

Patch & Pot Wellbeing

Tai Chi Practice Guide

Intermediate Level

Brush Knee and Push

Repulse Monkey

Play the Lute

Single Whip

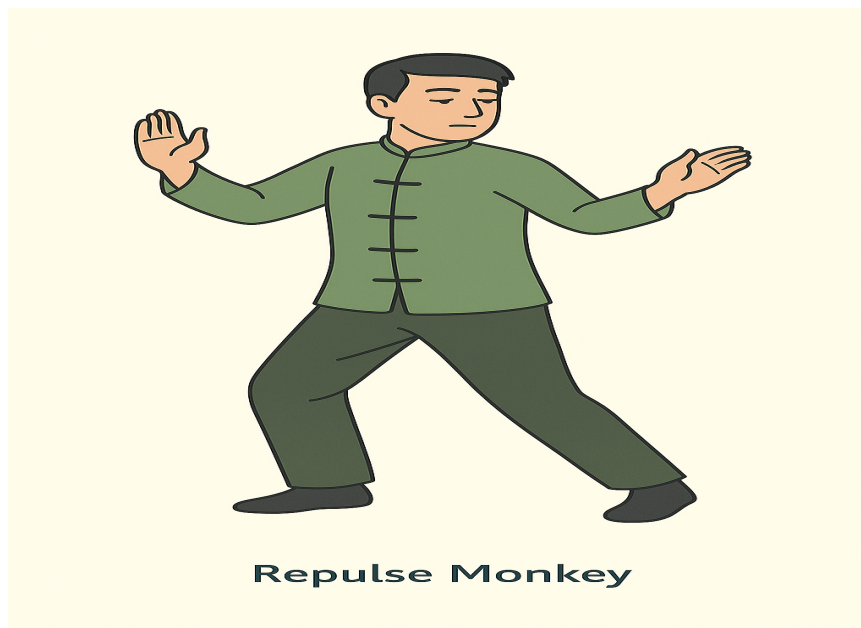
Brush Knee and Push



1. Step forward with your left foot, turning slightly to the left.
2. Circle your left hand downward past the knee, palm facing inward.
3. At the same time, push your right hand forward at chest height.
4. Shift your weight into the front leg as the push completes.

Imagine brushing something off the knee with one hand while the other pushes energy forward. Keep your torso upright, shoulders relaxed.

Repulse Monkey



1. Step backward with your right foot.
2. As you step, extend your right arm back, palm facing outward.
3. Raise your left hand forward near shoulder height, palm outward for balance.
4. Shift your weight smoothly onto the rear foot.
5. Repeat on alternating sides.

This movement mirrors the retreat of a monkey — stepping back lightly while keeping awareness forward.

Play the Lute



1. Step forward slightly with your left foot, letting the heel touch lightly.
2. Bring both arms forward, left hand in front of chest, right hand just behind it, palms facing inward.
3. Keep the elbows rounded, as if holding a musical instrument.
4. Sink your weight into the back leg.

Imagine cradling a lute. The emphasis is on balance, poise, and soft control rather than large motion.

Single Whip



Single Whip



1. From a wide stance, extend your left arm out to the side, palm facing outward.
2. Bend your right elbow, forming a gentle hook with the hand near the shoulder.
3. Shift your weight into the left leg as your arms spread into position.
4. Keep the chest open, arms forming a wide arc.

Think of opening a large space between the hands — expansive, steady, and rooted.