



Dao Lu 道路

Milling About – Tai Chi Breeze

Tai Chi Glossary

from first class (29th October 2020) & second class (12th November 2020)

1	Tai Chi / Taijiquan – Grand Ultimate Fists
2	Qigong / Qi gong – energy work
3.	Ba Duan Jin – Eight Pieces of Brocade, one of the most well-known Chinese Qi Gong sets
4.	Dan Tien – energy centre
5.	Chen First Form – Chen Style Tai Chi beginner form
6.	5 basic movements – referring to hand/arm work, silk reeling
7.	3 hand shapes – palm, hook & fist
8.	5 basic stances – referring to leg work: <ul style="list-style-type: none"> • Ma Bu (horse stance) • Gong Bu (bow stance) • Xie Bu (cross or scissors stance) • Pu Bu (crouch or flat stance) • Qu Bu (empty or cat stance)
9.	Tai Chi steps – practise heels to toes, weight shifting, move in different directions
10.	Greetings <ul style="list-style-type: none"> • At the start of each class Teacher: Tong Xue Men Hao (hello, students) Students: Lao Shi Hao (hello, teacher) • At the end of each class Teacher: Tong Xue Men Zai Jian (Goodbye, students) Students: Lao Shi Zai Jian (Goodbye, teacher)