCK AND PUNCH TO HEART

Before Erle's Right palm strikes, Jeni blocks down from above and out to her Left with her Left hand, pulls her Right foot off the ground and as she puts it back down in the same spot, she punches to Erle's heart with Right fist. **Photo No. 252**.

INSPECTION OF WILD HORSE'S MOUTH



253

Erle blocks Jeni's Right fist out to his Left and under his Left arm with his Right palm. As he steps forward with his Left foot he slides his Left arm out over his Right wrist and attacks Jeni's neck or eyes with his Left fingers. **Photo No. 253**.

RETURNING TO THE MOUNTAIN RIDING THE TIGER

Jeni now jumps backward onto her Right foot and opens both palms upwards. She now kicks to Erle's groin with her Left toes. **Photo No. 254**.



254



255

PULL DOWN. SPIN AROUND AND CONCLUSION

Erle 'goes in' at the waist to avoid the kick and grabs both of Jeni's arms to pull them down. **Photo No. 255.** Erle continues pulling Jeni past him on his Right and lets her go. Both players do a spin around to face each other, each in the opposite direction to which they started and bow. The San-Sau can now be done on the opposite sides. This now concludes the Classical unarmed techniques of T'ai Chi Ch'uan. Practice and more practice is your only master.

IN CONCLUSION

Although I have been talking about things like poking eyes out and punching at vital points etc., it must be remembered that we only learn these techniques so that we are able to transcend just the fighting part of this great martial art. Once we are able to defend Families, and ourselves we are then free to go beyond the physical and enter the mind intent. Once we have reached this level we can truly say that we know T'ai Chi. Only the person who is unafraid to turn away from a fight unless life is threatened and who will not enter into contests of strength really knows the martial art of T'ai Chi Ch'uan.

I wish you peace and happiness within and hope that we all someday find our masters from within. Please go out and join your local anti-nuclear group now. Erle Montaigne 28th of May 1984.