

Tai Chi Cam's form

1. Stance: Feet are shoulder width apart. Knees are bent. Buttocks are slightly tucked in. Spine is straight. Shoulders are relaxed. Neck/head are upright and level. Imagine your head and spine being suspended from a point on the top of your head. Energy flows down the body thru the soles of the feet rooting you into the ground. Weight is evenly distributed.
2. Opening: Raise hands in a circle in front of you like tracing the outside of a beach ball. Hands reach shoulder height, then bend elbows and slowly drop. Breathe in as hands rise and out (exhale) as hands drop. Hands are relaxed.
3. Grasp (Pat) the bird's tail: Shift weight to left. Scoop clockwise with right hand. Raise and scoop clockwise with the left hand. Left hand on top, Right hand on bottom, like you are carrying a ball. Step forward with right foot. Shift weight to the right. Raise right forearm. Pat down with left hand until it reaches the waist. Bring in left foot and carry the ball. Scoop counter clockwise with the left hand. Circle counter clockwise horizontally with the right hand. Step forward with the left foot. Shift weight to the left. Raise left forearm. Pat down with right hand until it reaches the waist. Bring in right foot and carry the ball.
4. Ward off, Pull Back, Press and Push (right): Step right with the right foot. Twist to left with waist. The hands make small circles. Shift weight to the right. Ward off, raising the right hand to above shoulder level in front. Right palm faces in. Left hand follows at chest level with palm out. Pull back by turning the ball over, the left palm is upward, the right palm is outward. Let the hands drop as you shift the weight to the left. Press your left forearm against the inside of your right forearm. The palms face each other. Turn the waist to the right. Press forward levelly shifting the weight to the right. Separate the hands and let them float down to your waist while shifting your weight to the left. The hands rise together over the stomach to the chest. Push outwards with the two hands with fingers upwards, as the weight shifts to the right.
5. Note: When stepping, try to maintain a channel of 2-6 inches between the feet. The turning of the body and the movements are generated from the waist and legs. Knees and hands should not go beyond the big toe. The weight balance of the static postures is 60/40. When moving, the moving foot is free of weight. Pay attention to the circles in the movement.
6. Single whip: Shift weight to the left. Turn the upper body and hands to the left facing forward. Rotate on your right heel. Relax the right arm down to the waist. Make a hook with right hand. Shift weight to the right and raise right hand with a circular motion. Make a small downward circle with the left hand. The left hand rises palm inward to the shoulder. Turn left palm outward fingers pointed upward. Pull in left foot. Step out with left foot while pushing out with left hand. Shift weight to left foot.
7. Left Lift Hands: Shift weight to right foot. Bring left foot in by bending the left knee. Make a small vertical circle with the left hand in a chop position ending with the left arm $\frac{3}{4}$ extended shoulder height. Right hand droops to waist and makes large vertical circle ending with right palm facing the left elbow.

8. Brush Knee/ Twist step (right & left)
9. Ward off, Pull Back, Press and Push (left)
10. Single Whip (left)
11. Right Lift Hands
12. Stork Spreads its Wings (right & left)
13. Punches from Waist (4)
14. Repulse Monkey (right & left)
15. Part the Wild Horse's Mane (right & left)
16. Right Lift Hands
17. Cloud Hands (right & left)
18. Carry Tiger to Mountain. Turn feet so they are parallel and weight is evenly balanced. Reach with both hands over your head. Squat and separate the hands outward and downward to the knees. Close hands as if picking up a animal (tiger). Stand up while crossing hands in front of chest. Uncross hands and drop elbows so hands float to waist. (Some teachers recommend shifting weight to the right when going down and to the left when going up).
19. Closing: (similar to opening) Raise hands in a circle in front of you like tucking in the tiger. Hands reach shoulder height, then bend elbows and slowly drop. Breathe in as hands rise and out (exhale) as hands drop. Hands are relaxed.

Sitting Qi Gong With Cam Vozar

- > 1) Warm the knees.

- > 2) Drink from the Heavenly pool.
 - > - Inhale while reaching forward and up.
 - > -Exhale as hands lower.

- > 3) Spine Twist
 - > -Turn out and breathe in.
 - > -Center and breathe out.

- > 4) Tendon Stretches
 - > -Exhale when pushing out.

- > 5) Shoot the bow.
 - > -Inhale while drawing the bow.
 - > -Exhale on release.

- > 6) Bend to the side.
 - > -Exhale while bending.
 - > -Inhale while upright.

- > 7) Crane looks right and left.
 - > -Inhale while turning and looking up.
 - > -Exhale while returning to center.

- > 8) Tapping

- > 9) Crane stretches its neck.
 - > -Inhale on stretch.
 - > -Exhale as spine straightens.

- > 10) Close