

The Old Yang Style

Taijiquan



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The Old Yang Style of Taijiquan

An Instruction Manual

By Erle Montague

Part Two

Moontagu Books Australia

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ISBN: 0-949132-07-8

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Chapter Three:

Form

Yang Lu-ch'an's Old Taijiquan Form

- Form: Second Third up to the First Kicks.

This chapter begins at the beginning of the 2nd third of the form and takes you through to the end of the first two kicks. As there are many repeated movements (same as in the first two chapters) I will be using less photos as you can simply go back and view the same photos in the 2nd chapter. However, even so, I have still included around 110 photos which is only just enough to depict this complicated form.

Again it is essential that you take note of the great and very minute detail in this form. Never assume that like movements are exactly the same. Take care to read every word in the posture explanations.

Thank you all for your kind words, we were swamped with thank you notes on the web for putting out this information and our site was clogged with so many people trying to download the book! I am getting great pleasure from publishing this book, more so than I had initially thought.



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We begin from the end of the first third of the form from the cross hands position as in **Photo No. 90**. The weight is placed onto the right leg.

Brush Knee & Twist Step:

Turn your waist to your right to the NE corner and hold a ball right hand under as you inhale. **Photo No. 91**. Your eyes are still looking to the N. We now perform Brush Knee Twist Step exactly the same way that you have done in the first third. The only difference is that you will perform it in to the NW corner. So brush your left knee with your left palm and attack with your right palm into the NE corner. **Photo No. 92**. Exhale.



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Spread The Weave:

With your weight still on your left leg, turn your left toes (swivelling on your left heel), 90 degrees to point to the NE so that you are now pigeon toed. Your left palm raises up to point into the NW corner as does your right palm but near your left elbow. Inhale. **Note** that your body has turned to the NE corner, however, your arms are to the NW corner and your eyes are looking out of the corner to the NW corner. **Photo No. 93**.



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Embrace Tiger, Return to Mountain:



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From here, perform as if you were going to do another Brush Knee & twist Step back into the SE corner by brushing your right knee with your right palm and raising your left palm ready. You are still either inhaling or your breath is in a holding position ready to exhale. **Photo No. 94.** As soon as your right palm brushes past your right knee, turn it over to palm up position, placing your right foot down into the SE corner also turn your left palm to palm down position and perform two poking movements with both palms. **Photo No. 95.** Exhale. **Note** that at an advanced level, you would actually make three poking movements and also three waist turns, first with the left palm, then the right palm then again with the left palm. This is soft fa-jing.

In all corner postures (and you may not be able to see this because of the angles that we had to take the photos in order to get both palms in), there should always be a cardinal line (N/S or E/W) between the front heel and the rear toes. This is nothing different as it is still a normal bow stance. People just seem to have difficulty when they do a bow stance into corners! In the normal bow stances (when you do them to the cardinal points), there is still this straight line between front heel and rear toe, however, it is now a line on the corner points such as NE to SW etc.

Grasping Swallow's Tail:

Now, we perform exactly the same as in the first third, the above group of postures called "Grasping Swallow's Tail" only we have a different way of getting into them.

Lu: (Roll back)

From the last posture, raise your right palm and slightly lower your left palm, with the right out in front of the left. **Photo No. 96.** Inhale. Rotate both palms so that the right will be palm down and left palm up and turn your body to the right so



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that your palms are now over your right knee. The inhalation will continue. **Photo No. 97.** Drop both palms down as you turn your waist to your left and pull both palms to your left side. Left palm over left knee. Right elbow over right knee. Your eyes still look to the SE. **Photo No. 98.**

Chee: (Squeeze)

As before in the first third, place your left palm (yin) onto the radius of your right wrist (yang). And Squeeze forward as you exhale. Notice that still both palms are opposite in state and will for the most part keep changing that state for the whole form. **Photo No. 99.**



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Lower Chee: (Squeeze)



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As before, turn both palms so that your right fingers are pointing up and your left fingers are pointing to your right. Slide your left palm across your right wrist and as you sit back, pull your left palm to your left ear. Now, bring your right palm around so that both palms can again join at the wrist. Inhale. **Photo No. 100.** Release the Yang energy stored in your left palm and the Yin Qi stored in your right palm as you exhale and turn your waist back to the SE attack using Lower Chee. **Photo No. 101.**

Press: (Arn)

As before, brush your left palm across the back of your right as you sit back and open both palms to your sides. Inhale. Scoop them both in and poke with both palms as you exhale. **Photo No. 102.**

Begin moving forward as you inhale and lift both elbows as before in attack. Rotate both palms in a clawing down type of movement to perform, 'Arn' as you exhale. **Photo No. 103.**



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Sit Back Ready:

As before, sitback onto your left leg and drop your left palm to the inside of your right elbow as you inhale. Both palms are Yin shaped, however, the right one has the mind intent so it is yang relative to the left. The left is set-up blocking as the right is finger jabbing to the eyes. **Photo No. 104.** You are still facing the SE.

Fishes in Eight:



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Exactly as before only to a different direction. With weight on the left leg, swing your arms out to the N. as you turn your waist to cause this to happen. Begin exhaling. Your right foot is swivelled around by 90 degrees so that you are again pigeon-toed. **Photo No. 105.**

Keeping your feet as they are, change your weight onto your right foot as you again bring both palms into your chest maintaining

that same distance of wrist to elbow and push both palms out to the E. in an attack. Exhale fully. **Photo No. 106.** Doing this movement at an advanced stage, you should of course change the weight on the one foot (left) from heel to toe and back again, in keeping with the classics of Taijiquan where we must always have a weight change with every movement regardless of whether it is a movement on one leg or from one leg to another!



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Guard Your House:

Pull your left palm back a little so that it is near your right shoulder and pick up your left foot placing it down into the NW corner. Inhale. Your eyes are on your right palm. **Photo No. 107.** Place your weight onto your left leg. **Photo No.**



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108. Still on the inhalation. Pick up your right foot and place it down parallel to your left foot. Both feet are now pointing into the NW corner weight is on the left leg. Your breathing is now held for a second while in this posture which is part of 'Guard the House". **Photo No. 109.** **Note:** While in this posture, and just before the next at an advanced level, there is a sort of 'settling' of the right palm, really making sure that it is in a state of sung. It sort of shakes slightly while sinking into 'sung' and getting ready for the next violent fa-jing attack or 'energy release point'.

Fist Under Elbow:

This depicts the way in which the 'tiger paw' fist comes from under the elbow and not the final position as in the Yang Cheng-fu form.



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With your weight still on your left leg, violently turn your waist to the W. as your right tiger paw fist is pumped out over your left wrist up to its elbow using the power of your waist. Your right arm should not be extended physically, but rather is pumped out purely from the turning of the waist and the relaxation of the right arm. This is an extremely fast and explosive movement which of course I cannot show in photos! Both this and the next punch take all but a split second to execute and on one explosive exhalation. **Photo No. 110.** See **Photo No. 111.** For the 'Tiger Paw Fist'. This movement is a slap down into the attacker's right or left forearm using your left palm and an attack to the pit of his neck at point, CV22. This is a death point strike. **NOTE:** in all fa-jing movements you should be using a 'reverse' breathing method whereby the abdomen is pushed out as you exhale.

Second Part of Fist Under Elbow:

Slightly shift some weight to your right leg but not all as your left palm swings up and out to your left with the turning of



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your waist to the left slightly. Remember that these two movements are on one exhalation as they both happen in a split second.

Photo No. 112. Scoop your left palm under to form a tiger paw fist as more weight is transferred to your right foot. Your left foot is still pointing to the NE., at this point. **Note** the position also of the right palm ready to be placed under the left elbow in the following move. **Photo No. 113.** Now, as before punch to the W. with your left tiger paw, (palm upward) as you push your weight using your left leg, back fully



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onto your right leg and now your left foot is in a heel stance pointing to the West. **Note:** the movement in *Photo No. 112*, will become smaller and smaller until it can no longer be seen as you advance. This is how you make it fa-jing. The application of this is when he again attacks with a right fist, so your left palm meets it on the inside and then hooks over the top of his forearm to swing it over to your right and keep controlling it as your left fist attacks to his temple. **Photo No. 114.**



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Step Back & Repulse Monkey (Right) (Tripping)

From the previous posture, turn your waist to your left as you slide your left palm down to your right wrist opening both palms, left up and right down. Begin to inhale. **Photo No. 115.** Turn your left palm so that it is now facing down as you lift it. The left palm is the Yang palm in this case as it is blocking/hammering an attack from the rear. Lift your left leg and raise your left palm so that there is equal distance between your left palm, right palm and left knee. Turn more to your



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left as you continue to inhale. Your eyes should be looking to the SW. **Photo No. 116.** Place your left foot down (heel and toe together) to the rear about two inches laterally from the other heel so that when you finish you will have a normal bow stance to the West. Turn your left palm so that the fingers are pointing to the West and as if you are looking into a mirror in your hand.

Photo No. 117. This is where your inhalation has finished. Now, turn your waist to the West as your left heel swivels out (swivelling on the ball of the foot) so that it is now pointing to the West. You turn your left heel 45 degrees to your right in other words with the weight placed onto the ball of the foot.

As you turn your waist, this will bring your left palm to the front as you change it from a Yin palm to a Yang palm as if you are striking. Your right palm goes down to your right side near your right hip. You are actually grabbing his wrist with your right palm and his elbow with your left and sticking your left leg into his knee or waist, thus throwing him forward breaking his elbow! Hence the "Tripping" part. **Photo No. 118.** Exhale.



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Step Back & Repulse Monkey (Left) (Tripping).

Swivel your rear foot on the ball so that your heel is pushed out to make the foot straight, pointing to the West. Drop your right palm down in an arc which will arc up to the rear as your left palm begins its lateral arc also to the rear and lift your right toes. **Photo No. 119.** Begin the inhalation.

Take both palms to the rear as you turn your waist to the right and place your right ball of the foot onto the ground



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near your left foot. Your eyes are looking to the rear as far as possible. **Photo No. 120.** Turn your right palm as if looking into a mirror and begin turning your waist back to the West as your right foot is stepped back placing the heel and toe onto the ground at the same time. **Photo No. 121.** Begin the exhalation. Place your right foot down so that you end up with a bow stance to the West as your waist turns full to the West bringing your right palm around and your left to your left hip. This is the exact opposite movement that you have just performed on the 'right' side and it also looks like a Brush Knee & Twist Step but has a totally different application. **Photo No. 122.** Exhale. **Note:** This time you do not have to swivel on the ball of your front foot as you put that foot into position at the beginning of the movement.



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Step Back & Repulse Monkey (Right) (Tripping)

Now we repeat that exact same movement back on the other side. So firstly again straighten out your rear foot swivelling on its ball by pushing the heel backwards. Take both hands back to the rear, the left will be further while the right is located near your left elbow inside and the ball of the left foot this time is touching the ground near your right foot. Begin the inhalation. **Photo No. 123.** Now repeat the exact opposite of the last movement to end up with **Photo No. 124.**



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Spear Through the Armour:

From the previous posture, sit back onto your left leg and turn your waist to your left while taking your left palm up as if grabbing something (a wrist). Your right palm spears forward as if poking into something with the finger-tips. This is a grab and a spear fingers into SP 19 point. **Photo No. 125.** Inhale. Your eyes still look to the West even

though your waist has turned slightly to your left.



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Wrapping The Willow Tree:

Begin to exhale as your left palm scoops around and begins to slice down to your right side and turn out your right foot by 45 degrees. Your right palm begins to move up to near your left ear. **Photo No. 126.** Lift your left foot and place it down next to your right foot, ball touching as your left palm is placed over

your right thigh and your right palm is near your left ear. Exhale. **Photo No. 127**. Eyes to the SW corner.

Middle Winding:

Inhale as you raise your left palm and lower your right to the position in **Photo No. 128**. You also have taken a step not quite to the SW corner with your left heel. Inhale. Step onto your left foot and lift your right foot to bring it up so that you will have shoulder width between your feet when you perform the next movement. Stomp down onto your right foot placing the weight onto it as your thrust both palms outward and down slightly. The palm of the left hand's fingers are pointing downward. Exhale. **Photo No. 129**.



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Parting Horse's Mane:

With the weight still on your right leg, turn your waist to your right slightly and bring your left palm underneath your right. Inhale. **Photo No. 130**. Take a left step not quite into the SW corner and as you place your weight onto it, your left palm cuts upward while your right one cuts down. Turn your waist to the left as you do this. Exhale. **Photo No. 131**.



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Pierce to Rear:

This is the same posture as in the first third. However, it is slightly different getting into it as you are now facing a different direction than in the first 3rd. Turn your right toes to the right slightly as you turn your waist to the right and raise your right palm and move a small amount of weight back onto the right foot. Inhale. **Photo No. 132**. As before, sit forward onto your left leg again as you pull forward with your right palm and continue to inhale. **Photo No. 133**. Exhale as you sit back onto your right leg and poke to the rear with your right fingers. **Photo No. 134**.

Double Dragon Hands:

Exactly the same as in the first third, turn to the West and bring both palms to the front on top of each other as you inhale. Then as you change the weight to the left foot, exhale and attack with both palms. **Photo No. 135**.

Now repeat exactly as you did in the first third from this point the following postures depicted by photos in the first third, **(Photos No. 39 to 49).**

Reverse Dragon hands: Lift Hands: Roll Back: Shoulder Press: Photo No. 136.



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Stork Spreads Wings: (Alternate Method)

From the previous posture, turn your waist to the right as you raise your right forearm and lower your left as you begin to lift your left foot. Inhale. **Photo No. 137.** Rotate your right palm so that it drops into place as shown as you exhale. Your left ball of the foot is placed onto the ground near your right foot. And you can just see the right thumb out of the corner of your eye. **Photo No. 138.**



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Spread the Weave:

Exactly as in the first third, the only difference is your initial position. Your left palm scoops down and up while your right arcs down and inward as if crushing something. This will be an inhalation then exhalation. **Photo No. 139.** Your left foot is still in the 'empty' position.



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Spread the Weave:

Perform this posture exactly the same as you did in the first third. [Photo No. 140](#).

Brush Knee & Twist Step:

Perform this posture exactly the same way that you did in the first third. This time however, we only do it once. [Photo No. 141](#).



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Picking the Golden Needle at Sea Bottom:

Named this because of its application to LIV 3 point on the instep which was only ever needed using a golden needle.

As before, lift your right foot off the ground and replace it. Sit back onto your right leg and inhale as your right palm goes Yin and raises slightly. Your left palm has also raised to above your right wrist. [Photo No. 142](#). Placing the fingers



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of your left palm across your right wrist, point the fingers of the right palm downward and lower your body as far as you are able while trying to keep your backbone vertical. Exhale. **Photo No. 143.** Your left foot has moved into a 'Toe Stance' where the ball of the foot only is placed onto the ground and the heel of the left foot is in a straight line with the heel of the right foot.

Fan Through Back:



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This name refers to the way the Qi moves up the back and out of the fingertips to attack to the attacker's HT 1 point under his arm while holding onto his wrist and lifting it up to expose the point. Inhale as you take a left step to the West and rotate your right palm so that it is now palm down. **Photo No. 144.** Roll your weight forward onto your left leg as your right palm raises up and turns out to indicate the grab while the left fingers poke forward as you exhale. **Photo No. 145.**



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Turn Around & Lock Wrist, Attack to No. 3:

This posture indicates a wrist lock and a devastating attack to Gallbladder point called GB 3 or to the temple.

From the previous posture, without taking any weight off your left leg, swivel on your left heel turning your left toes to the North as your left palm moves to above your forehead and your right fist moves down so that the thumb joint is pointing to your CV 14 (solar plexus) point. Your body is to the North but your eyes look to the East. **Note:** keep your elbows down. Inhale. **Photo No. 146.** Notice that the left palm is Yang shaped. The right fist will continue a full circle up again to join at the left wrist as the left wrist comes down slightly to meet it.



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When they meet, the left wrist changes state to a Yin shaped palm. You should also raise your right foot and carry it around to your right so that when you place it, you should be in a bow stance to the East. **Photo No. 147.** Notice that your left foot is still to the N. at this point. Inhale still. Moving your weight onto your right leg, exhale as you strike out to your left to the NE with your left palm (thus releasing the stored Yang Qi) and the right fist has rotated so that it is now palm upward and is moving down to your left hip area. **Photo No. 148.** Finish exhaling as you turn your waist fully to the East which brings your left palm around to the East also in an attack while your right fist is at your right hip just forward of it. **Photo No. 149.**



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Penetration Punch & Parry: (Right)

Turn your waist to your left as your right fist rolls over to form a penetration type of punch with the smallest finger in the upper. Your left palm will be drawn back in a parrying type of movement. Your eyes remain on the East. This movement is still part of the last exhalation. **Photo No. 150.** **Note:** A small amount of weight is moved back onto the rear leg at this time.



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The weight will move back slowly onto the rear leg over the next movements.

Rotate your right fist so that it is moving to palm up position and turn your waist slowly back to the right. **Photo No. 151.** Inhale. Rotate also your left fist, both fists now being in Tiger Paw portions. Turn your waist to your left and begin dropping both palms, then turn your waist back to the centre position which makes an 'S' shape. Your left fist will be pointing to and just underneath your right elbow. Your right back-fist is slamming down onto a thigh which has just kicked you while your left tiger paw is striking to Dim-Mak points on the inside of that thigh. Exhale. **Photo No. 152.**



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Penetration Punch & Parry: (Left)



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The exact opposite to the last movement except for the step backward. Step backward with your right leg as your left palm does the penetration punch and your right palm parries. This is also part of the last exhalation. **Photo No. 153.** Rotate your left fist over as before in reverse, then form both Tiger Paw fists and make the 'S' shape to end up in the opposite stance as you inhale and exhale upon completion. **Photo No. 154.**



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Gathering to Release:

As you did in the first third just before the first fa-jing punch, you will now do that same gathering group of movements. You do as many of these as you like until you just feel that enough Qi (energy) has been stored for the fa-jing release. After some



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practice, you will just know when this happens and the following attack will just happen naturally at the correct time. Bring your right palm across as you inhale and turn your waist to your left. Your left palm also is in that same gathering position. **Photo No. 155.** Exhale as you turn your waist to your right and do the reverse. **Photo No. 156.** Inhale as you again turn your waist to your left and make the gathering type of movement with your right palm. **Photo No. 157.** You can do this many times, however, on the last time for instance in the last position, you will hold that inhalation until you release the energy with the following punch.

Release the Qi:

From the last photo, violently turn your waist to your right and take a step forward with your left foot as you parry with your left palm. Your right fist is in position just forward from your right hip and in a Yin position by bending the wrist downward ready to snap upward upon impact. **Photo No. 158.** As your rear foot is dragged up to form a normal bow stance your waist snaps around to the left thrusting your right fist forward



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as your left palm is dragged back into the inner forearm. Exhale.

Photo No. 159.

Calm the Spirit by Pressing the Points.



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Here we see some of the amazing areas of this form. We actually press our own points to cause certain things to happen. In this case we press points to cause the spirit (shen) to be calm. The last posture's fa-jing actually carries on into this next movement. So do not stop that last fa-jing movement at the punch, allow it to move into this next movement, then slow down again.



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Immediately sit back onto your right leg and rotate your right fist so that it is now thumb side down and allow your left fingers to slide gently down half of the outer forearm until your longest finger (Pericardium Meridian) presses in on the Dim-Mak/Acupuncture Point called "Yangxi" meaning "Valley of Yang". (CO 5). It draws energy (Qi) down from the 'fire' to make the 'Lower Heater' more active. Which in turn takes the fire from the heart thus its calming effect.

Inhale. **Photo No. 160.** Also see **Photo No. 161.**

Continue inhaling as your waist turns out to your left, turning your left foot 45 degrees to the left swivelling on your heel. Cut your right wrist down rotating it so that your longest finger is naturally now pressing in onto the opposite side of your wrist area. Place your weight onto the left leg. Your eyes are still to the East. You will now draw that finger deeply down from that wrist position about one inch along the heart meridian. The initial point that you press is called 'Shenmen' or 'Doorway to the Spirit'. (HT 7). This point is clinically used for psychological



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disorders and for insomnia, hence its calming effect. It fixes the Yin/Yang balance of the 'Fire Element'. **Photo No. 162.** See also **Photo No. 163.**

Chee: (Squeeze).



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From Photo No. 162, slide the mounts of your left palm onto the radius wrist area of your right arm ready for 'Chee'. **Photo No. 164.** Step forward with your right foot to gain a normal bow stance and as you exhale and bring your weight onto it, perform the posture of 'Chee'. **Photo No. 165.**



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Chee: (Low)

The Old Yang style's beauty is that many movements are almost alike whereas in the newer versions, those movements that are almost the same have been made exactly the same. So now we perform the "Lower Chee" posture, however, we now take a step to get into it.



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Again open your left palm to your left ear and rotate your right palm to fingers pointing upward. However, you now take a step with your left foot forward to the East. **Photo No. 166.** Take a further step with your right foot to the East with your heel first as your right palm swings around to meet your left at the radius side of your right wrist again. **Note** that in both of these instances the left palm is Yin to begin while the right is Yang, it is only when you execute the 'Chee' posture that they release those energies and change state. **Photo No. 167.** Inhale. You in fact inhale or hold until you perform the next Chee. **Photo No. 168.**



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Sit Back & Double Spear Fingers.



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Exactly as in the first third and the many times that you have performed 'Grasping Swallow's Tail', sit back opening up both palms and hook them in thrusting them out as you sit back and exhale. **Photo No. 169.** Come forward with both elbows exactly the same as before. **Photo No. 170.** And end up at 'Arm' or 'Press'. **Photo No. 171.**

Now you have to repeat all of the postures that you did in the first third to get you up to 'Single Whip'. 'Sit Back Ready', 'Fishes in Eight', **Photos No. 25 up to 32.** Single Whip, **Photo No. 172.**



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Wave Hands Like Clouds:

This set of movements is one of the best Qigong methods for the Stomach and can be used by itself when there is something wrong with this area of the body. However, the postures must be done correctly in order to gain this benefit. This set is not



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easy nor is it meant to be. Many instructors cause it to be easy by teaching the stepping method incorrectly. However, when you do the stepping correctly, it becomes difficult. And all of Taijiquan was meant to be difficult in order react upon each meridian.

Form Single Whip, turn your left toes weighted on the heel still, to the North by 90 degrees. Also bring your hips around to the North. This is one of the difficult bits that most get wrong. You must distinguish between your hips and waist. Your hips are the sacrum bone and under while the waist is above the sacrum. So you can turn your waist independently to your hips and visa-versa. Your waist will turn into the NW corner as your left palm parries up in line with your chin, palm out. Your right palm attacks low (into GB 25 Point, which is actually a Kidney attacking point and most devastating). Inhale. Notice that the waist and head are pointing into the NW while the hips are to the N. **Photo No. 173.**

This is not actually part of Wave Hands Like Clouds but is the initial move only. Scoop your right palm upward and begin your left palm coming downward as you exhale. **Photo No. 174.** To explain the application of this movement in a book would be too difficult so I will leave it as it would add many more photos. However, like many of these dangerous applications, it has to do with the neck. As your right palm pokes upward fingers leading, your left palm pushes downward and your eyes follow your right fingers upward. Drag your right foot in so that it ends up parallel to your left. **Photo No. 175.**

Note: This whole routine is much more flowing than can be shown in a book. I have to show you in block format obviously. However, once you learn this in block form, you should begin to see that all you are doing is making opposing circles with your palms and stepping to the left by 4 times co-ordinating the stepping with the hand movements in perfectly flowing movements.



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Form the last posture, simply turn your waist to your right taking your palms as they are with you into the NE corner and change your weight to your right leg. Notice that the hips stay to the N. This is either still part of that last exhalation or a holding breath. **Photo No. 176.** There is of course that short time when you are not breathing. We do not breathe in and out all the time unless we are running etc. So when you inhale, there will be that brief time when you are not breathing, you are holding your breath and this is also important to the Qi flow.



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You will learn by trial and error where to hold and for how long as the whole form was made with this in mind. So if your breathing does not fit with the movements, then you will have to try harder. Keep in mind of course that when you are learning this stuff, your movements will not be absolutely correct nor will your stepping, so it will be difficult anyway to make the breath co-ordinate with the movement until you are a little more advanced and can perform without having to think about the movements.



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Next, as you perform those same hand movements but in reverse by scooping your left palm this time and pushing down with your right so that the one going up moves up on the inside of the one going down each time, you will also take a double shoulder width step out to your left lifting the left heel and toe at exactly the same time and placing them at the same time. Inhale. **Photo No. 177.** Now, as you change your weight onto your left leg, also turn your waist only to the NW corner taking your palms with you again. **Photo No. 178.**

This next bit is the difficult part. As you again do a palm change by scooping your right palm upward and pushing your left one down, you must exhale and at the same time and in co-ordination with that hand movement, lift your right leg, **HEEL & TOE TOGETHER!** Be hard on yourself here where



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even one 8th of an inch of the heel or toe lifting first is incorrect. The only way to do this is to use your whole stomach area's muscles to pull up through the stomach. Step the right foot in so that it is again single shoulder width and parallel. The feet are parallel all the while during these postures. **Photo No. 179.**

You have now performed one whole progression and have taken one step to the left. You must now perform this set another three times. In other words, you will be taking four steps to your left and bringing the right foot up each time. So you have shuffled to the left by four double steps. So we will assume that that last photo is the fourth time through.



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Single Whip:



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Wave Hands Like Clouds is always following by Single Whip. So from **Photo No. 179.** Again turn your waist to the NE corner taking your hands with you as if you are about to do another set. **Photo No. 180.** Raise your left palm so that the fingers touch the inside of your right elbow in a Yin position as you join your fingers as before to make the 'hook' for Single Whip. **Photo No. 181.** This time your palm is already almost in position so you simply need to Bend your right wrist down holding that hook. And as you straighten out your right arm as before, perform the Single Whip posture. **Photo No. 182.**



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Lift Up the Heavens:



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Form Single Whip, sit back onto your right leg and rotate both palms upward as you inhale. **Photo No. 183.** **Note:** Your right arm now releases its tension so that it is again slightly bent.



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High Pat on Horse:

Exhale as your right palm moves past your right ear the fingers pointing to the ear as you do this, palm facing to the West. Your left palm will firstly turn Yang and then Yin as it makes a clockwise arc in front of you to end up near your left hip. Your right palm will attack to the West palm lateral. Your left foot will make a 'Toe Stance' with only the ball touching the ground. **Photo No. 184.**

Spread the Weave:



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Turn your waist slightly to your right as your right palm arcs out to the right and back in as your left one begins to make an arc out to the right. Inhaling. **Photo No. 185.** Turn your waist back to the left as your right palm continues its arc as does the left to cross at the wrists. In other words both palms are making clockwise circles 180 degrees out of phase. **Photo No. 186.** Continue the right arc as you turn your waist and hips out to the rear corner and perform "Spread the Weave" as you complete the inhalation. **Note:** Because of the energy needs of this



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next posture, you will inhale on the whole of this movement and exhale on the Sitting Like a Duck Posture next. **Photo No. 187.**

Sitting Like a Duck:

Swivel your left heel in by 45 degrees as you place your weight onto it and cut your right palm downward palm up and also turn your left palm upward. Tuck your right knee in behind your left knee and sit down so that your bum is sitting on your right heel. You will see the palm positions better when



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I do this again on the other side. Your eyes are looking out of the corners to the West and your left fingers are pointing to the West while your right fingers point to the East. This is a devastating pull down using your whole body weight and then controlling his wrist with your right while your left fingers poke him into the eyes or ST 9 points. **Photo No. 188.** Exhale.

Separation of Right Leg: (Right Kick)



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From the sitting position, begin to rise onto your left leg and open both palms to outward. Hold your breathing as you do this. **Photo No. 189.** Inhale sharply as you snap kick your right leg upward and slap the instep with your right palm. Although the right palm is the only one doing this, you should slap down with both at the same time. All kicks in Taijiquan are performed on the inhalation except for the 'cross-kick' at the end of the 2nd third. All upward movements (most kicks) for the most part are inhalations, all down are exhalations (stepping down after kicks) all outward movements from the most part are exhalations while inward type of movements such as 'Lu' are inhalations. This all has to do with where we generate the internal power from. For instance in the kicks, we generate the power not from the kicking leg as most other martial



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systems, but from the standing leg with the kicking leg simply being so loose that it is thrown out by the action of the waist and hips. **Photo No. 190.**

High Pat on Horse:

This posture is almost the same as the one you have just done. However, the weight is now placed onto the front leg, the right leg. After you finish the first kick, exhale as you step down to the West as your right palm is beginning to slam



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downwards and across and your left palm is getting ready to strike to the West and is Yin shaped. **Photo No. 191.** Allow your right palm to move across your body in a counter clockwise arc to end up near your right hip as your left palm strikes. Exhale. **Photo No. 192.**



192

Spread the Weave:

Sit back onto the left leg and wind both palms up again as before only in reverse, both hands making counter clockwise circles firstly turning to your left. **Photo No. 193.**

Inhaling, turn to your right as your left palm shoots out over your right elbow continuing that circling. **Photo No. 194.** As you swing out to the rear to the SE to perform Spread the Weave, drag your right foot back into a Toe Stance as you continue to inhale. **Photo No. 195.**



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Sitting Like a Duck:

Again the reverse of the last posture of the same name, rotate your right heel inwards cutting your left palm downward and turning both palms to upward. **Photo No. 196.** Continue sitting as your left knee cuts in behind your right knee and sit down onto your left heel. Exhale. **Photo No. 197.**



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Separation of Left Leg: (Left Instep Kick)

Raise up as before and as you inhale, perform the left instep kick. **Note:** it cannot be shown in a book without great difficulty and frustration but the standing foot actually comes off the ground momentarily as you perform this fa-jing kick thus moving you ahead by about ½ a step. **Photo No. 198.**

The next Chapter of this book will continue with the second half of the 2nd third of the Old Yang Style form.

I have many video titles covering this form from very basic, MTG2 to the most advanced levels in the series, “Taiji to the Max” beginning with MTG56. I also have the 8th volume of this set as a demonstration tape of myself performing this form in its 5 different ways.

