

# STEP 18

## 19 Step Chen Style Taiji

NAME	CHINESE NAME	
Temple guard pounds the mortar	Jigàng dāodui	金剛搗碓

### STEP 18 (4 moves)



1. Transfer weight to left leg. Circle right hand down and left hand up. Step right foot up next to left, heel stays up. At the same time Right hand jabs up and diagonally forward in front of body and left hand comes down to rest on right forearm.



2. Drop left hand down to dantian, palm up. Close right hand into a fist and bring it down to rest on left palm.



3. Raise right knee and raise right fist to face level. Left hand stays where it is.



4. Drop your weight and drop right foot to the ground so that feet are shoulder width apart. At same time right fist drops back into left palm. Weight is evenly balanced.