

Bonjour

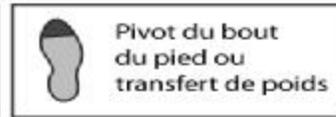
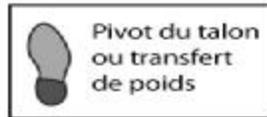
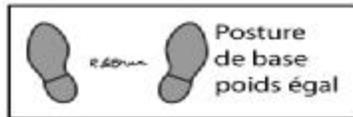
Je vous donne un exemple du Guide

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

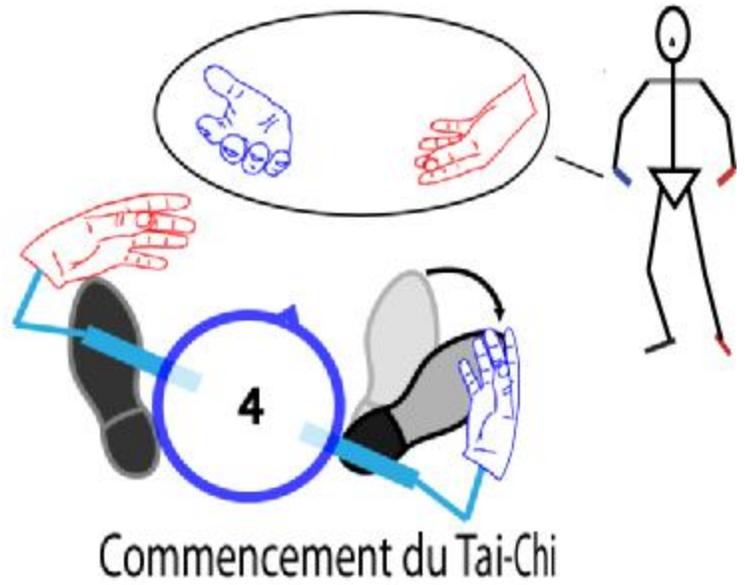
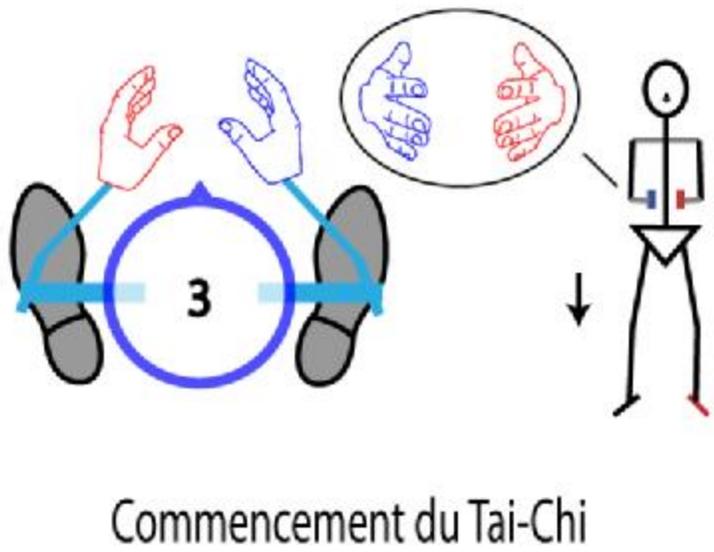
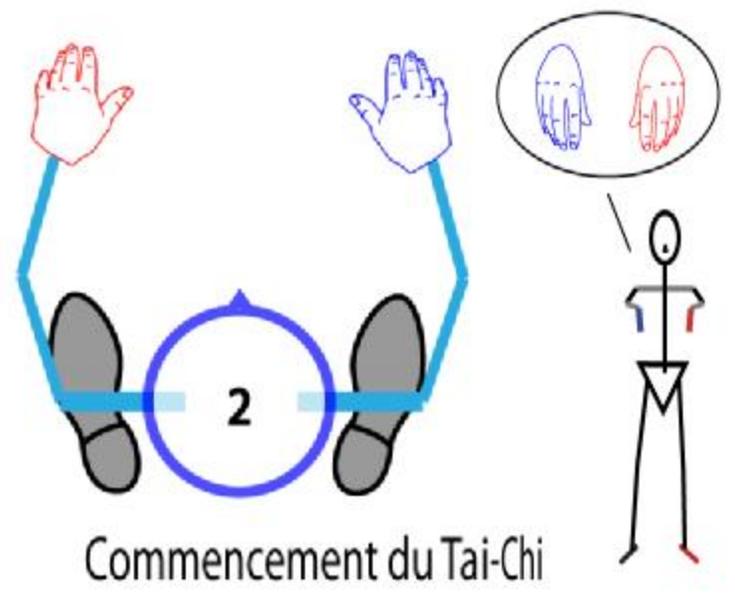
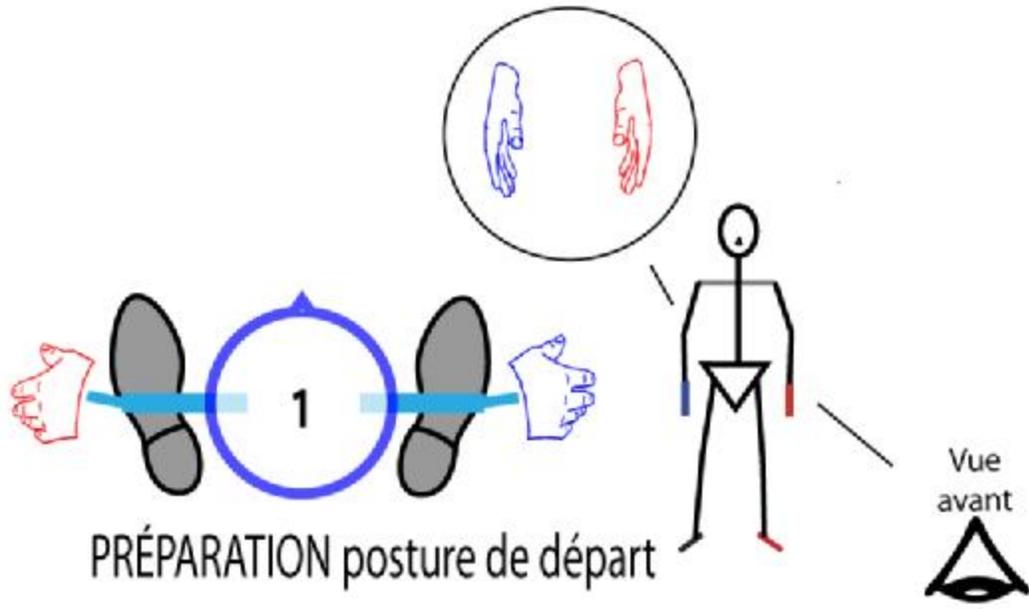
Toutes les figures de bonshommes sont vues du devant.

Bonne pratique

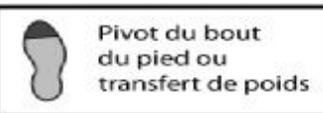
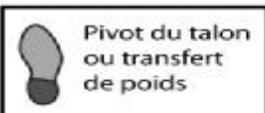
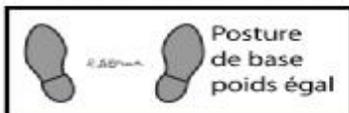
TAI-CHI CHUAN MOUVEMENTS - MAINS ET PIEDS



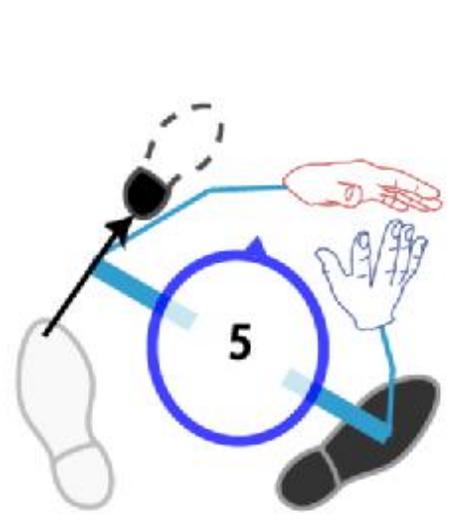
Le dégradé de gris pâle au noir indique un transfert de poids selon le déplacement



TAI-CHI CHUAN MOUVEMENTS - MAINS ET PIEDS



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

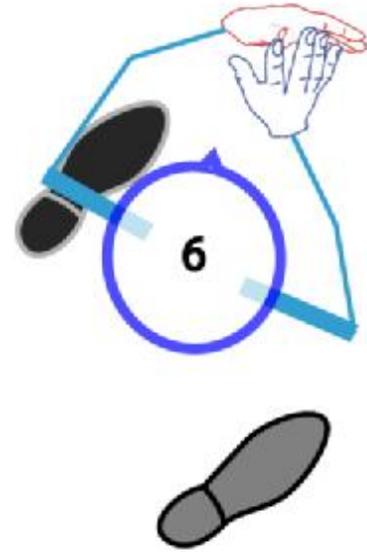


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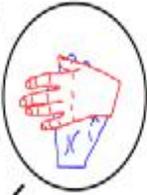


Début (presser (GHEE) Ji)

Vue avant

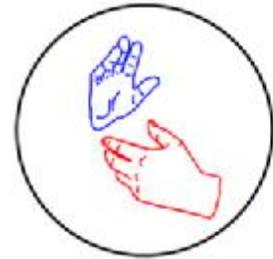
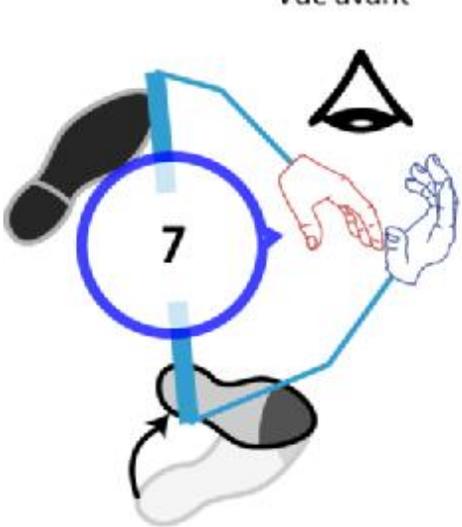


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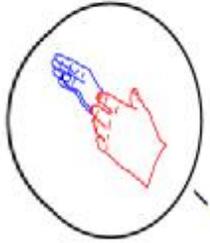
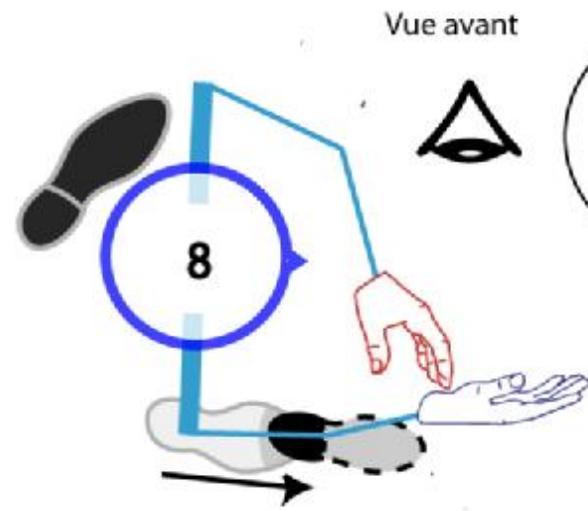


Presser (GHEE) Ji

Vue avant

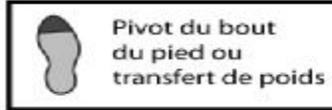
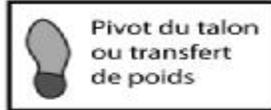


Tourner à droite début des Sept (7) étoiles

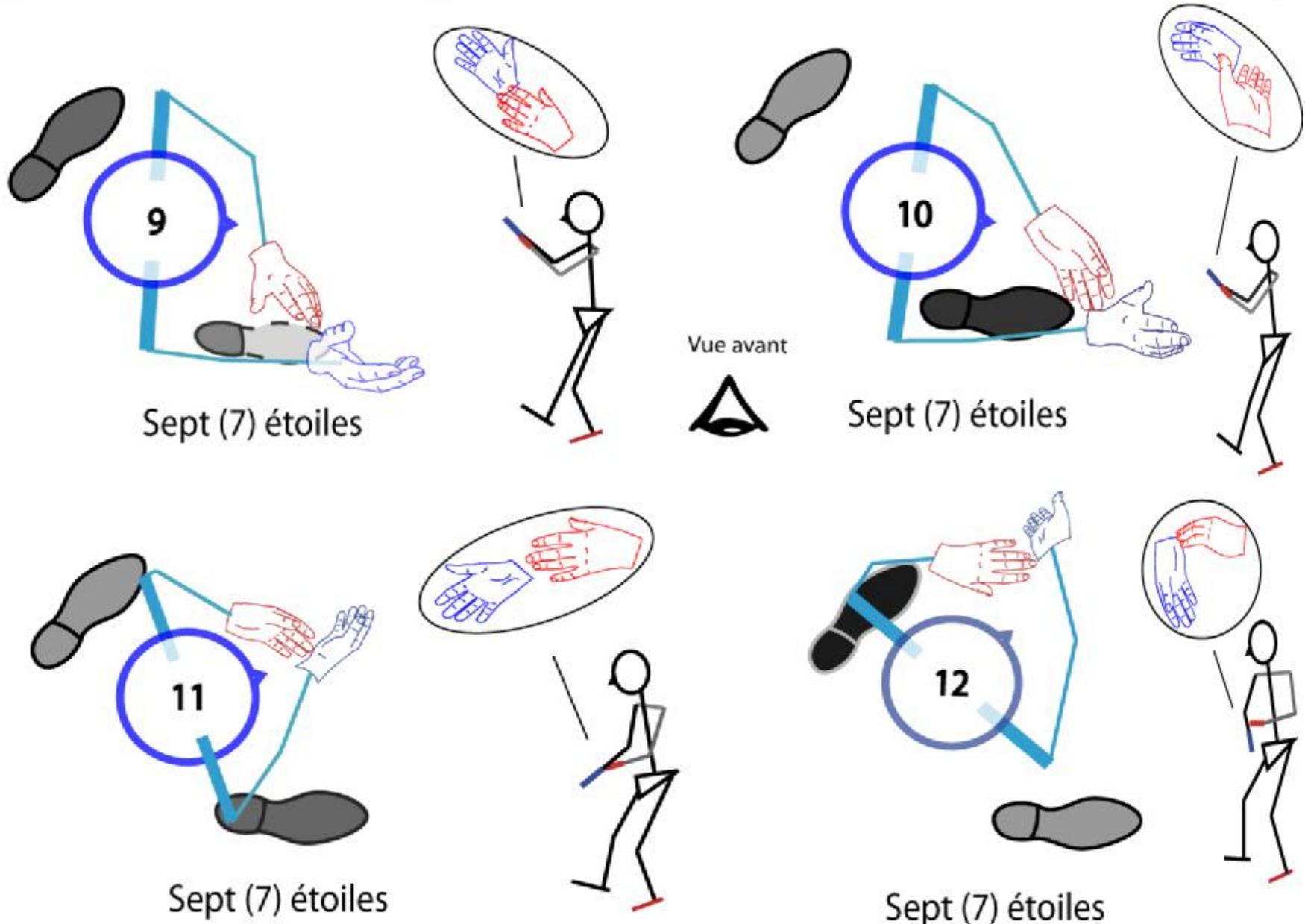


Sept (7) étoiles

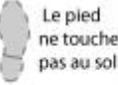
TAI-CHI CHUAN MOUVEMENTS - MAINS ET PIEDS



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



TAI-CHI CHUAN MOUVEMENTS - MAINS ET PIEDS

 <p>Posture de base poids égal</p>	 <p>Transfert de tout le poids</p>	 <p>Pivot du talon ou transfert de poids</p>	 <p>Pivot du bout du pied ou transfert de poids</p>	 <p>Le pied ne touche pas au sol</p>
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Vue avant



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

13 Sept (7) étoiles

14 Saisir la queue de l'oiseau

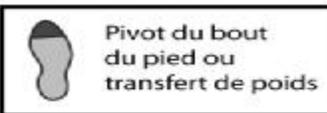
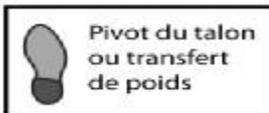
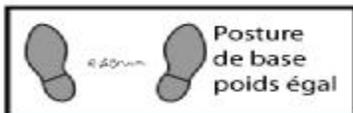
15 Saisir la queue de l'oiseau

16 Saisir la queue de l'oiseau

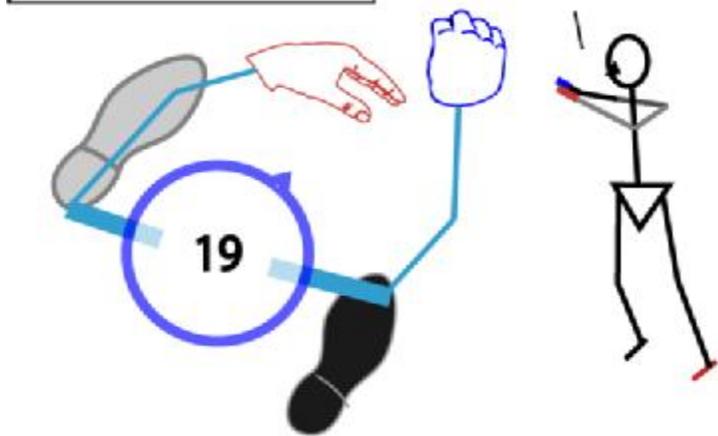
17 Saisir la queue de l'oiseau

18 Saisir la queue de l'oiseau

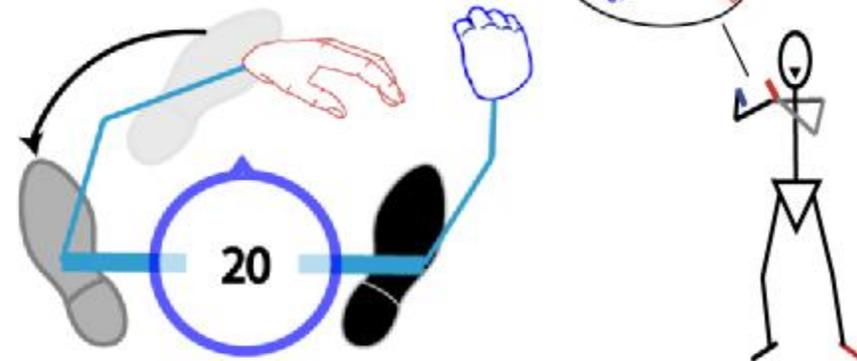
TAI-CHI CHUAN MOUVEMENTS - MAINS ET PIEDS



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



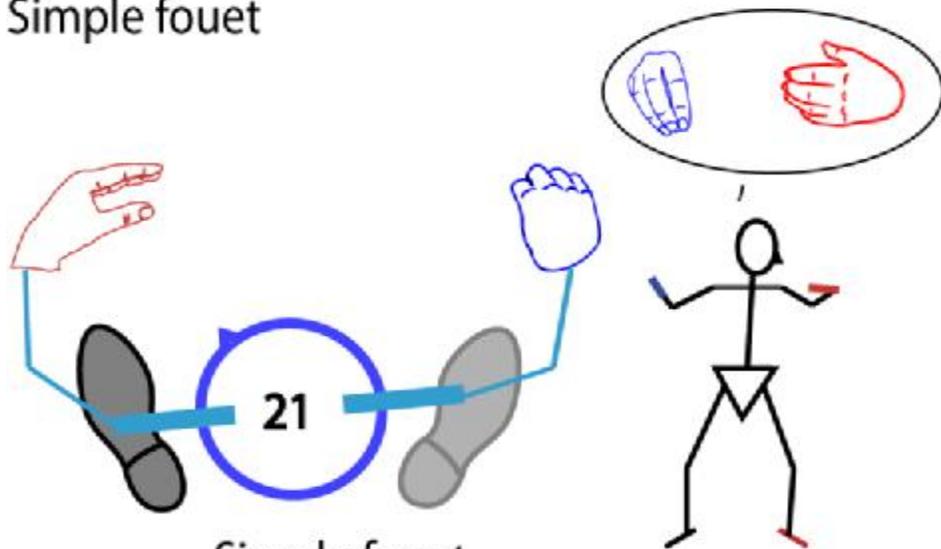
Simple fouet



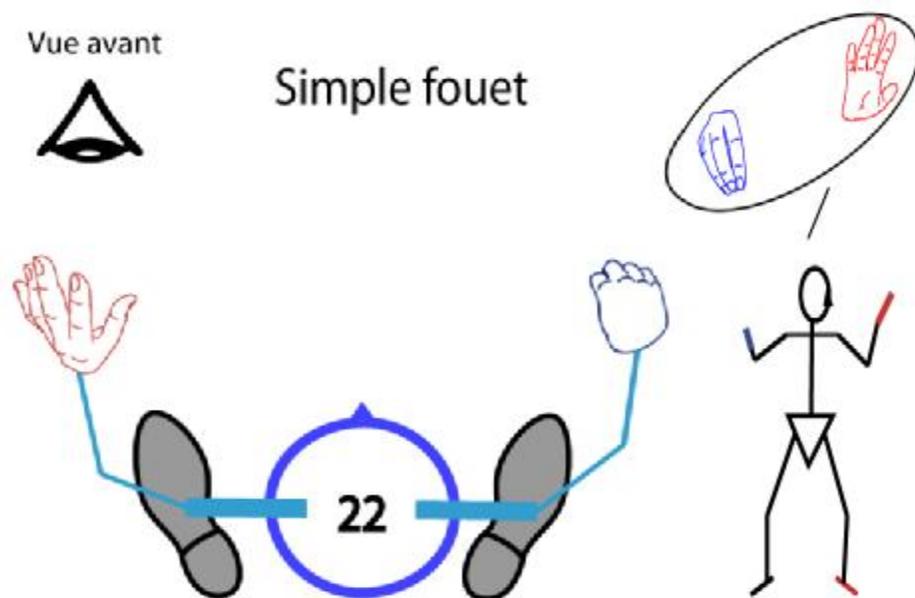
Vue avant



Simple fouet



Simple fouet

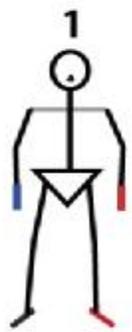


Simple fouet

ANNEXE 2

<Séquences des mouvements>

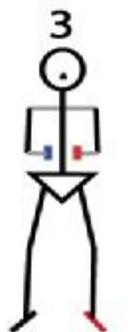
TAI-CHI CHUAN Séquences des mouvements



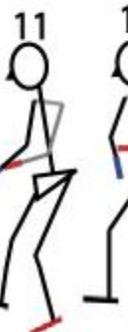
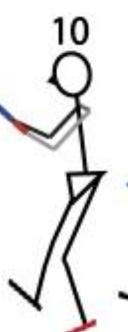
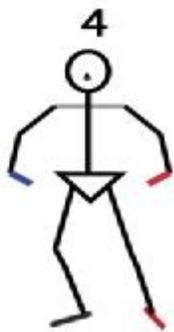
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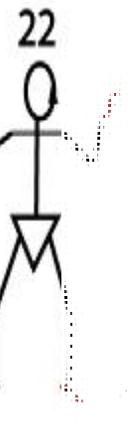
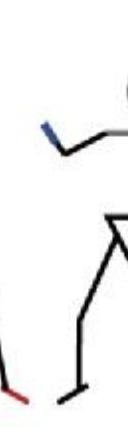
2 Commencement du tai-chi



3 Presser (GHEE)JI



Sept (7) étoiles



Sept (7) étoiles

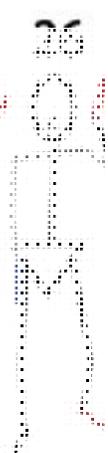
Saisir la queue de l'oiseau

Simple fouet

Vol au lièvre



Vol au lièvre



Avancer vers les cascades



Les cascades



Levier les mains

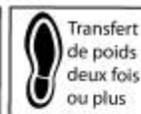
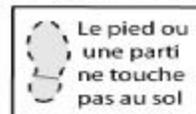
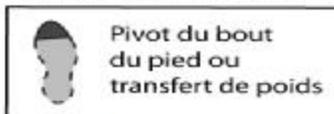
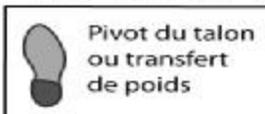
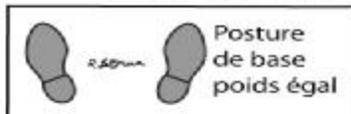
Annexe 5

<Déplacements des pieds>

TAI-CHI CHUAN DÉPLACEMENT DES PIEDS

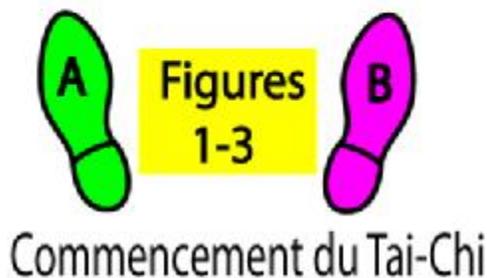
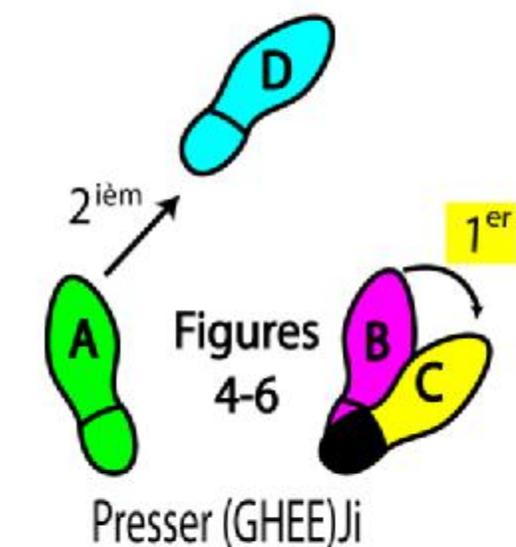
NOTEZ

Lettres en rouge sont des pas recopiées 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



Avancer vers les cascades
 Les cascades

Lever les mains

Figures 26-37

