

Angies T'ai Chi Ch'uan Workshops

Crane Stance

Left or Right

Whichever foot you raise up transfer your body weight on to the other foot sinking the weight in to it so the knee bends, raise the other foot up with the toes pulled back so the thigh is parallel to the ground, once the thigh is parallel with the ground relax the toes down. Back straight but soft, your (Tan'dien) fluid and powerful, shoulders relaxed not rounding forwards or pulling them backwards, crown of the head pulling upwards but not letting the chin pull down, eyes looking forwards into the near distance.

NOTES

Always keep the weight sunk down in the stationery leg do not let the body pull up when you raise the other foot off the ground.

Cranes

are a symbol for longevity, they can stand on one leg in complete stillness, patiently waiting almost an eternity for the perfect moment to quickly strike with their large round wings, long necks and streamlined bodies.



T'ai Chi Ch'uan Lee Family Style

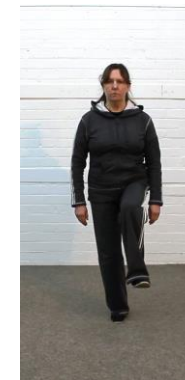
CRANE STANCE



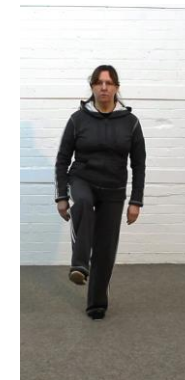
Left



Right



Left



Right



Left



Right



Toes pulled back



Toes relaxed down