

YANG SHENG TAI JI BATON (1) REMINDER NOTES

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PARTS OF THE BATON

- ENDS = POINTS
- BALLS = PEARLS
- THIN AREA = NECKS
- THICK AREA = BODY

MOVEMENTS

PREPARATION

Begin by standing with **feet together, baton in the right hand**, arms alongside the body. When the poem begins, lift the baton with the right hand, level with the nose. Place the left hand on *Dantian*

1 MOUNT NAN SHAN OFFERS HAPPINESS *nan shan xian rui*

KEY POINTS

INHALE. Raise toes.

EXHALE. Lower toes & grip ground.

Straighten and bend the legs

Keep legs together

Hold baton between Laogong points

On the **last 8, take hold of the pearls** and **lower the baton in front of the body**.

2 THE ARK WHICH SAVES THE WORLD (Alt: ROWING THE LIFEBOAT) *ji shi zhou han*

KEY POINTS

Step out on 1st count.

Open hands and push forward on even counts.

On "3", bring the baton down and inwards and again massage up the front, bringing the weight backwards.

4 = 2, 5 = 3, 6 = 2

On 7, return as in 3, but then turn to the front, hands at shoulder level.

On 8, close the legs, open the hands, then lower the baton forwards.

Concentrate on *Dantian*.

3 THE JADE RABBIT PREPARES THE PILL OF IMMORTALITY

yu tu dao yao

KEY POINTS

Each element requires a complete breath
Hit the point *Futu* 32 St
Place the toe on the ground
Keep the weight on the back foot.

4 THE HORSE GALLOPS WITH THE ENERGY OF SPRING

yue ma zhen chun

KEY POINTS

Use "Lung" fist.
Co-ordinate arms & legs, top & bottom.
Make circles with the baton.
Element "3" involves three changes of weight.
Concentrate on *DANTIAN*.

5 THE RICHNESS OF TRADITIONAL CULTURE IS LIKE AN OCEAN

su hai han chao

KEY POINTS

Use "Lung" fist.
Step **diagonally** backwards
Lift the free hand at the same time as hitting.
Hit the zone of *DABAO* 21 Spl. with the baton.
Return to point of origin.
Concentrate on *DANTIAN*

6 MAKE A DEEP BOW

gong shen xia bai

KEY POINTS

Massage as far as *JUQUE* 14 CV
When bending, bring the baton to *JIEXI* 41 St
Keep the legs straight
When squatting, press the baton on *HEDING*.
Concentrate on *MINGMEN* 4 GV.

7 THE SKY AND THE EARTH ARE UNITED

qian kun jiao tai

KEY POINTS

INHALE. Lift the toes.
EXHALE. Press the ground with the toes.
Co-ordinate bending and straightening the legs with moving and turning the baton
On the final "8", bring the baton in front and turn it horizontal and level with the shoulders, then gently lower it.
Concentrate on *MINGMEN* (4GV).

8 EMBRACE THE TAIJI

huai bao tai ji

KEY POINTS

Move from the waist and change the weight

Odd numbers baton follows the hand, even numbers baton in line with the arm

END OF THE FORM.

1. Open the left hand and bring it to the zone of *Dantian*; lift the right hand until the end of the pearl is level with the tip of the nose; the baton is vertical and at a distance of approximately 30 cm. Look at the pearl of the baton.
2. Lift the left hand and slide along the baton to take hold of the other pearl. Lower the baton, then bring it back in front of the body. Look ahead.