

TAI JI QUAN 太极拳

STYLE « YANG »

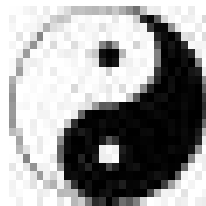


Yang Chengfu 楊澄甫 (1883 - 1936)

Aide mémoire à la pratique de la «forme»

Ce document n'a qu'un seul objectif : vous aider à mémoriser l'enchaînement de la forme.

Pour l'utiliser, suivez la numérotation des photos. À droite de chacune d'elles, des «photos de transition», utiles pour passer à la photo numérotée suivante.



Première partie :

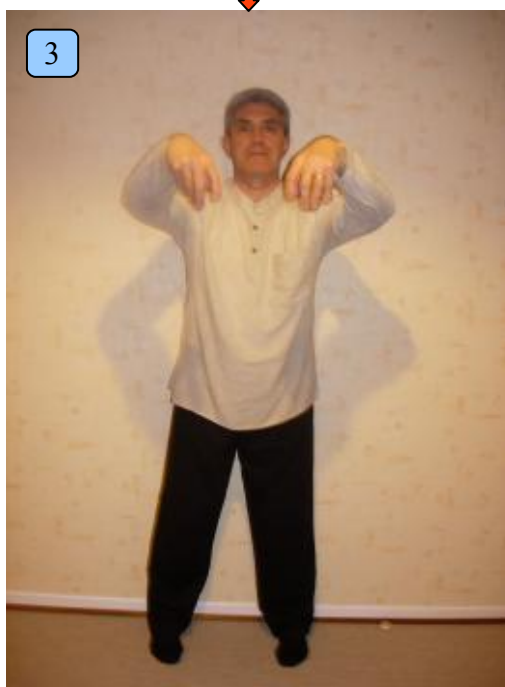
LA TERRE

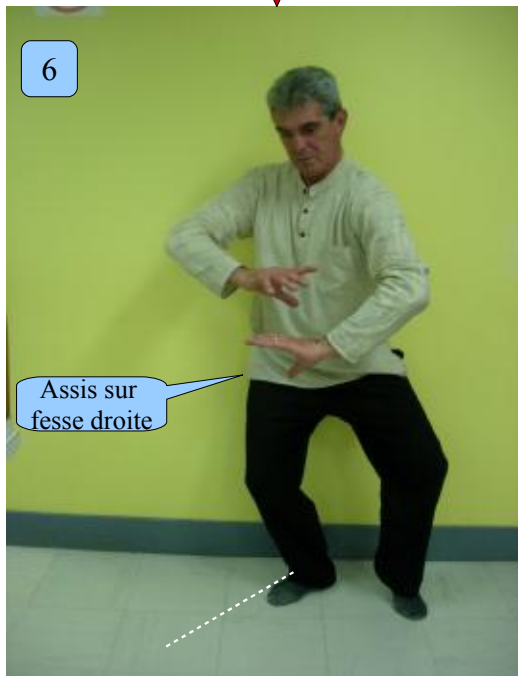
地面

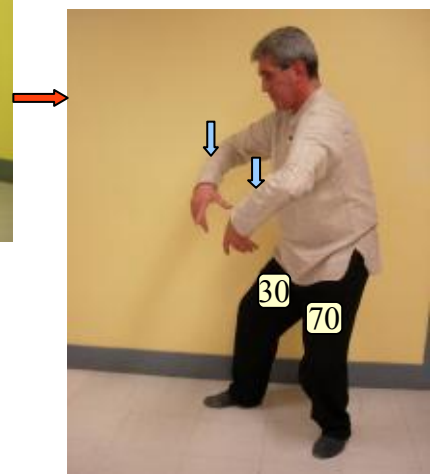
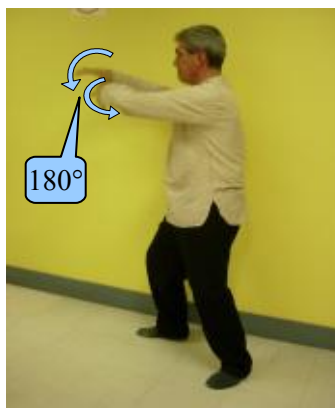
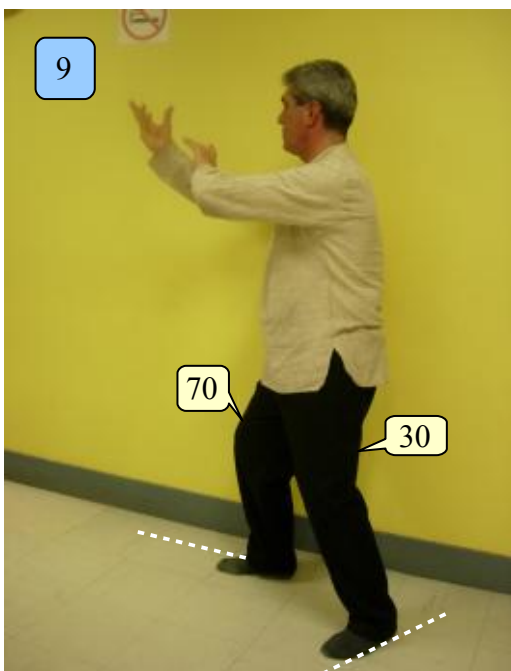
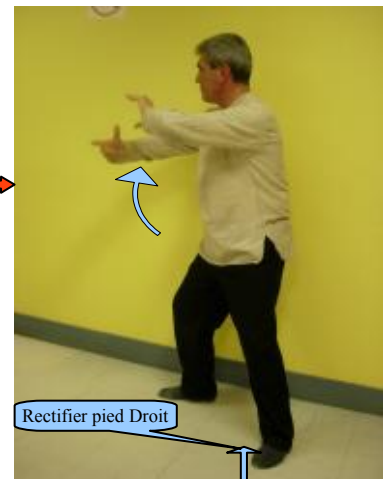
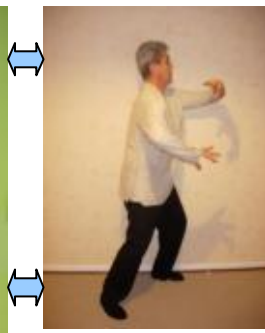
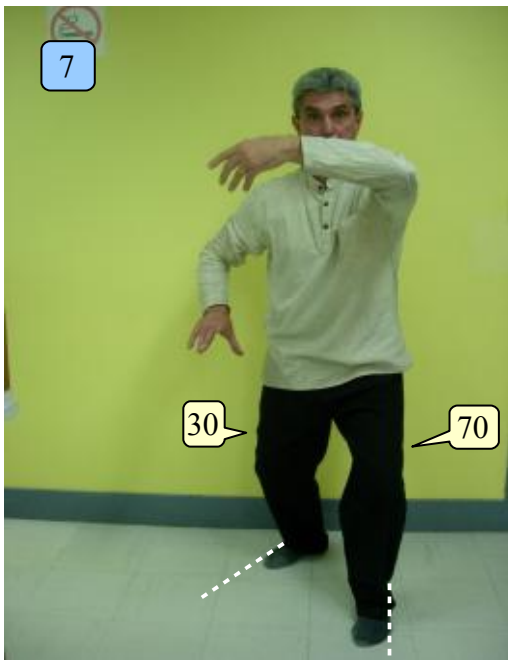


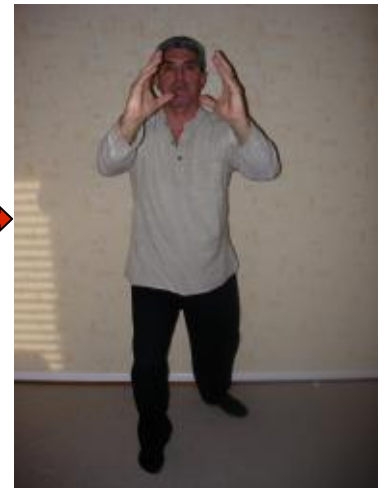
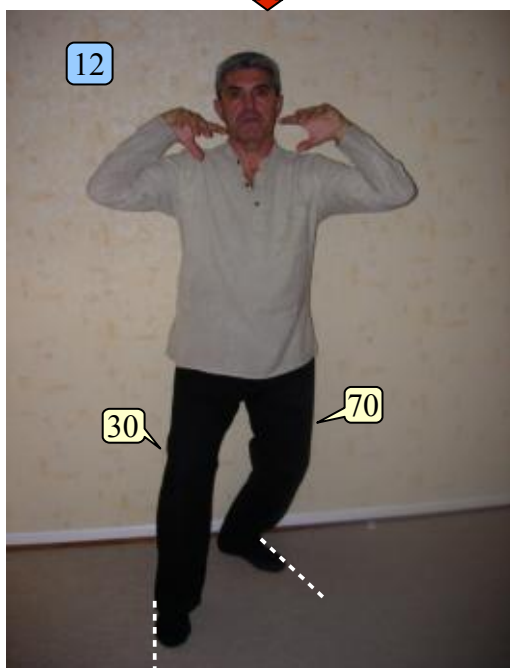
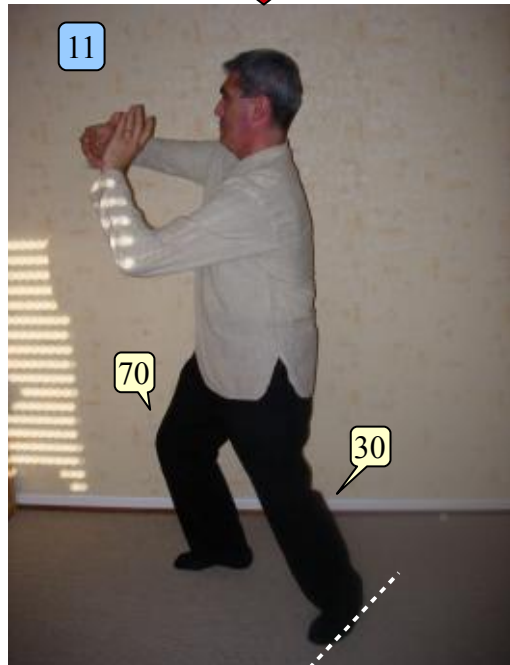
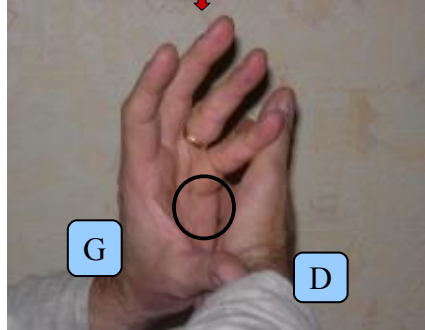
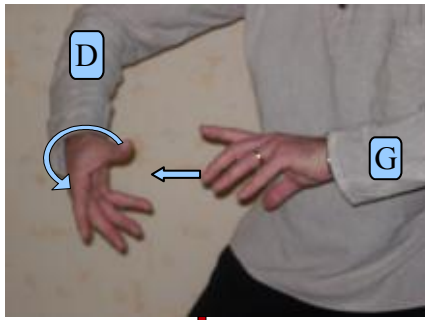
*La Forme se divise en **trois parties**.*

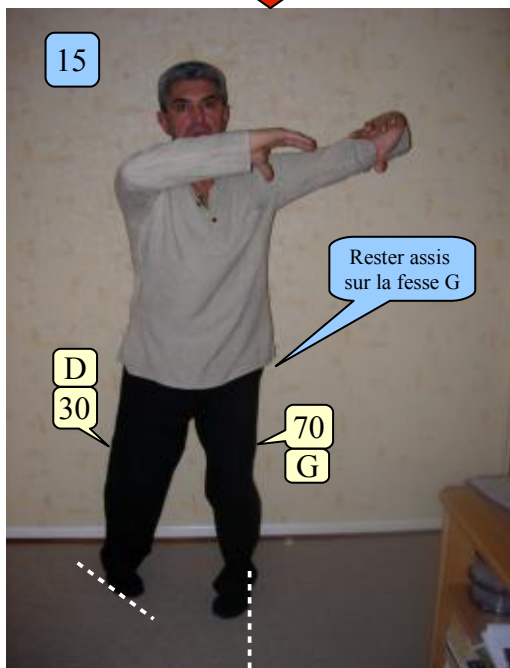
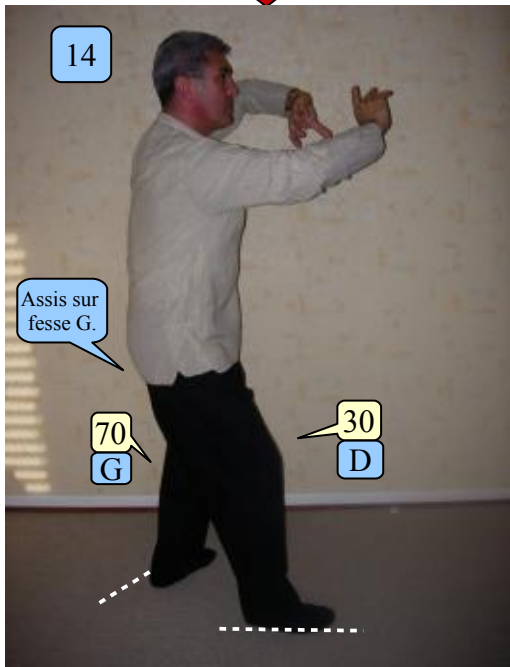
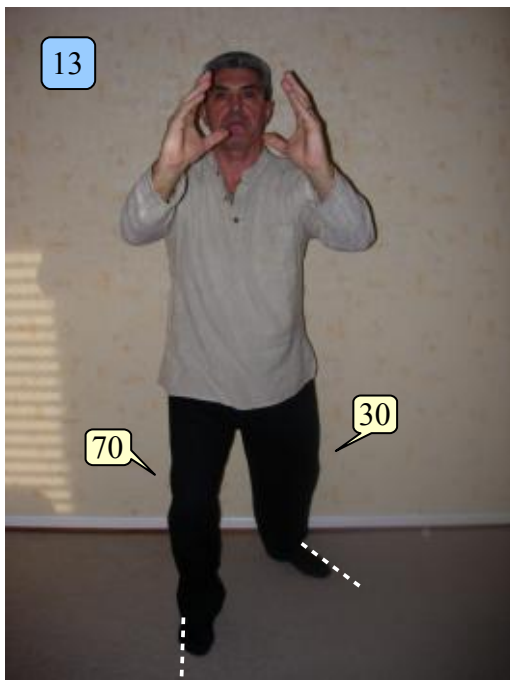
*La première symbolise la **Terre**, on y apprend les bases du Tai Chi Chuan. La seconde partie représente le **Ciel**, où l'on y apprend à faire de nouveaux mouvements et pas, dans différentes directions, à pivoter sur place, à donner des coups de pieds, et tout ceci, en portant son attention sur l'équilibre à conserver. La troisième et dernière partie symbolise l'**Homme**, qui est l'union des énergies du Ciel et de la Terre, et dans cette partie, en plus d'autres nouveaux mouvements, on perfectionne ceux des deux parties précédentes.*

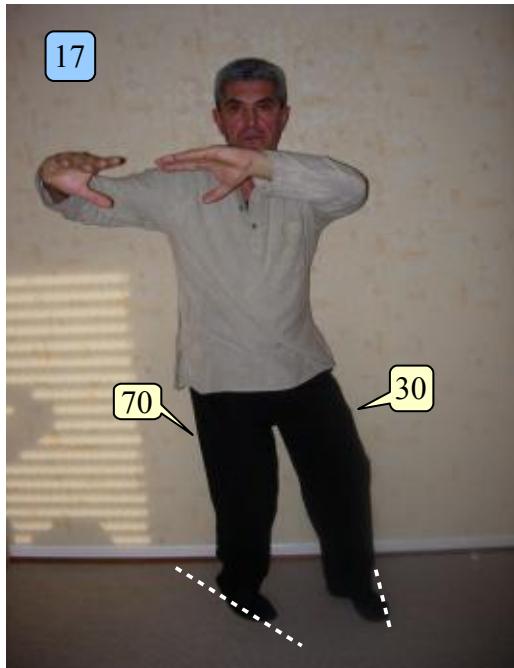
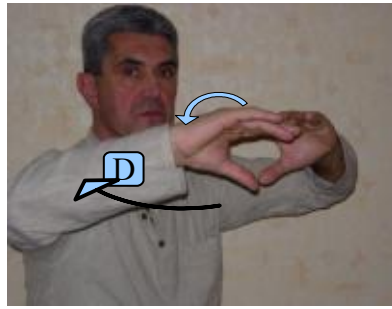


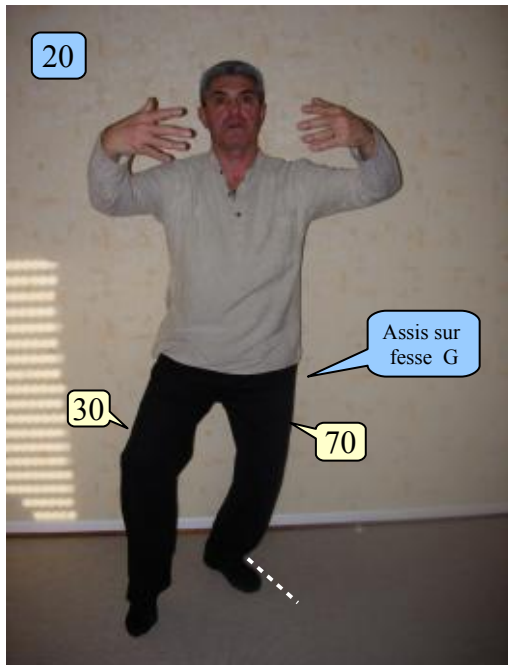
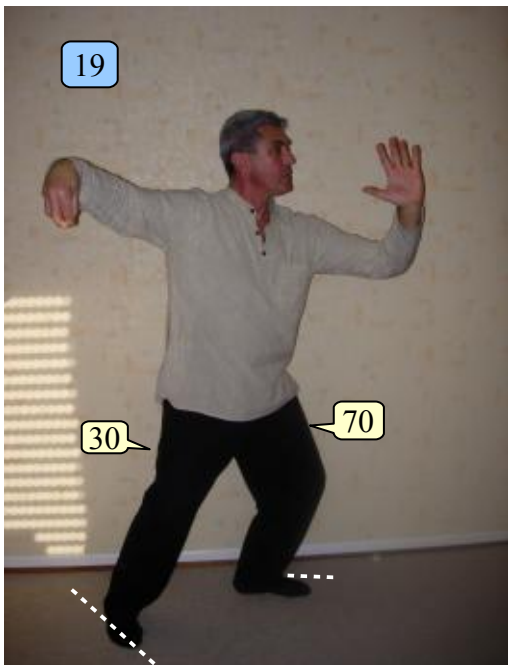


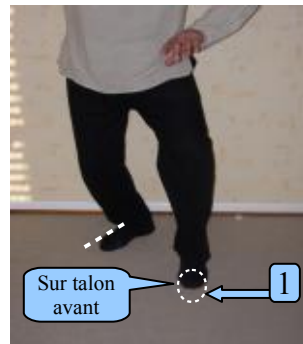
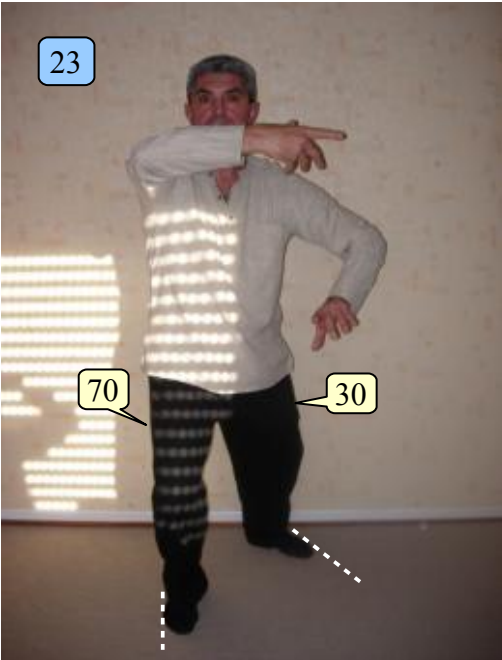


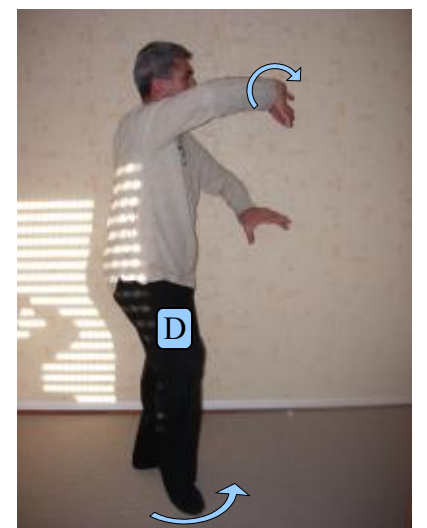
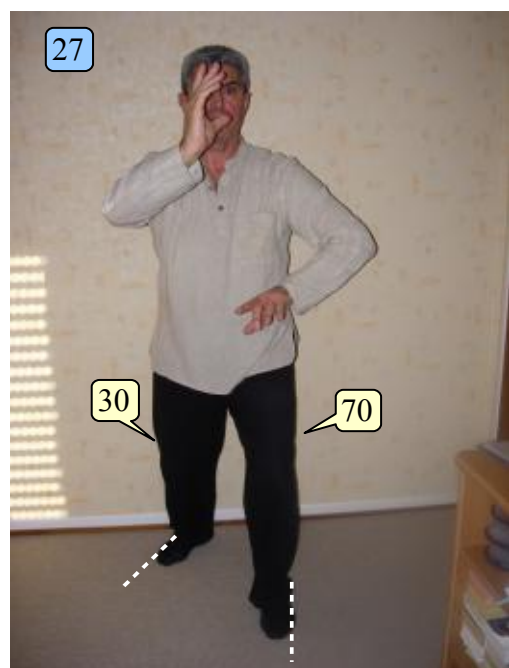
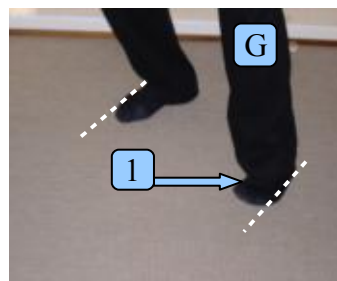
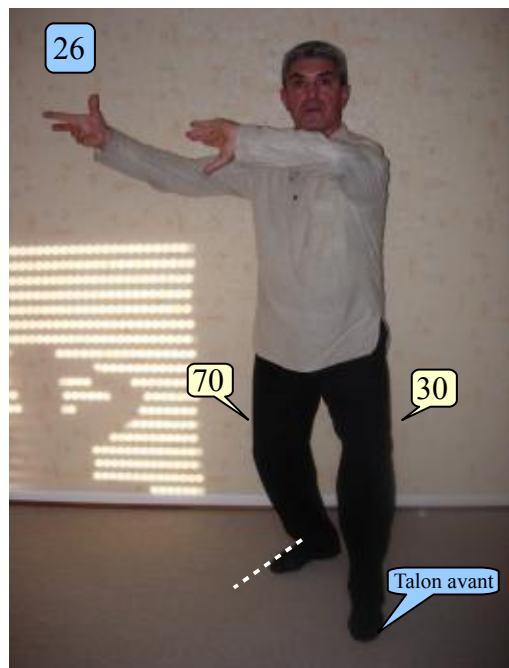
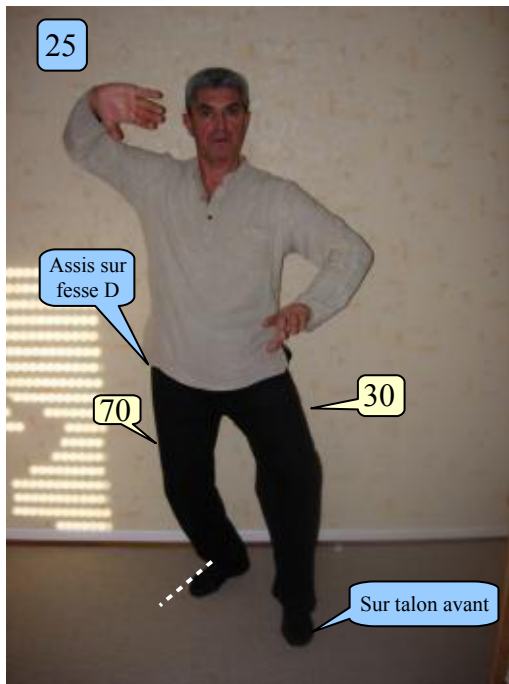


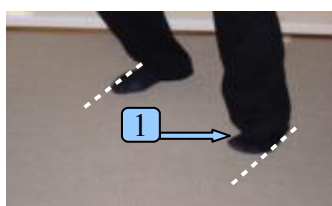
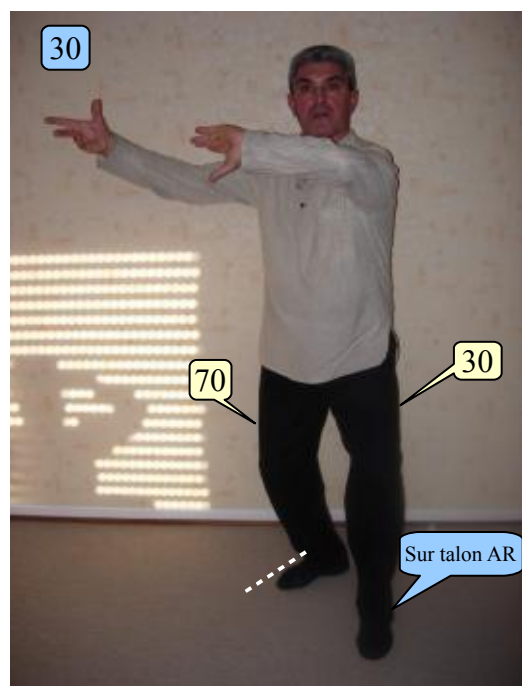
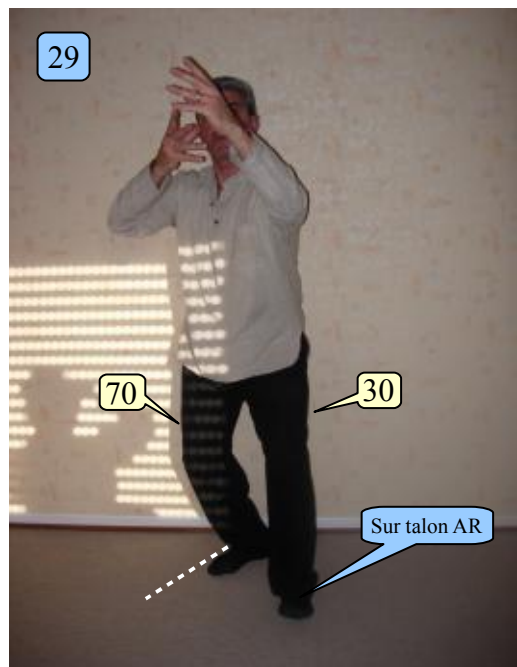


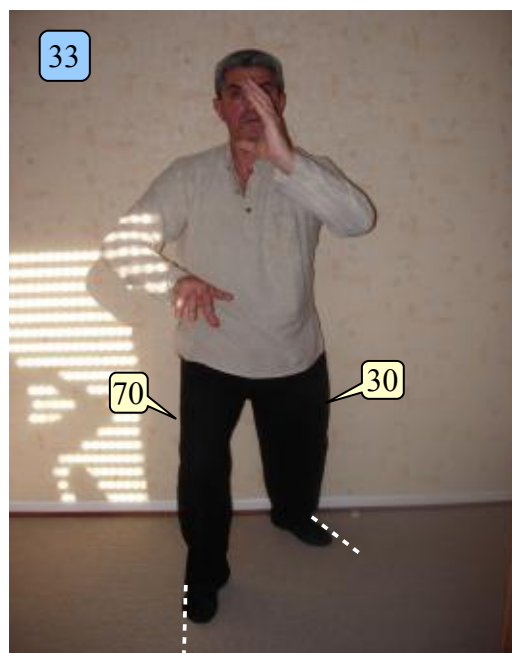
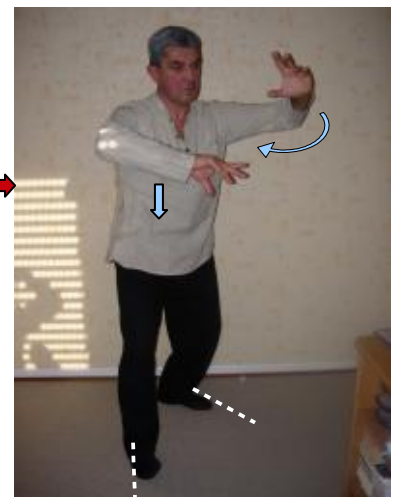


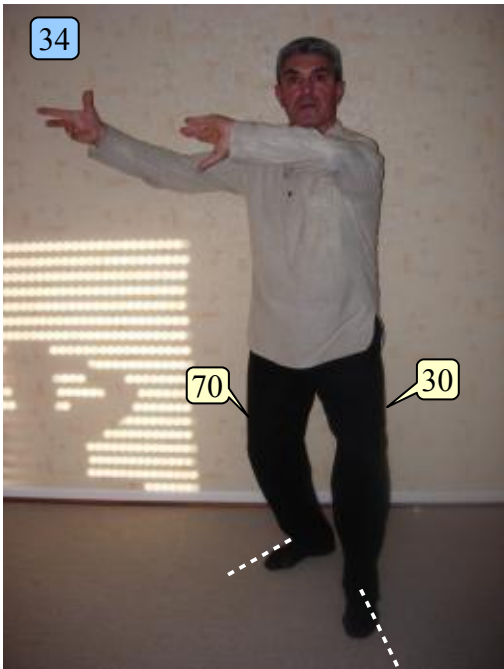




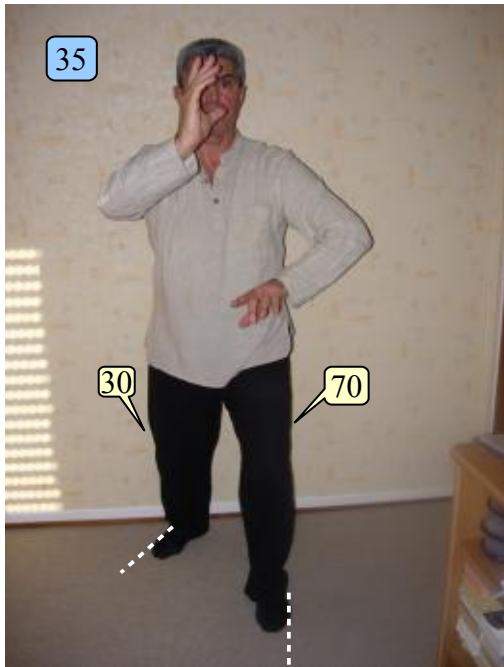
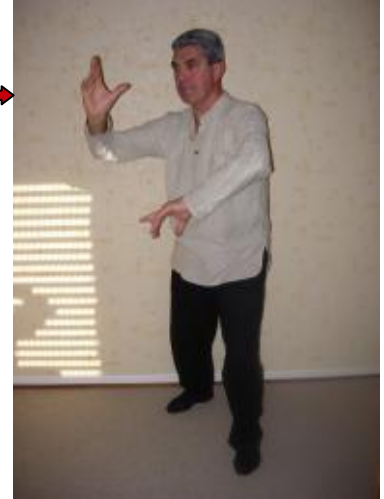




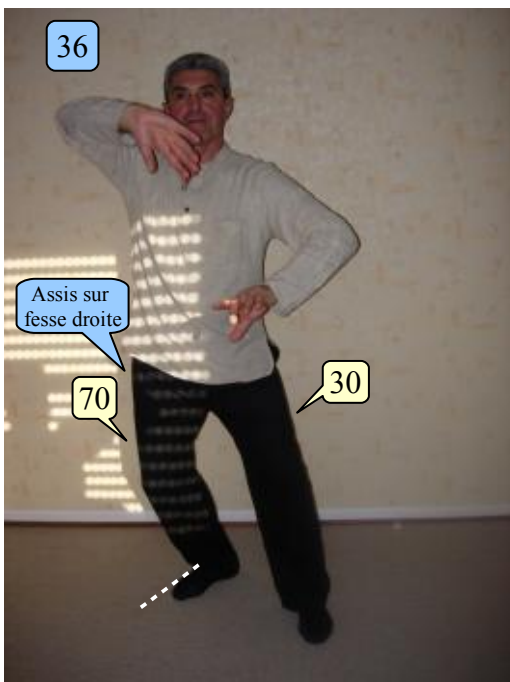
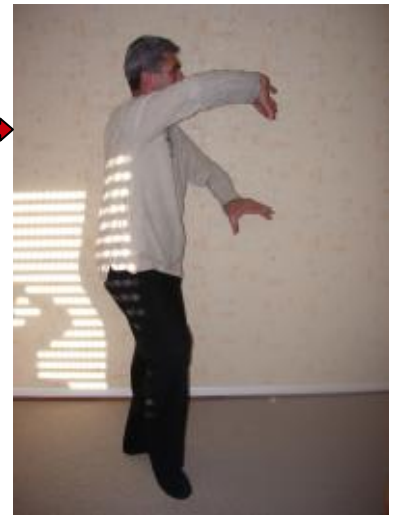




Idem transition
30/31



Idem transition
27/28

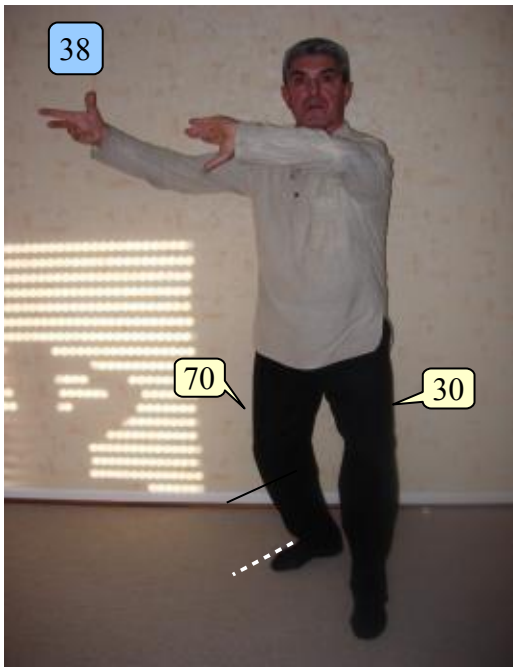


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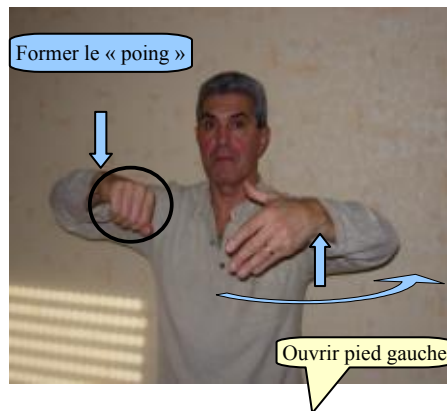
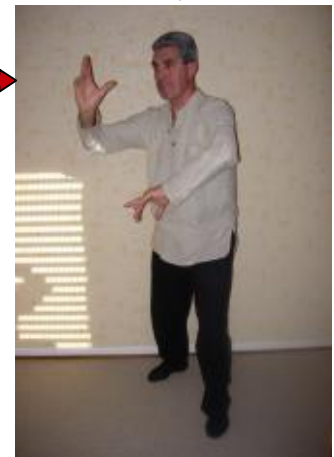


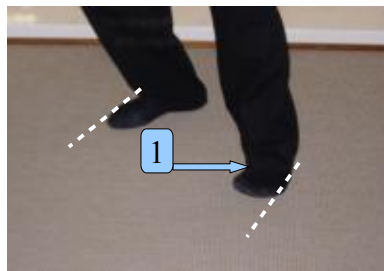
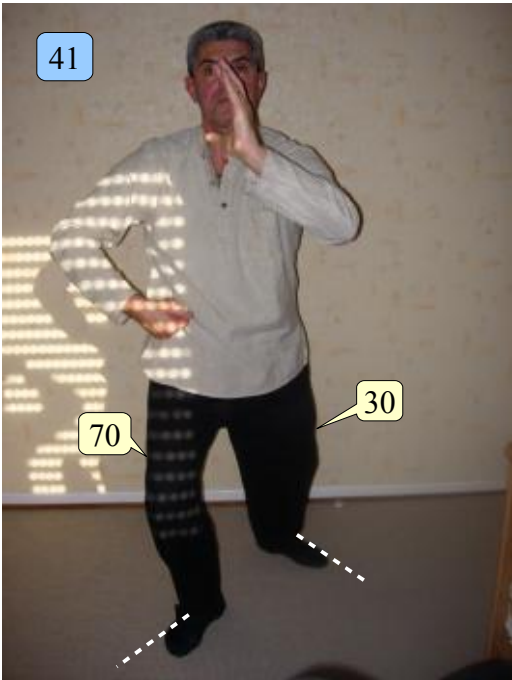


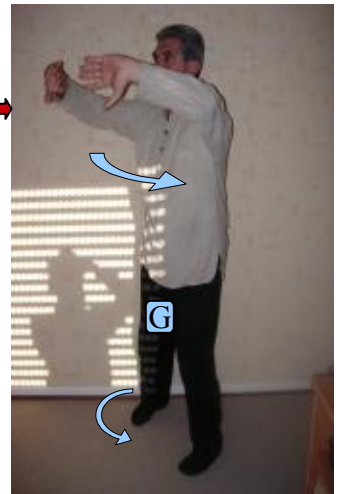
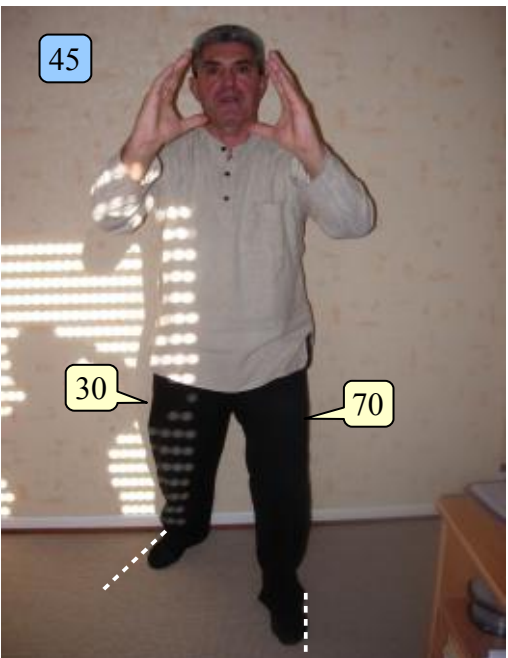
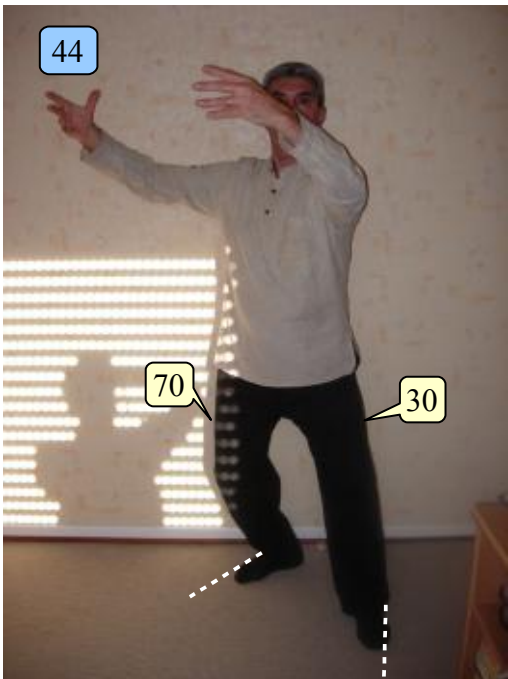
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29/30

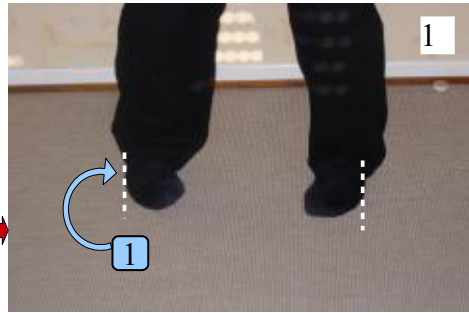
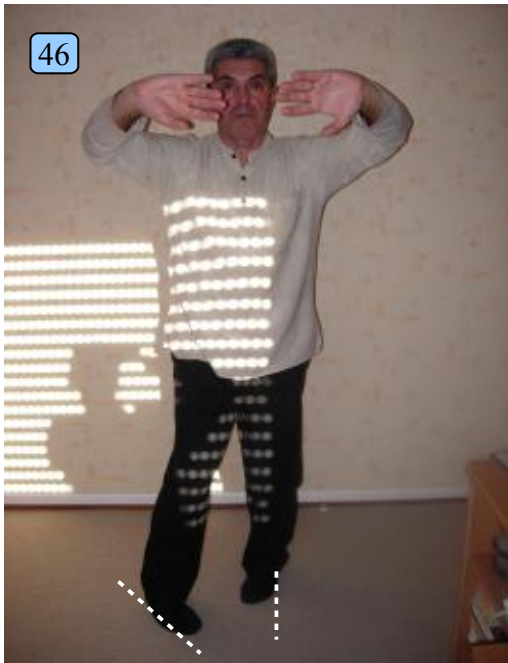


Idem transition
30/31









*Fin
de la première partie*