

Bonjour

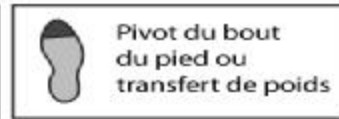
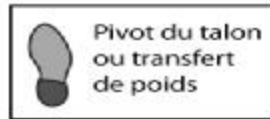
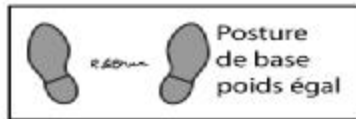
Je vous donne un exemple du Guide

**Imprimer ces pages et essayer les positions de figures Mains – Pieds vus du dessus
de 1 à 22**

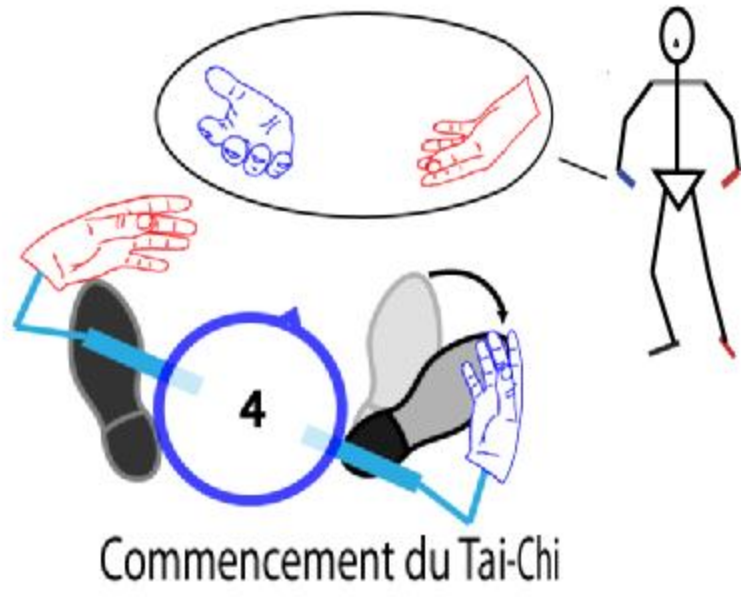
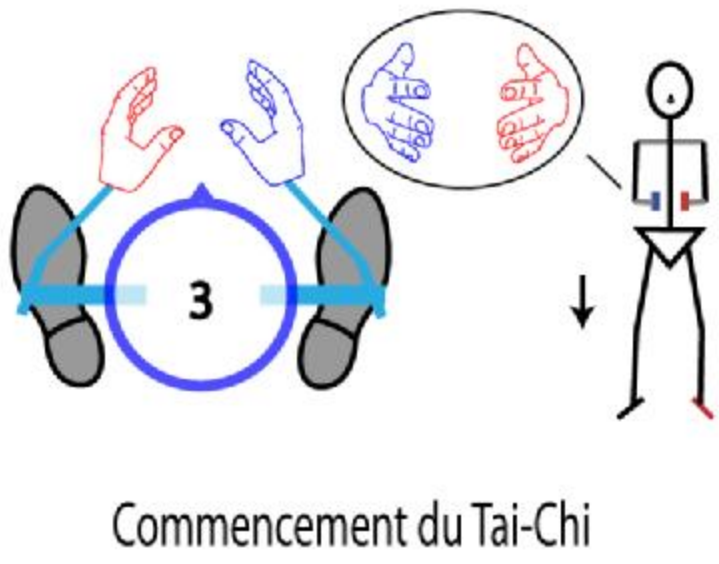
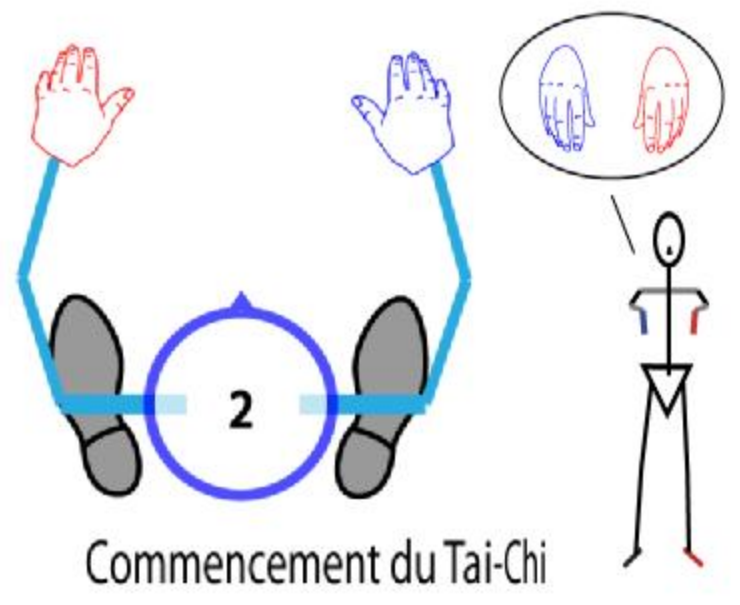
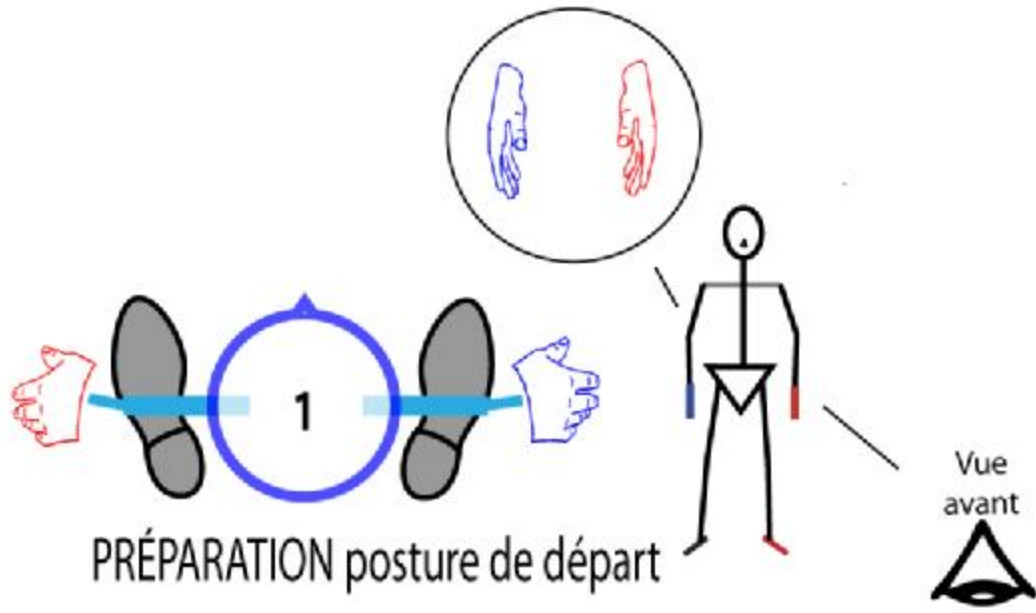
Toutes les figures de bonshommes sont vues du devant.

Bonne pratique

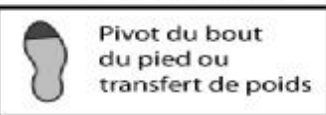
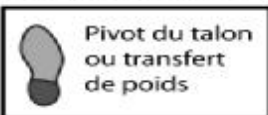
TAI-CHI CHUAN MOUVEMENTS - MAINS ET PIEDS



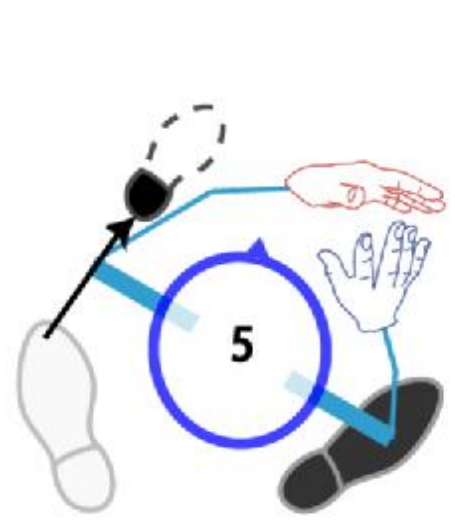
Le dégradé de gris pâle au noir indique un transfert de poids selon le déplacement



TAI-CHI CHUAN MOUVEMENTS - MAINS ET PIEDS



Le dégradé de gris pâle au noir indique un transfert de poids selon le déplacement



Vue avant



Début (presser (GHEE) Ji)

Vue avant

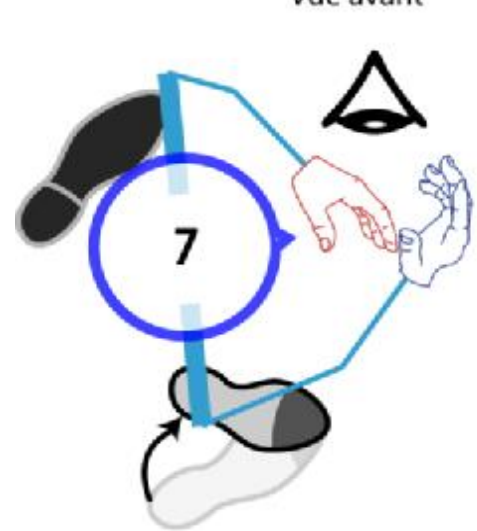


Vue avant

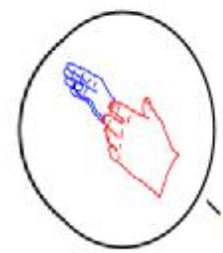
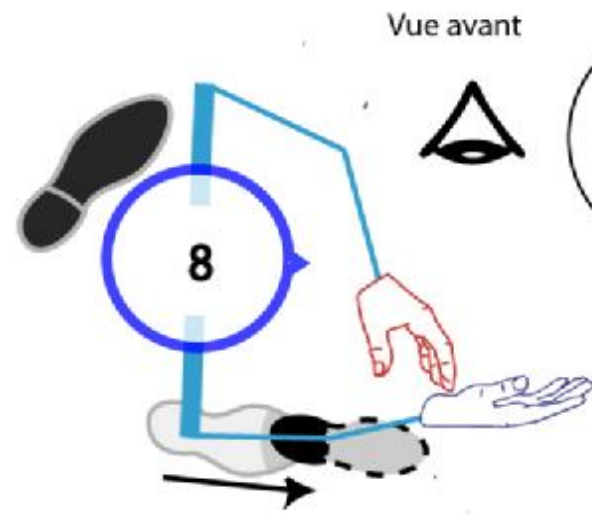


Presser (GHEE) Ji

Vue avant

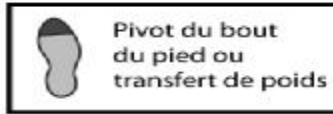
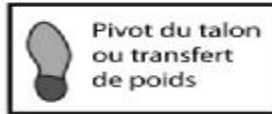


Tourner à droite début des Sept (7) étoiles

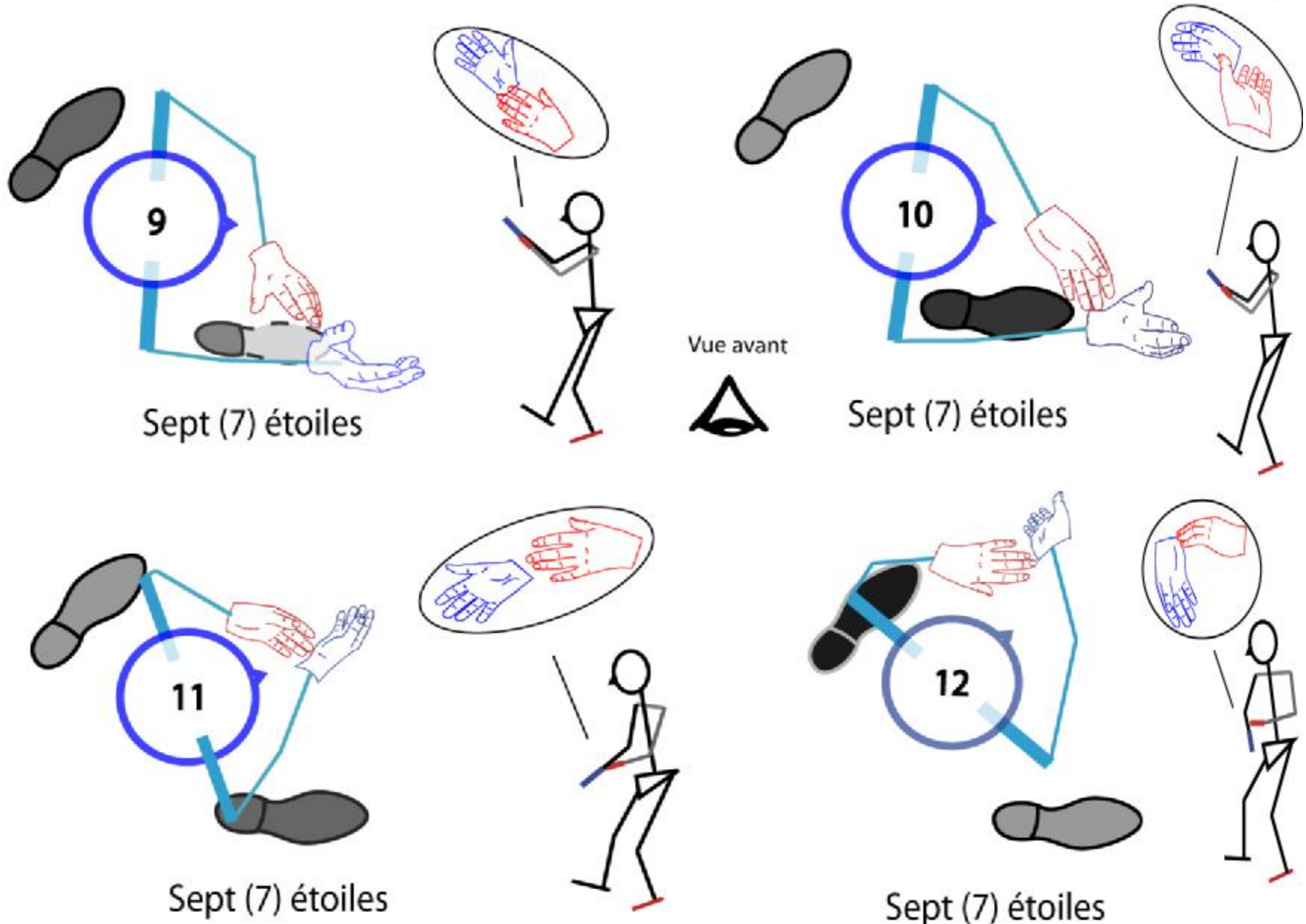


Sept (7) étoiles

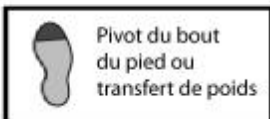
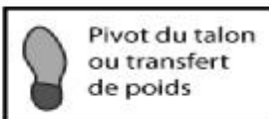
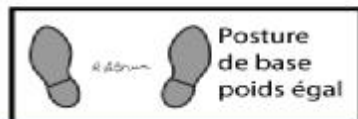
TAI-CHI CHUAN MOUVEMENTS - MAINS ET PIEDS



Le dégradé de gris pâle au noir indique un transfert de poids selon le déplacement



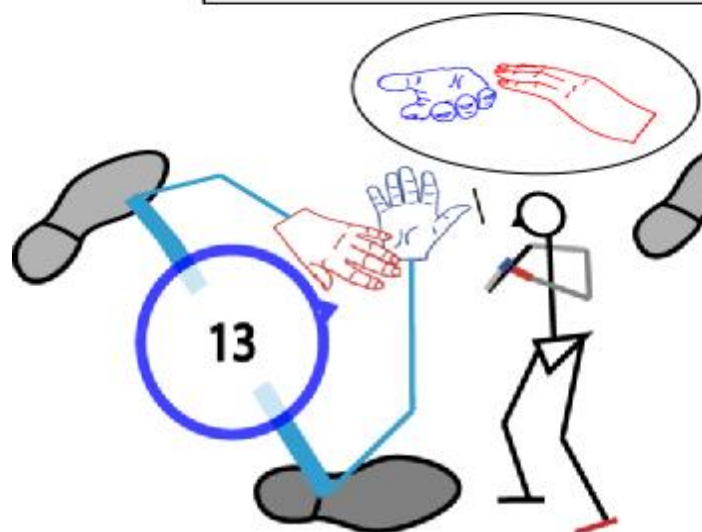
TAI-CHI CHUAN MOUVEMENTS - MAINS ET PIEDS



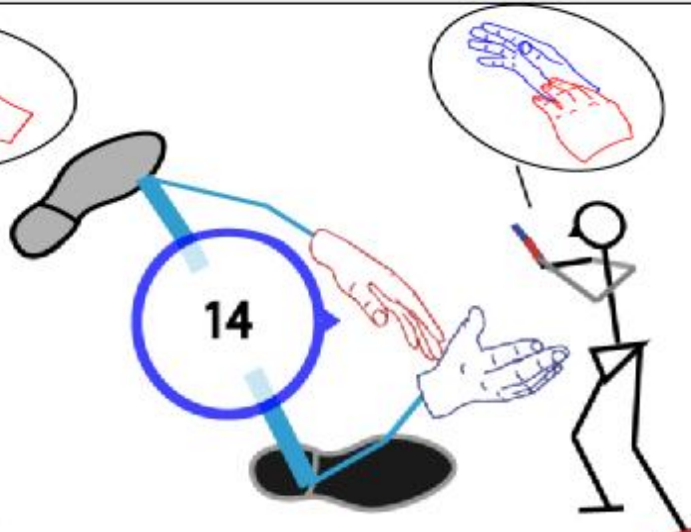
Vue avant



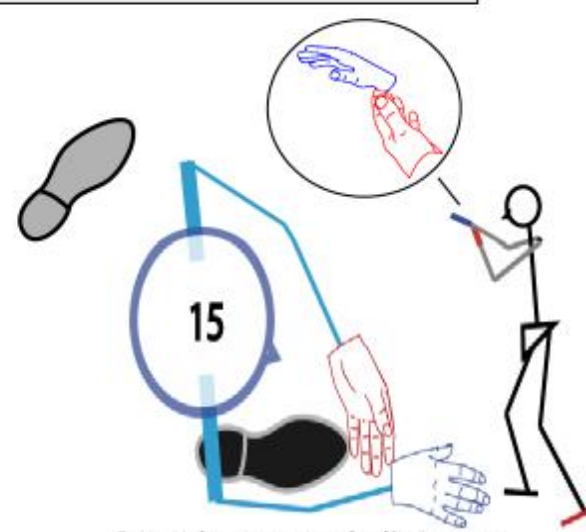
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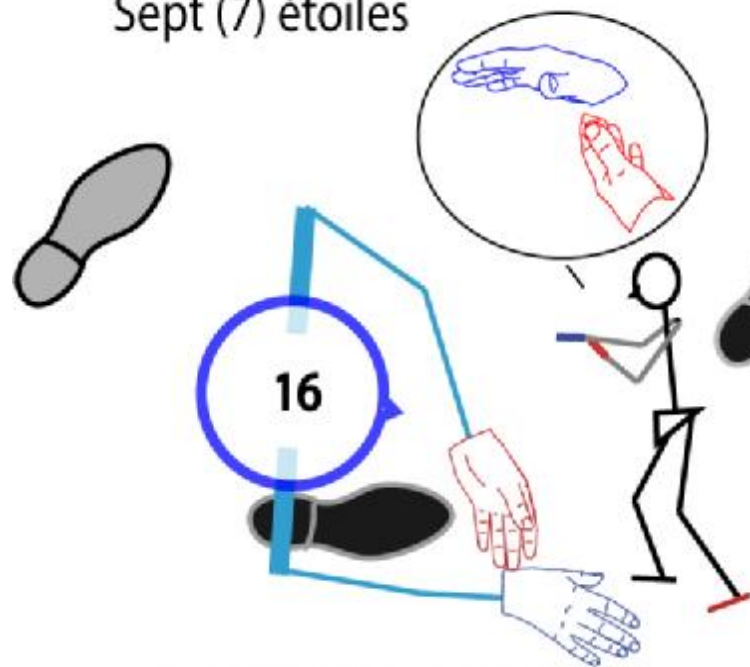
Sept (7) étoiles



Saisir la queue de l'oiseau



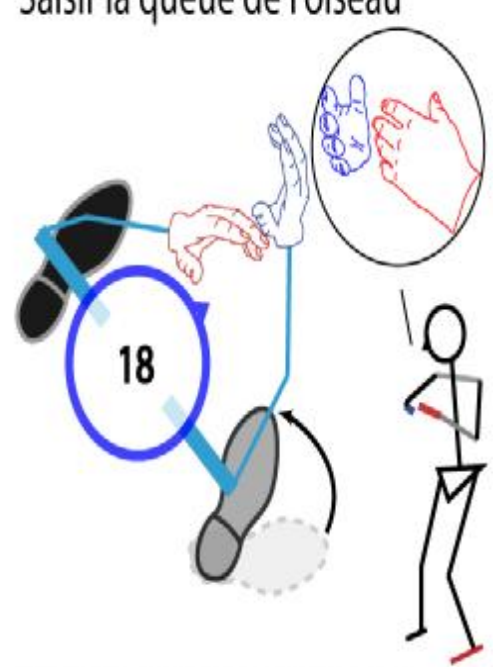
Saisir la queue de l'oiseau



Saisir la queue de l'oiseau

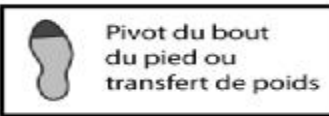
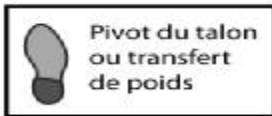


Saisir la queue de l'oiseau

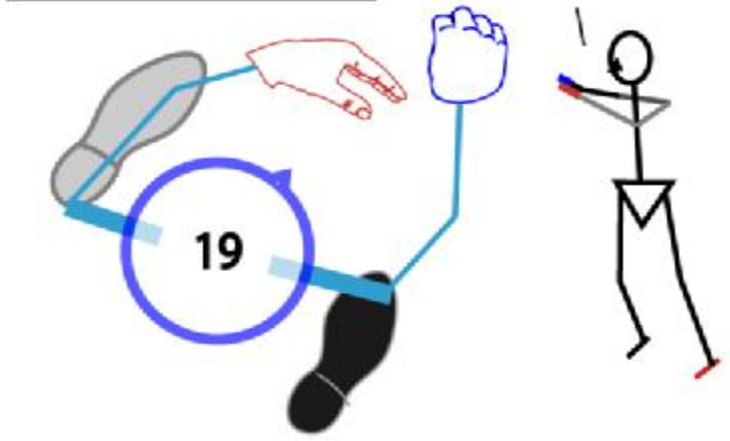


Saisir la queue de l'oiseau

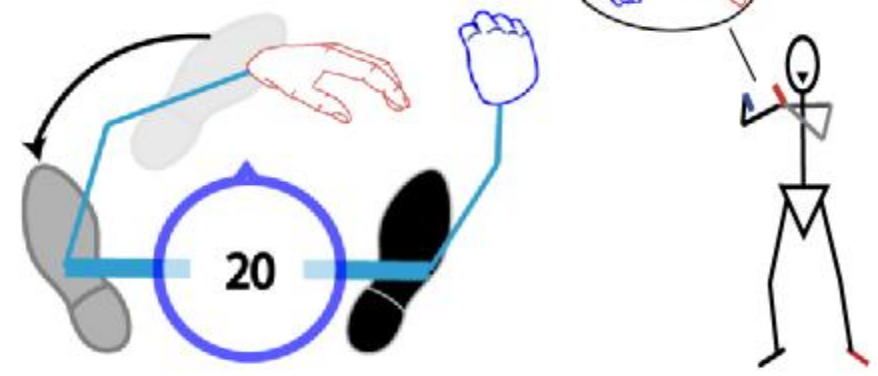
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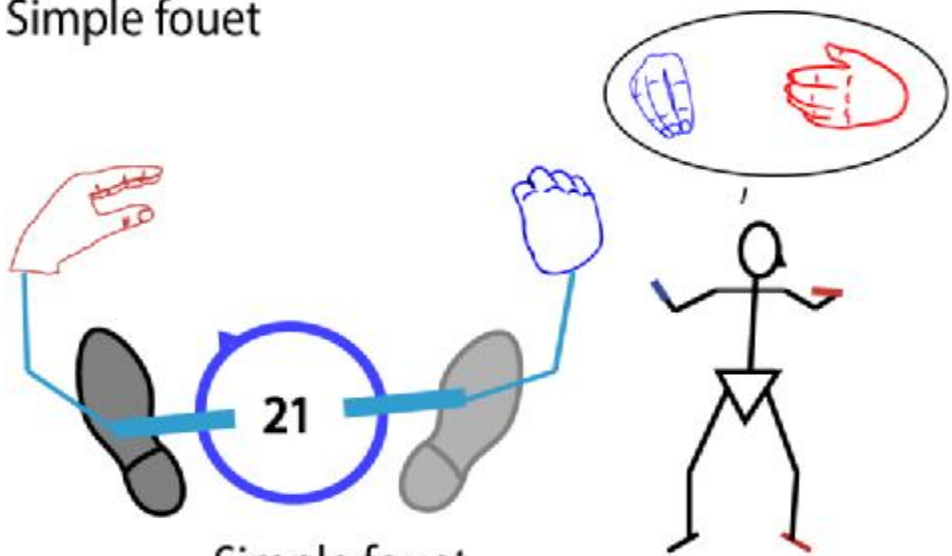
Simple fouet



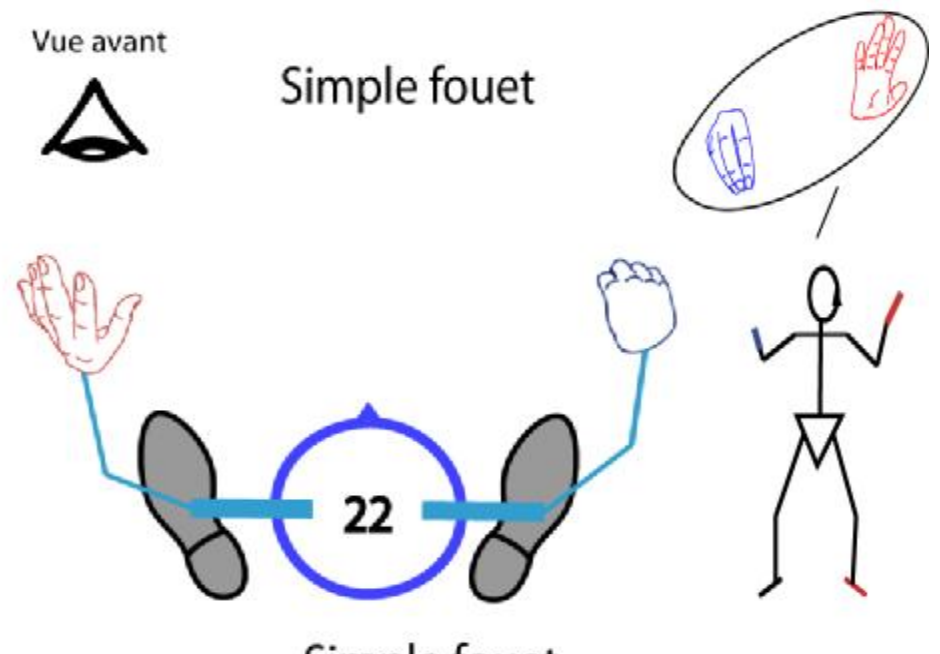
Vue avant



Simple fouet



Simple fouet



Simple fouet

ANNEXE 2

<Séquences des mouvements>

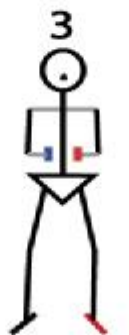
TAI-CHI CHUAN Séquences des mouvements



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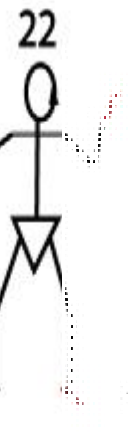
2 Commencement du tai-chi



3 Presser (GHEE)JI



Sept (7) étoiles

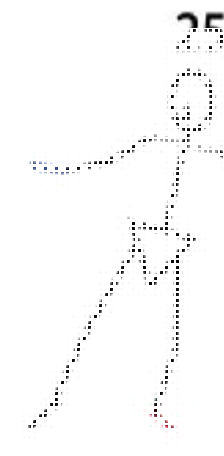


Sept (7) étoiles

Saisir la queue de l'oiseau

Simple fouet

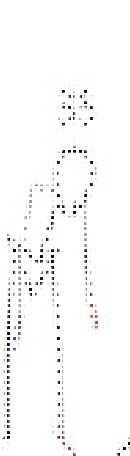
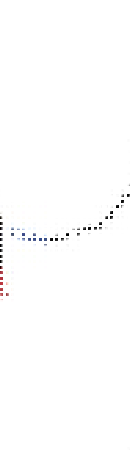
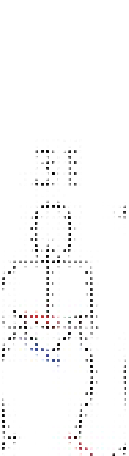
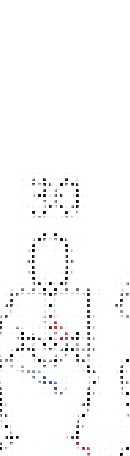
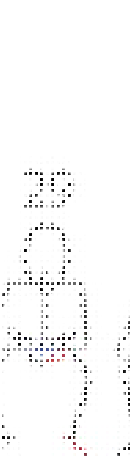
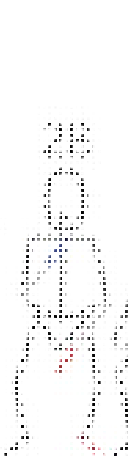
Vol au lièvre



Vol au lièvre



Avancer vers les cascades



Les cascades

Leurrer les mains

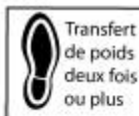
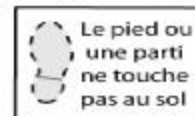
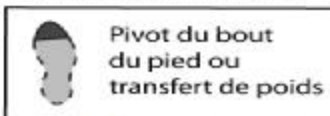
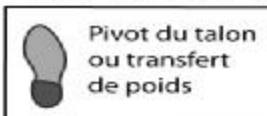
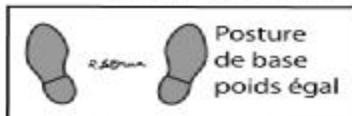
Annexe 5


<Déplacements des pieds>



TAI-CHI CHUAN DÉPLACEMENT DES PIEDS

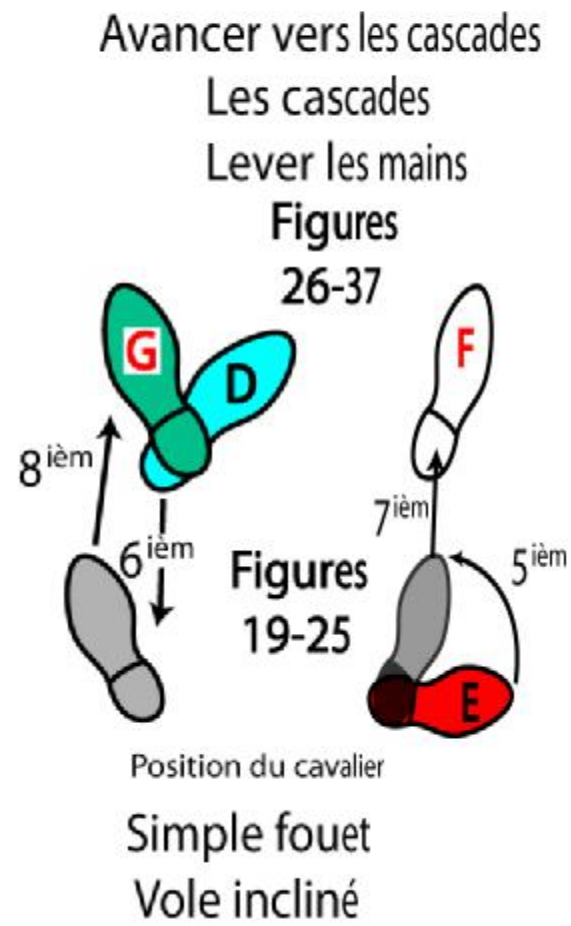
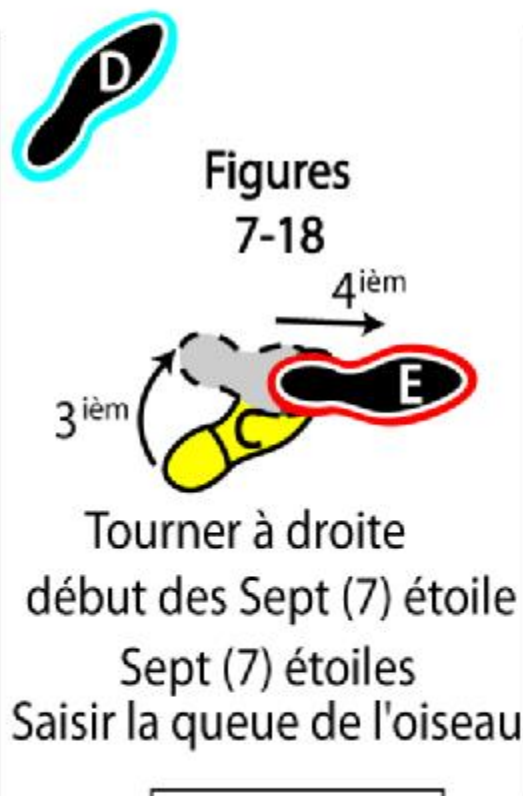
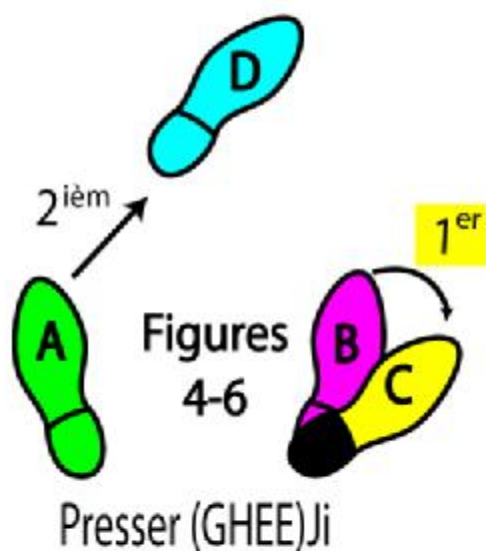
NOTEZ

Lettres en rouge sont des pas copiés sur une autre page



 Début des déplacements

A à G = Reproduction des pas 1^{er} = Enchaînement du déplacement
  = Les flèches indiquent le déplacement d'un pas



VOIR PAGES 9 à 17