

# **Introduction to T'ai Chi Ch'uan**

## **Yang Family Short Form—Middle Third**

**Embrace Tiger, Return to Mountain**

**Diagonal Grasp Sparrow's Tail (Rollback, Press, Push)**

**Diagonal Single Whip**

**Hook**

**Fist Under Elbow**

**Repulse Monkey**

**Diagonal Flying**

**Cloud Hands**

**Squatting Single Whip/Snake Creeps Down**

**Golden Cock Stands on One Leg Left and Right**

**Separate Left and Right Feet**

**Turn and Kick with the Heel**

**Brush Knee Left and Right**

**Low Punch**

**Grasp Sparrow's Tail (Ward Off Right, Rollback, Press, Push)**

**Single Whip**



# How to Access the Course Materials on the Rulertaichi.com Website

## To Get the Free Printed and Video Materials:

### From a Desktop or Laptop Computer

1. From your computer's web browser, enter **www.rulertaichi.com/signup**
2. When prompted, create a personal login and password
3. For printed materials select the Resources menu and choose Docs and Syllabi, for videos select the Members menu or the small human icon

### From a Phone or Tablet

1. From your phone or tablet's web browser, enter **www.rulertaichi.com/signup**
2. When prompted, create a personal login and password
3. Look for the pull-down menu at the top right of your screen (three red lines)
4. Tap the menu and select the materials you want. For printed materials select Resources and Docs and Syllabi, for videos select Members or the small human icon

**Note:** I have provided you with a free trial membership in the Chen Tuan Society, which enables you to access all printed and video materials, as well as receive discounts and other benefits while you are enrolled in this course. Your free membership will automatically expire when the course ends. If you wish to continue to have access to all of these premium materials and other benefits after the course is over, you may extend your membership on a monthly or yearly basis, as detailed below:

## To Continue Your Chen Tuan Society Membership:

### From a Desktop or Laptop Computer

1. Use your computer's web browser to go to **www.rulertaichi.com**
2. Enroll in the Chen Tuan Society
3. Once enrolled, press the Members button from the top menu or tap the small human icon on the upper right of your screen
4. If prompted, enter the email password you gave for Society membership

### From a Phone or Tablet

1. Use your phone or tablet web browser to go to **www.rulertaichi.com**
2. Enroll in the Chen Tuan Society
3. Once enrolled, tap the pull-down menu and Members down-arrow, or the small human icon on the upper right of your screen
4. If prompted, enter the email and password you created for Society membership

*If you have difficulty accessing any of the website materials, send me a note using the website contact form, or speak to me after class. I hope you enjoy the Ruler T'ai Chi website!*