

Long River Tai Chi Da lu Form

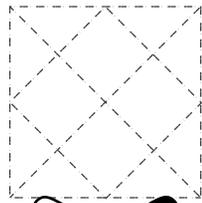
(The following are descriptive notes on Da Lu from Sheldon Berkowitz and Beth Carmichael. Typically, Sheldon and Beth have done a good job here. Students of Da Lu will be aware that these notes describe just one-half of the two person form. It's a kind of solo version which we use to start the Da Lu class. The version here is the "yang" half, which is the same as the "yin," except for the complications at the beginning, which are omitted. Of course, no one is perfect.)

Long River Da lu Form

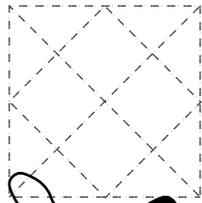
1. Facing Tai Chi North - Heels together, each foot 45 degrees turn-out out (point to corners).
2. Bow; eyes neither look at floor nor directly ahead.
- 3 .Sit down 100% in the right foot, hands come alive. Step the left foot forward (heel down step to North) foot turned out to NW corner – shift weight to left foot; as you do the right hand begins to precede you and rise - step forward into Wardoff Right directly facing the North.
4. Continue to shift 100% of the weight forward into right foot as the waist begins to turn to the left, hands forming Tai Chi ball, right hand above left hand below, allowing left heel to peel up.
5. Step the left heel where the toes were (towards the NW corner) shift weight (100%) to left foot- as you do, the hands pass (right hand falls left hand rises) while turning waist to the right. The right heel peels up and the right foot accompanies the waist, turning on the toe.
6. Step the empty right foot to the NE corner, shift the weight into it until full, executing shoulder stroke (left hand minding the right elbow).
7. Roll the weight back into the left foot, bringing the right heel back to reinforce the left, feet remaining on the diagonals - as you shift back the right hand rises to hairline height, palm tending towards inwards, left hand passes groin and rests on bed of air just outside left thigh. 100% of weight is in the left foot.
8. Shift 100% to right foot - keep 100% weight in right foot while turning waist to the right and stepping the empty left foot around so that the toes point to SE corner - the right hand rotates palm forward at hairline height with the beginning of the turn - as the turn continues, the left arm rises into a rollback posture, simultaneously the right hand drops and tends towards palm down approximately waist height. As you turn the waist, make sure that you remain 100% in the right foot - the left elbow moves with the waist turn as if one piece with the left hip joint.
9. Shift 100% of the weight to the left foot (now oriented to the SE corner). Take a rear step to the NW corner with the right foot (right foot oriented to the SW corner). The next movements are identical to the first half of the posture Step Back To Ride The Tiger except that it is being done on the diagonal. Shifting 100% back to the right foot, move away from the left hand which falls palm down forward about waist high in front of you, oriented to your front (left) foot. The right hand circles back.
10. The following is just like the second half of Step Back To Ride The Tiger, except that instead of remaining on the back (right) foot to execute the slap, you shift 100% of the weight forward and bring the right foot forward to reinforce the left heel at the focus point of the strike. Shift 100% of the weight to the right foot, step the left foot ahead in the direction it was pointing (SE), shift the weight to it while turning to the right as in step 5; from here the form loops.



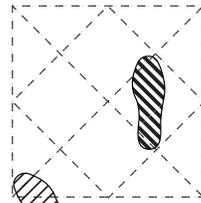
1) Facing Tai Chi North, heels together



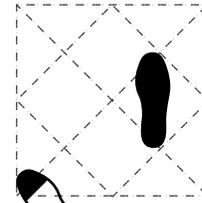
2) Sit down 100% into right foot



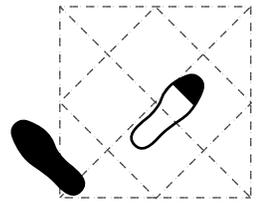
3) Step left foot out turned to NW corner



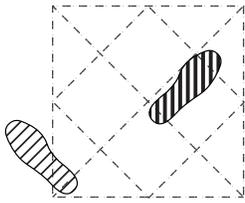
4) Step forward, Wardoff Right, 70/30



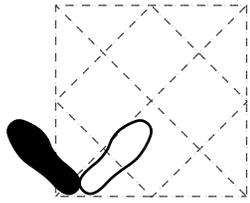
5) Shift 100% forward into right foot, allow left heel to peel up



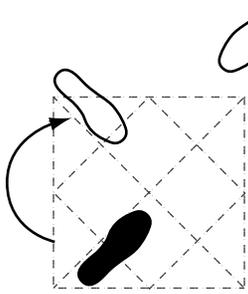
6) Step left heel where toes were, shift 100% to left foot, turn waist right, right heel peels up, turning on right toe



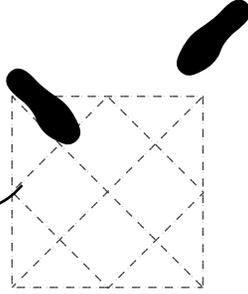
7) Right foot to NE corner, 70/30, "Shoulder Strike"



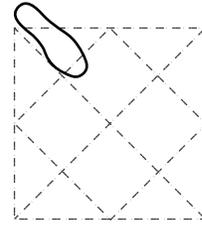
8) Roll the weight back 100% into the left foot, bring right heel back



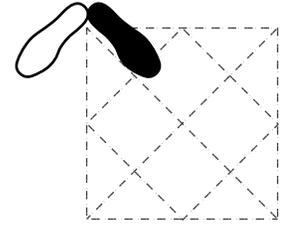
9) Shift 100% to right foot, turn waist right, step empty left foot around, "Split"



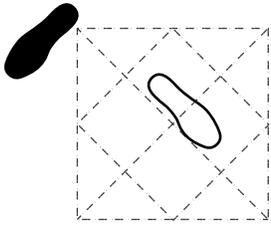
10) Shift 100% weight to left foot, take a rear step to the NW corner



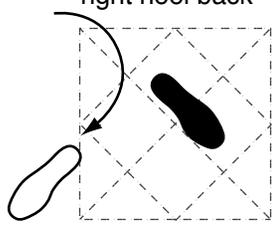
11) As in Step Back to Ride the Tiger, shift 100% back into right foot, "Pluck"



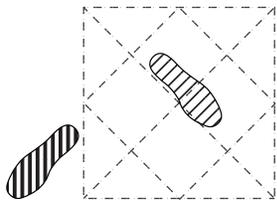
12) Shift forward 100% into left foot, bring right foot forward reinforcing left heel at point of "Elbow Strike", loop forms



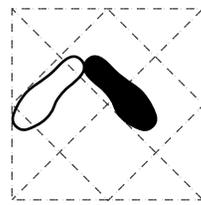
13) Shift 100% into right foot, step left foot ahead empty



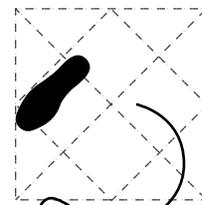
14) Shift 100% into left foot, turn waist right, step right foot ahead empty



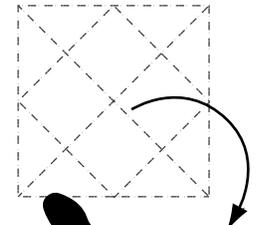
15) Right Foot to SW corner, 70/30, "Shoulder Strike"



16) Roll the weight back 100% into the left foot, bring right heel back



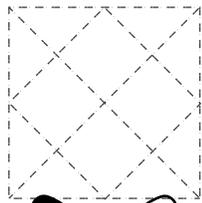
17) Shift 100% to right foot, turn waist right, step empty left foot around, "Split"



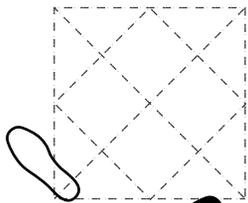
18) Shift 100% weight to left foot, take a rear step to SE corner



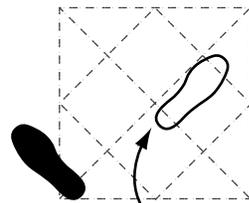
19) As in Step Back to Ride the Tiger, shift 100% back into right foot, "Pluck"



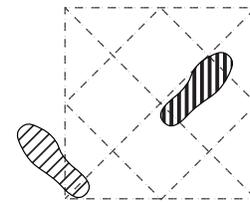
20) Shift forward 100% into left foot, bring right foot forward reinforcing left heel "Elbow Strike",



21) Shift 100% into right foot, step left foot empty



22) Shift 100% into left foot, turn waist right, step right foot ahead empty



Continue with loop, right foot to NE corner, 70/30, "Shoulder Strike"

Long River Tai Chi Circle Da Lu Steps

Drawn by G. Chiang, 2008,
Inspired by notes on Da Lu
from Sheldon and Beth.