

STEP 11

19 Step Chen Style Taiji

NAME	CHINESE NAME	
Close off in all directions	Liùfēngsìbì	六封四闭

STEP 11 (5 moves)



1. Open right fist and turn palm away. Bring left hand up below right hand, palm face up. More weight is on left leg.



2. Bring weight back to right leg. Turn waist to left. Raise left toes to help you turn. As you turn, your arms move around with the body staying at the same height, but turn your hands so that right hand is palm up and left hand is palm face away.



3. Place left toes on the ground. Move all your weight into left foot to allow to step up with your right foot and along to the side. Arms move with the body, staying at the same height. Weight stays in left leg.



4. Turn waist to left as you sweep both hands over to left side and them circle hands up to ear (move your waist to help you do this). Transfer weight into right leg.



5. All your weight goes into right foot as you bring your left foot up beside right (heel up). At the same time, you push forward and slightly to right with your hands.



END OF SECTION TWO