

Posture	Transition /Prompt	Feet/Legs	Torso	Arms/Hands	Notes
Stillness		Weight 50/50; Heels close; knees straight, not locked	Faces North	Hang loosely at sides	Wu Wei
	Sink in the right			Palms turn to face behind you	
	Step out the left	LF goes down on a N-S line; shoulder-width			
	Shift to the left		This action turns the torso a bit to the right	Shifting generates a slight bend in the elbows	
	Square torso back to the North	RF pivots on heel, such that R toe comes in, which brings the feet to parallel: both on a N-S line	Use center to bring in right toe		
	Shift back to 50/50			Small shift generates a very slight additional bend in the elbows	Thumbs are near hip pockets
	Straighten the legs	Do not lock knees			
Preparation		Weight 50/50; feet parallel; shoulder width	Square to N	Straight line from elbows to fingertips; hands over feet	Main meditation posture
	LF = Left Foot	RF = Right Foot	N-S = North - South	E-W = East - West	

Posture	Transition /Prompt	Feet/Legs	Torso	Arms/Hands	Wrists	Notes
Preparation		Wt. 50/50; feet parallel; shoulder width	Square to N	Straight line from elbows to fingertips; hands over feet	There are 5 wrist changes in the transitions from Preparation to Beginning and back to Preparation	Wu Wei; Wu Chi
	Inhale			arms come up as if being pulled from above by a string at the back of the wrists; hands slump	This crimping of the wrist gate is the first wrist change	Time the arm action to your breath...
	Sink elbows to extend the fingertips				Straightening the wrist gate is the second change	continue to inhale until you reach posture
Beginning	Breath is full	Wt. 50/50; feet parallel & shoulder width	Square to N	Fingertips are shoulder-height and hands are shoulder-width; elbows hang	straight line from the elbows to the fingertips	If maintaining this posture, breathe normally
	exhale			Elbows fall and come in; hands slump	Crimping the wrist gate again as the hands slump is the third change	
	continue to exhale; hands go down the waterfall			Lead from the wrists, fingertips pointing up	Crimping the wrist gate in the opposite direction as hands fall is the fourth change	Time the arm movements to your exhale
	straighten the wrists				Wrist arrive at straight again as you reach the posture	
Preparation		as above				

Posture	Transition /Prompt	Feet/Legs	Torso	Arms/Hands	Notes
Preparation		Parallel; shoulder width	Square to N	Straight line from elbows to fingertips; hands over feet	Wu Wei;Wu Chi
	Sink in the left, turn to the right	Balance through L; empty R foot turns to point E	Turns toward E	Arms create circle w/ R hand on top; palms face each other	Keep L knee aligned w/ L foot; open hips only to comfortable limit
	Shift to the right	Balance in R; L toe stays connected to ground	Square to E	Continue to hold the circle	Keep R knee aligned w/ R foot
	Turn to the left	same as above	Turns toward N	Continue to hold the circle	Keep R knee aligned w/ R foot; open only to comfortable limit
	Step the left foot out	L heel touches ground where L toe just was; toe comes down, foot points to N, no weight	Turns toward N	Continue to hold the circle	Keep R knee aligned w/ foot; try not to lose verticality; try not to over-extend; observe and respect comfortable limit.
	Shift to the left		Continue to turn toward N	L arm circles up; R arm begins return to Preparation position	Time the arm movements to your exhale
	Turn and bring R toe in	After passing 50/50, you can begin to pivot on R heel, turning the R toe in	Continue to turn toward N	L arm continues to circle up; R arm continues return to Preparation position	
Ward Off, Left	70/30;Wt. 70 in the Left	Feet shoulder width, LF points N and is ahead of RF, RF points NE	Square to N	L arm in 1/2 circle, palm faces heart; R arm returns to Preparation position	Simultaneous arrival at the posture. L knee must be aligned above LF
	LF = Left Foot	RF = Right Foot		N-S = North - South	E-W = East - West

Posture	Transition /Prompt	Feet/Legs	Torso	Arms/Hands	Notes
Ward Off, Left		Feet shoulder width, LF points N and is ahead of RF, RF points NE	Square to N	L arm in 1/2 circle, palm faces heart; R arm at Preparation position	Both feet fully connected to ground; 70% of body weight is on the front (L) leg = Left 70/30
	Follow through to 100	Shift forward to balance 100% in L; empty R toe stays connected to ground	Square to N	Arms create circle w/ L hand on top; palms face each other	Keep L knee aligned w/ L foot
	Turn to the right	Keep L knee aligned w/ L foot; pivot on empty R toe	Begin turn toward E	Continue to hold the circle	Careful! Don't allow turning torso to pull the L knee along with it; open hips only to comfortable limit
	Step out the Right	R foot steps out for shoulder-width from L heel as viewed from the East	Continue to turn toward E	Continue to hold the circle	While stepping, keep weight 100% L, with body upright; keep L knee aligned w/ L foot; empty heel touches first, then toe.
	Shift the weight, turn the waist	As you shift to 70 R, make sure the R knee tracks over the center of the R foot	Continue to turn toward E	Palms continue to relate to each other and wrists remain open as right arm rises and left elbow drops	Keep R knee aligned w/ foot; try not to lose verticality; try not to over-extend; observe and respect comfortable limit.
	Turn and bring in L toe	After you pass the 50/50 point, you may begin to pivot on L heel to bring L toe in to 45' (NE)	Continue to turn toward E	The circle you are holding continues to be compressed as R arm continues to rise and L elbow continues to drop	As you continue to shift to 70 R, make sure the R knee tracks over the R foot; the turning of the pelvis brings in the L toe
Ward Off, Right	Right 70/30	Feet shoulder width as viewed from the East, RF points E and is ahead of LF, LF points NE	Square to E	R arm in 1/2 circle, palm faces heart; L palm faces R palm and L elbow hangs	Both feet fully connected to ground; 70% of body weight is on the front (R) leg; R knee above R toes
		RF = Right Foot		E=East, NE=Northeast, etc	

Posture	Transition /Prompt	Feet/Legs	Torso	Arms/Hands	Notes
Ward Off, Right	70/30	Feet shoulder width, RF points E and is ahead of LF, LF points NE	Square to E	R arm in 1/2 circle, palm faces heart; L palm faces R palm and L elbow hangs	Both feet fully connected to ground; 70% of body weight is on the front (R) leg; R knee above R toes
	Turn to the Right	These don not move for the next 3 postures	Towards SE	no change	Stay 70/30; turn hips only to comfortable limit. R knee stays over R toes
	Sit back		Begins turn back toward E	Begin to trace L fingertips down R forearm towards elbow as L palm begins to turn to face you. At the same time, the R elbow begins to drop, R palm turns to face left and R fingertips begin to point up	You want to time things so that everything arrives at the next posture point simultaneously
Rollback	Wt. 100 % in the left	Same as in previous posture	Square to E	L arm is in a close Ward-Off; R forearm is upright w palm facing N; R elbow hangs. L fingertips point to R elbow	Weight is 100% L; keep L knee aligned w/ L foot; empty R foot stays fully connected to ground
	Keep turning to the Left		towards NE	R arm drops to become a close ward-off as L arm circles down & out to L side w/ palm out	L hip joint closes as R hip joint opens
	Comfortable limit sends you back		sinking creates turn	Turn of the waist manifests in L forearm folding over so that palm is now face down; L fingertips point towards R palm	Moving toward the limit of the turn left, you sink and energy is stored; it's released as you turn back to right, fueling the move
	Shift to the Right		continues toward E	R arm rounds out slightly to regular ward-off, elbow relaxed; L elbow drops and L palm moves towards a point just below R wrist	You want to time things so that everything arrives at the next posture point simultaneously
Press	Right 70/30	Same as in previous posture	Square to E	R arm is in Ward-off; L palm connects to R forearm just below wrist, L elbow hangs.	Drop weight to heels; Ming Men is full; settle & fill

Posture	Transition /Prompt	Feet/Legs	Torso	Arms/Hands	Notes
Press	Right 70/30	Feet shoulder width, RF points E and is ahead of LF, LF points NE	Square to E	R arm in 1/2 circle, palm faces heart; L palm connects to R forearm just below wrist, L elbow hangs.	Both feet fully connected to ground; 70% of body weight is on the front (R) leg; R knee above R foot
	Sit back, L hand washes over the R	when shifting to back leg, keep L knee above L toes	Square to E	Both palms turn down and L hand washes over the R as hands separate to shoulder-width	Elbows hang; arms are similar to in Beginning, but a little closer in; this is final position for hands/arms
	Shift forward to 70 R	Keep R knee aligned w/ R toes	Square to E	Keep shoulders relaxed	You want to time things so that everything arrives at the next posture point simultaneously
Push	Right 70/30	Feet shoulder width, RF points E and is ahead of LF, LF points NE	Square to E	Fingertips are shoulder height; elbows hang softly; hands should not be forward of front toes	Bottoms of feet soft and open to the ground
Please see next page-					The postures Ward Off, Rollback, Press and Push are known collectively as “Grasping The Sparrow’s Tail.” They are among the form’s original 13 postures and are considered fundamental to the practice.  In T’ui Shou, the “Pushing Hands” part of the practice (partner work to improve awareness, balance and sensitivity), they are linked into a Push Hands form.

Posture	Transition /Prompt	Feet/Legs	Torso	Arms/Hands	Notes
Push	Right 70/30	Feet shoulder width, RF points E and is ahead of LF, LF points ~NE	Square to E	Fingertips are shoulder height; elbows hang softly; hands should not be forward of front toes	
	sit back; arms extend	shift to 100 Left	Square to E	forearms remain shoulder width & drop parallel to ground	arms extend forward slightly as body moves away from them
	Turn left	RF, pivoting on heel, turns so that toes point N	turns toward N	arms stay in front of torso, and follow torso around to L	sinking & spiraling down into L foot creates turn & brings RF around
	Shift to 100 R	Weight shifts to RF, LF empties, knees stay bent	turns toward NE	The weight shift prompts arms to form circle w RH on top	circle is centered on your mid-line; keep R knee in line w/ RF
	Drop the Hook	spiraling down into the R turns you more to R	turns toward NE	hand falls from wrist; all fingertips connect near tip of thumb	shoulders stay over hips; R fingertips above L palm & on centerline
	release & unwind the spiral	L leg pivots on ball of L foot	begins turn to NW	RH, still w/ "hook," goes out towards NNE	weight is still 100R
	turn left	empty L leg is carried by center; foot goes down w/ toes pointing W	continues turn to NW	body continues to turn away from R arm, which stays extended towards N or NNE	LF must be placed shoulder width from R heel as viewed from West
	Begin shift to L	make sure L knee tracks over L foot	rides w/ shift of wt	L hand, palm facing centerline, moves up to level above the heart	
	continue shift to 70 L	R Ft pivots on heel and turns to point to NW diagonal	turns towards W	L hand turns over, is just like "Push"	after you pass 50/50, torso, L hand and R foot turn simultaneously
Single Whip	Left 70/30	Feet shoulder width, LF points W and is ahead of RF, RF points NW	faces W	L hand & arm like "Push;" R arm extended out to N/NNE with "hook" hand	try to keep R shoulder relaxed and heavy

Posture	Transition /Prompt	Feet/Legs	Torso	Arms/Hands	Notes
Single Whip	Left 70/30	Feet shoulder width, LF points W and is ahead of RF, RF points NW	faces W	L hand & arm like "Push;" R arm extended out to N/NNE with "hook" hand	try to keep R shoulder relaxed and heavy
	forward to 100	shift to 100 L; make sure L knee tracks over L toe; if R heel comes off floor, ok	Square to W	stay the same	you will stay 100 L until you shift into Shoulder; your LF will not move until AFTER Shoulder
	open to the right	open L hip; L leg and knee are unchanged; pivot on ball of R foot	opens toward N	open hook; both palms face outward; arms are open ~wide, as if to greet someone with a hug	energetically sinking further into the L leg prompts spiralic opening of the L hip
	3 limbs come in	R leg moves W towards "get away room"	Square to N, ideally	arms move towards each other & final posture position	continuing to sink in L prompts compression inwards
Lift Hands	Wt. 100 Left	R heel touches--"get away room"	Square to N, ideally	R arm as if ready to shake hands; L palm opp. R elbow; both arms canted in a bit & oriented N	Settle, ground, root, relax into the posture
	withdraw	close L hip; suspend RF x L ankle; L leg is unchanged	turns towards W	arms drop; RH in front of groin as low Ward Off; L H as in Prep.	feel for comfortable limit which prompts turn back out
	step out to 1/2 shoulder width	open L hip; & step out w/ RF; L leg and knee are unchanged	turns towards NW	no change	step out to 1/2 shoulder width as viewed from North; R Ft points N
	shift to 70 R	make sure R knee tracks over RF	NW	R arms begins to "billow out;" L arm rises towards final position	begin to turn head N; R palm faces S; arm hangs full but loose
Shoulder	Right 70/30	70/30; RF 70 & pointing N; LF pointing W; R knee aligned w/ R F	NW	R arm in big arc w/ elbow pointing N; L forearm crosses torso, palm down; fingertips point to inside of R elbow	Head turns to look N; Orientation of posture is N



Posture	Transition /Prompt	Feet/Legs	Torso	Arms/Hands	Notes
Shoulder	Right 70/30	70/30; RF 70 & pointing N; LF pointing W; 1/2 shoulder width at heels as viewed from North	NW	R arm in big arc w/ elbow pointing N; L forearm crosses torso, palm down; fingertips point to inside of R elbow	Head turns to look N (over Right shoulder)
	follow through to 100 R	shift to 100 R; if L heel comes off floor, ok	no change	no change	Eyes still look N; you will stay 100 R until after Stork posture
	open R hip	Keep R knee aligned w/ R toes; L foot moves towards centerline	opens to W as possible	R palm & forearm roll up; L arm sweeps down	begin to re-align head with torso; keep R elbow & shoulder hanging down throughout
The Stork Spreads its Wings	Wt. 100 Right	R foot unchanged & has all weight; L toe touches empty; get away room	opened to W if possible	R arm is up palm faces up and out x R forehead; L arm has just brushed past L leg, & as in Prep	“Get Away Room” posture; try to keep R shoulder relaxed & hanging down
	turn right towards comfortable limit	no change in R foot & leg; L foot & leg may pivot freely	turns toward N	R hand rolls down as arm falls, then swings up & out to side w/palm out; L arms swings up ~close ward off	begin to feel for comfortable limit which will prompt turn back
	R arm turns over	sinking into and relaxing near limit in R hip turns you back	turns toward R arm	R forearm turns over, palm down & in front of R shoulder; L arm begins change as well	R arm turning over is driven by center reaching limit and beginning its turn back
	step empty	L foot steps out to shoulder width as viewed from W	turns toward W	subtle changes, prompted by center changing direction; arms are active during transition	Keep weight 100% R, with R knee aligned w/ R foot; empty L heel touches first, then toe.
	shift to 70 L	track L knee over foot during shift		L arm brushes down x L leg; R arm sails forward, elbow dropping	
Brush Knee		regular Left 70/30	faces W	L arm as in Prep; R arm as in Push	

Posture	Transition /Prompt	Feet/Legs	Torso	Arms/Hands	Notes
Brush Knee		regular Left 70/30	faces W	L arm similar to Prep; R arm as in Push	
	Shift fwd to 100 L		faces W	same, yet active & responsive	
		RF comes off the ground, then goes back down			orientation of RF to NW corner is unchanged
	Shift back towards 100 R	RF points to NW; Keep R knee aligned w/ R toes	Square to W	Arms open w/ palms in; L arm extended out a bit; R arm closer	
	3 limbs come in	LF moves in towards "get away room"		Arms move in towards final position	
Play Guitar	100/0	100 Right; L heel touches in "get away room"	Square to W	L arm as if ready to shake hands; R palm opp. L elbow	both arms canted in a bit & oriented W
	turn right towards comfortable limit	no change in R foot & leg; L foot fully connects w/ ground, empty	turns toward N	R arm sweeps down, then swings up & out to side w/palm out; L arm moves over & swings up ~close ward off	begin to feel for comfortable limit which will prompt turn back
	R arm turns over	sinking into and relaxing near limit in R hip turns you back	turns toward R arm	R forearm turns over, palm down & in front of R shoulder; L arm begins change as well	R arm turning over is driven by center reaching limit and beginning its turn back
	step empty	L foot steps out to shoulder width as viewed from W	turns toward W	subtle changes, prompted by center changing direction; arms are active during transition	Keep weight 100% R, with R knee aligned w/ R foot; empty L heel touches first, then toe.
	begin shift to 70 L	track L knee over foot during shift	turning to W	L arm brushes down x L leg; R arm sails forward, elbow dropping	
	continue shift	Rt Ft turns in to point NW	continues turn		
Brush Knee		regular 70/30	faces W	L arm as in Prep; R arm as in Push	

Posture	Transition /Prompt	Feet/Legs	Torso	Arms/Hands	Notes
Brush Knee		regular 70/30	faces W	L arm as in Prep; R arm as in Push	
	sit back & turn out	shift back to 100 R; toe out LF to point SW	faces SW	R arm falls to low & close ward off near groin; L arm hangs relaxed	
	shift fwd to 100 L	shift to 100 L; keep R toe connected to ground	faces SW	fist forms gradually w/ shift of weight	
	step up right F	RF falls forward empty, maintaining shoulder width, pointing NW	faces SW		
	shift to R	shift to 100 R; make sure R knee tracks over RF	faces SW	R fist rises to in front of L chest; L arm extends to side & rises thumb up	eye of fist towards chest; both shoulders relaxed & hanging
	turn	RL unchanged; L foot goes Fwd, remains shoulder width, lands empty	NW	arms up, over and down; LH towards head, then turns & chops down, pointing W	R arm: canoe over the falls, then hangs--bucket of milk
	shift & turn	weight shifts but feet do not move	turns toward W	L forearm rises to parry, canted in; R fist rises-- to mug on the table	shift & turn of torso motivates change in arms
Step Forward, Deflect Downward, Parry & Punch	regular 70/30		W	L arm parries, R fist as in mug on the table	make sure ming men is full; settle into the center

Posture	Transition /Prompt	Feet/Legs	Torso	Arms/Hands	Notes
SF,DD, P & P	regular 70/30	Feet do not move until after next posture	Square to W	L arm parries, R fist as in mug on the table	
	turn to Left	stay 70 L; turn to comfortable limit in the hip	towards SW	L arm drops such that L wrist is behind R elbow; R arm unchanged	keep shoulders over hips--do not twist torso
	sit back	shift back to 100 R & turn R to comfortable limit	towards NNW	Drag R arm across L wrist. As hands cross each other and separate, palms rise to face shoulders	elbows sink
	shift forward	shift fwd, returning to 70/30 w/ 70 in the LF; make sure L knee tracks over L foot	Squaring to W	palms turn as you shift to face out as in Push	
Withdraw & Push		regular 70/30	Square to W	as in Push	
	sit back & turn	shift back to 100 R and spiral into R leg, which turns you to the N; turn empty L foot to N, pivoting on L heel	towards N	hands separate and rise slightly; elbows stay down and in	
	shift to L	shift to 100 L	N	arms fall out to sides, palms out, as if drawing large parentheses as you shift	
	sink in the Left	RF steps empty to parallel & shoulder width position	N	arms rise up to cross in front of the body, palms towards you	
Cross Hands		100 L; parallel & shoulder width	N	like 2 Ward Offs, L wrist on top of Right, palms towards you	

Posture	Transition /Prompt	Feet/Legs	Torso	Arms/Hands	Notes
Cross Hands		100 L; parallel & shoulder width	N	like 2 Ward Offs, L wrist on top of Right	
	shift to 50/50 and stand up	shift to 50/50, then straighten legs (careful not to lock knees!)	N	arms do not change with the shift of weight, but as legs straighten, arms lower to Preparation position	try to time things such that when the legs are finished straightening, the arms are in the final position
Conclusion		Parallel; shoulder width, 50/50, knees straight but not locked		Straight line from elbows to fingertips; hands over feet; forearms ~ 45° to ground	elbows a bit behind you; shoulders hanging; top of back of head rises
	sink in the Left, toe out the Right		towards NE	arms lively; little change	
	sink in the Right, bring in the Left		towards N	arms lively; little change	
	stand up	straighten the legs	N	allow arms to hang at sides	
Stillness		heels close together, toes apart; 50/50 balance between the legs; knees straight but not locked	N	arms hand at sides; middle finger falls along pants seam	top of the back of the head rises; chin down; eyes soft