

Angies T'ai Chi Workshops

DUCK STANCE

Left and Right

From a Right Dragon to a Right Duck stance, Transfer the body weight on to the left foot by bending the knee and straightening the right leg, keeping the sole of the foot on the ground letting the foot slide back with the pull of the body so the body weight is fully transferred on to the left foot taking all the weight off the right foot. Shoulders relaxed, eyes looking straight forwards into the near distance.

NOTES

Always keep a small gap in-between your feet leaving enough room for your hips to face straight forward keeping you evenly balanced and your feet grounded keeping the body upright and centred.

Ducks

are elongated and broad, long-necked with strong wings and legs which are set far back on the body.



T'ai Chi Ch'uan Lee Family Style

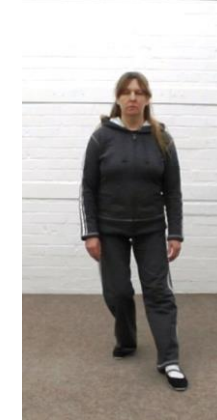
DUCK STANCE



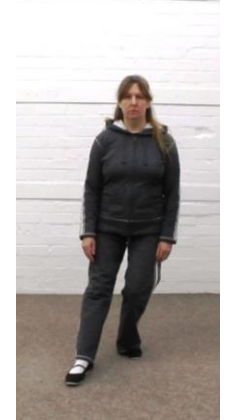
Left



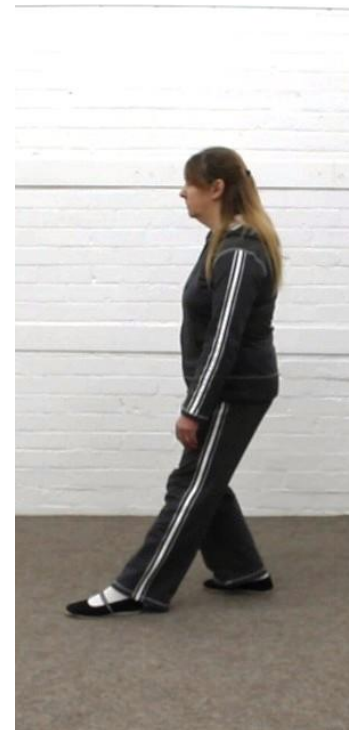
Right



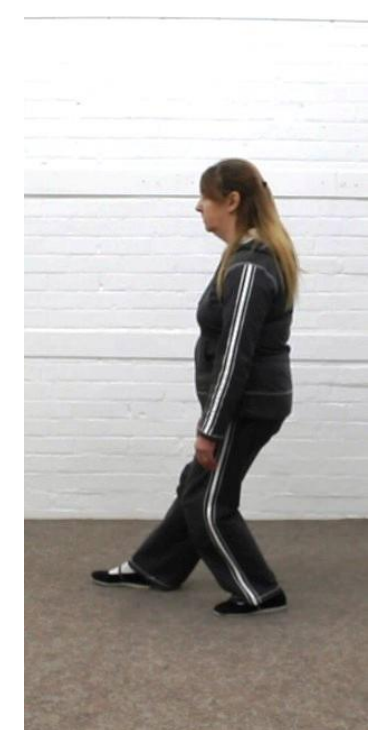
Left



Right



Left



Right