



# Tai-ga Short Form

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# Introduction

Tai-ga is a synthesis of two separate centuries old disciplines, namely, Tai-chi and Yoga. As such, Tai-ga is a time-tested exercise regime that:

- is made up of controlled, biomechanically correct movements;
- has a calming effect - ideal for winding down after work;
- is low (actually, no) impact – the movements performed do not cause jarring in joints;
- improves posture;
- tones and conditions muscles;
- increases stability of joints;
- strengthens core (supporting) muscles;
- increases resistance to injury especially in the back and neck;
- promotes graceful movement and improves co-ordination;
- reduces fat while building lean muscle mass;
- is safe for people of all levels of fitness and flexibility;

Tai-ga is superior to Tai-chi alone because:

- it requires deeper and more comprehensive stretches;
- it lengthens and strengthens major muscles more than Tai-chi so as to increase resistance to injury;
- incorporates movements that include bending from the waist so as to strengthen and stretch the back;
- it involves 'full range of movement' exercises;
- includes sitting and lying exercises;
- it can be relaxing, physically strenuous or anything in between.

Tai-ga is superior to Yoga alone because:

- it is not static but involves smooth, graceful and controlled movement;
- it improves co-ordination;
- it improves balance while moving and stepping in extended stances;
- it strengthens the supporting muscles that stabilise the body during movement;
- it teaches real martial arts techniques contained in the Tai-chi short and long forms;
- it is a form of Chi-Kung (Qi Gong) that increases your 'Chi' (life force).

The following Tai-ga form is based on the Yang Style Tai-chi Short form.

## TAI-GA SHORT FORM



Mountain Pose; Beginning of Tai-ga; Raise and Lower Hands; Raise Right Hand



Turn to the West; Stroke Wild Horse's Mane



Triangle Pose; Horse-riding Pose; Triangle Pose



Raise Hands and Lift Knee; Step-up and Strike to Groin



White Crane Spreads its Wings; Tree Pose



Brush Knee and Twist Left; Quad stretch Pose; Dancer Pose



Horse-riding Pose; Brush Knee and Twist Right; Quad stretch Pose



Dancer Pose; Horse-riding Pose; Raise Hands and Lift Knee



Play Guitar; Repulse Monkey Right



Repulse Monkey Left; Grasp Sparrow's Tail



Grasp Sparrow's Tail; Push up



Half Moon Pose; Balancing Stick (Flying) pose; Moon Pose



Pull Back and Turn; Half Moon Pose



Balancing Stick (Flying) Pose; Moon Pose; Step down and Pull Back



Press Forward; Roll Back



Push; Palms to side; Palms together behind back



Sideways Facing Forward Stretch Pose; Rise up; Palms to side



Turn around; Palms together behind back; Sideways facing Forward Stretch Pose



Wave Hands like Clouds; Snake Creeps Down



Wave Hands like Clouds; Snake Creeps Down



Wave Hands like Clouds; Single Whip



Single Whip; Extended Triangle Pose; Warrior Pose



Single Whip; Extended Triangle Pose



Warrior Pose; High Pat on Horse; Prepare to Separate Right Leg



Cross Arms; Raise Knee; Separate Right Leg (kick with ball of foot and turn 45 degrees to the North)



Prepare to Separate Left Leg; Cross Arms; Raise Knee



Separate Left Leg (kick with ball of foot and turn 45 degrees to the South)



Turn and kick with Left Heel; Double Wind Blows on Ears; Kick with Right Heel;



Golden Rooster Stands on One Leg; Fierce Pose; Forward Bending Twist Pose;



Forward Bending Twist Pose; Golden Rooster Stands on One Leg; Fair Lady Works the Shuttle



Reverse Triangle Pose; Blue Dragon Rises up out of the Water; Needle at the Bottom of the Sea



Eagle (Twist) Pose; Blue Dragon Rises up out of the Water; Needle at the Bottom of the Sea



Eagle (Twist) Pose; Wide-Legged Forward Bend Pose; Side Split Pose



Wide Legged Seated Stretches; Cobbler (Butterfly) Pose; Hip Stretch in Horse Pose



Crow (Hand-stand) Pose; Horse-riding Pose; Turn to the East and Prepare to Step



Step East and Fan Though the Back; Turn and Strike with Back of Fist



Withdraw Fist; Reverse Triangle Pose; Draw Back, Raise Knee and Load Left Arm



Deflect Sideways and Parry; Step up and Punch



Apparent Closure (thumb to outside of elbow); Draw back; Push with both Palms



Feet together Forward Bend; Lying Hero Pose; Forward Bending Hero Pose



Cow Pose; Cat Pose; Downward Dog Pose



Abdominal Bridge; Sphinx Pose; Swing Right Leg up and Lift up into Forward Splits



Lying Finger to Foot Pose; Lying Triangle Pose; Lying Reverse Triangle (Crocodile) Pose



Roll to Left onto Front (not shown); Swing Left Leg up and Lift up into Forward Splits; Lying Finger to Foot Pose; Lying Triangle Pose



Lying Reverse Triangle (Crocodile) Pose; Cobra Pose; Child's Pose;



Step Forward; Turn on Left Foot to the North; Cross Hands and Raise Knee



Tree Pose; Lower Hands and Leg; Mountain Pose (End of Tai-ga)