

# **Tai Chi Illustrated**

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## *Tai Chi Illustrated* Course Objectives

**After completing the *Tai Chi Illustrated* course, the participant will be able:**

1. To understand the art and history of Tai Chi
2. To understand the concepts of Traditional Chinese Medicine (TCM) and how it incorporates Tai Chi as a healing therapy
3. To acknowledge the basic stances, foot patterns, and single forms
4. To be aware of the ability to combine the basic forms of Tai Chi into comprehensive patterns for balance, posture, and coordination
5. To understand the basic hand forms and movements
6. To be introduced to Tai Chi forms for cardiovascular health and understand the benefits
7. To be introduced to Tai Chi forms for stress relief and low back health and understand the benefits
8. To comprehend common mistakes in Tai Chi patterns and how to correct them
9. To put together a 6-form or 12-form routine
10. To be introduced to the meridians of TCM and understand the benefits of chi while releasing energy for proper functioning of the meridians
11. To be aware that Eastern (TCM) and Western (U.S.) medicine is not that different and the understanding of one will help with the implementation of the other
12. To understand that Tai Chi is a powerful way to decrease stress, improve balance, and improve strength



## Tai Chi Illustrated Course Examination

For each of the following questions, circle the letter of the answer that best answers the question.

1. What is unique about Tai Chi as compared to other mind-body exercises?
  - A. It has more of an inward focus
  - B. It is its own philosophy
  - C. It requires no equipment
  - D. It is not as physical
  
2. What is the state of wuji in Tai Chi?
  - A. Weight is shifted into a lunge stance
  - B. Arms are relaxed by your side
  - C. The mind is total relaxation
  - D. Body weight is balanced between both legs
  
3. Which Tai Chi style is thought to be the oldest?
  - A. Chen
  - B. Wang chung
  - C. Ming
  - D. Qi
  
4. Which of the following is NOT a characteristic of Tai Chi movement?
  - A. Movements are relaxed
  - B. Movements are continuous
  - C. Movements are linear
  - D. Movements are quiet
  
5. Which of the following is NOT a functional disease?
  - A. Arthritis
  - B. Tuberculosis
  - C. Dementia
  - D. Balance disorders
  
6. Which is an example of yang properties?
  - A. calm
  - B. night
  - C. energy
  - D. quiet

7. How many acupuncture points are on the meridians?
  - A. 249
  - B. 467
  - C. 320
  - D. 649
  
8. Which statement is true concerning the 5-element theory?
  - A. It is constantly changing
  - B. The five elements are self-reliant
  - C. It views physiological interventions but not pathological interventions
  - D. The elements are stationary
  
9. Which style of Tai Chi features small range of quick relaxed movements?
  - A. Sun
  - B. Wu (Y-H)
  - C. Chen
  - D. Wu (Z-Q)
  
10. When is the best time of day to practice Tai Chi?
  - A. Right after a heavy meal
  - B. Evening
  - C. Morning
  - D. Mid-day
  
11. Proper positioning of the arms and shoulders is:
  - A. Shoulders are high and relaxed
  - B. A distance of about 1-1.5 fists between elbow and body
  - C. Expose the rib cage from the arms for maximum movement
  - D. Keep the elbows close to the body
  
12. The correct position for the chest and back is:
  - A. Slightly convex chest
  - B. Slightly convex upper back
  - C. Naturally concaved upper back
  - D. Chest slightly forward
  
13. Where is Qi believed to be stored?
  - A. Dan Tien
  - B. Upper back
  - C. Yao Jian Ten
  - D. Legs
  
14. What is the Chinese name for front area of the pelvis?
  - A. Dan Tien
  - B. Kua
  - C. Yuan
  - D. Dang
  
15. What is the most common mistake made in maintaining proper position with the pelvis, thighs, and knees?
  - A. Pointing the knees forward
  - B. Knees are bent too far
  - C. Leaning too far forward
  - D. Not enough space between thighs

16. Which statement is true regarding the firm-empty principle?
- A. It is dealing with Dan Tien
  - B. It is a quick movement
  - C. It is constantly changing
  - D. It typically stays the same in most Tai Chi movements
17. Step patterns are considered:
- A. Kinetic arm movements
  - B. Static arm movements
  - C. Kinetic leg movements
  - D. Static leg movements
18. Which of the following is not considered a major step pattern in Tai Chi?
- A. Bow step
  - B. Yin-Yang step
  - C. Empty step
  - D. Single-leg step
19. Which is not correct form for the bow step?
- A. 60 percent of your body weight is on the back leg
  - B. The back foot is at a 45 degree angle from the body
  - C. The front knee is bent at 45 degrees
  - D. Make sure the feet are not in the same line to increase balance
20. Which is not correct form for the empty step?
- A. The knee of the back leg is slightly bent
  - B. 5-10% of your body weight is on your front leg
  - C. The back foot is pointing straight ahead
  - D. The front leg is a half-step to the front
21. The key principle of the forward footwork movement is:
- A. Move forward before moving backward
  - B. To move quickly in order to maintain balance
  - C. Move backward before moving forward
  - D. To place the whole foot down, then lift to just the heel to the ground
22. To perform the forward footwork movement, start in the:
- A. Empty step
  - B. Single leg step
  - C. Backward step
  - D. Bow Step
23. To correctly perform the forward footwork, one should:
- A. Touch the ground using the whole foot and not the heel
  - B. Have a stable base before transferring body weight
  - C. Distribute body weight evenly throughout the movement
  - D. Move quickly
24. Which is not correct form when performing the backward footwork movement?
- A. Keep the upper body upright along the same line as the lower body
  - B. To complete the transfer of body weight, touch the toes of your opposite leg near the heel of the other foot
  - C. Start with legs separated and weight evenly distributed
  - D. Touch your non-weight bearing toes on the ground first, then transfer the weight to the heel

25. Which is not correct form when performing the side step movement?
- After shifting your body weight to the right leg, move the left leg out to the left as far as possible
  - Bring your right foot toward the left foot and stop about 4 inches from the left foot
  - After transferring your body weight to your left leg, bend the left knee
  - Place your foot fully on the ground before slowly shifting your body weight to the left leg
26. Where does the name "follow-up footwork" come from?
- The need to check your foot placement when performing the movements
  - The need to watch yourself in a mirror when first learning the steps
  - The trailing back leg when walking
  - The need to re-evaluate your weight shift as you perform the movements
27. Tai Chi footwork is often referred to as:
- Dance steps
  - Cat steps
  - Tree-like
  - Pendulums
28. Which is not considered a major hand position in tai chi?
- Fist
  - Hook
  - Thenar
  - Palm
29. Which is not correct positioning for the palm position?
- Fingers should not be touching
  - Keep the fingers bent and touching each other lightly
  - When using a pushing palm, the palm is vertical to the ground
  - Hold the palm in a natural position with the wrist and arm
30. At what angle should the hand and forearm be when doing a pushing hand?
- 30 degrees
  - 45 degrees
  - 60 degrees
  - 90 degrees
31. All of the following are more commonly used movements in tai chi EXCEPT:
- Straight line
  - Horizontal circles
  - Vertical circles
  - Ellipse
32. Where should the arm placement be to begin the Inside Vertical Circular Movement in Sequence?
- 45 degrees between your arms and body
  - 90 degrees between your arms and body
  - 5 inches between your hands and body
  - Upper body upright
33. When performing the Outside Vertical Circular Movement in Sequence:
- Palms face your chest for the starting position
  - Palms are neutral for the starting position
  - Right hand is on the inside
  - Movements are clockwise for both arms

34. Which statement is true concerning the Outside Vertical Circular Movement Together exercise?
- A. Arms are about 13 inches away from the body
  - B. Both left and right arm move simultaneously in the same circular direction
  - C. Both left and right arm move simultaneously in opposite circular motions
  - D. Face your palms up at the top of the circles
35. Which term means “stand”?
- A. Zhaun
  - B. Zhan
  - C. Tai
  - D. Tien
36. Which of the following is an appropriate time to practice basic stances?
- A. After a large meal
  - B. When you are sick
  - C. When you are sad
  - D. At home while listening to music
37. How long does it usually take to feel the benefits of stance practice?
- A. 2-3 weeks
  - B. Within 24 hours
  - C. 2-3 months
  - D. 6 months
38. How often should you practice stance?
- A. 20-30 minutes MWF
  - B. 30-60 minutes 3 times per week
  - C. 10 minutes 3 times per week
  - D. 20-30 minutes everyday
39. How long should you hold the circle stance?
- A. 3-5 minutes
  - B. 10-20 seconds
  - C. 60 seconds
  - D. 1-3 minutes
40. When performing the Open-Close Stance, what is the proper position of the elbow?
- A. 45 degrees
  - B. 5-10 degrees bent
  - C. 90 degrees
  - D. 0 degrees
41. How long should the squat position be held in the Up-Down Stance?
- A. 10-15 seconds
  - B. 3-5 minutes
  - C. 30-60 seconds
  - D. As long as possible
42. During the Yin-Yang Stance, which position best describes yang?
- A. Emptiness
  - B. Looseness
  - C. Firmness
  - D. Relaxation



43. During the Yin-Yang Stance, as you move your body weight onto the left leg, the arms should simultaneously move down:
- A. 3-4 cm
  - B. 8-10 inches
  - C. 3-4 inches
  - D. 5-7 cm
44. The three heart and lung meridians are located where according to TCM?
- A. The leg
  - B. The arm
  - C. Dan Tien
  - D. The chest
45. All of the following are benefits of regular aerobic exercise EXCEPT:
- A. Decreased risk of Type 1 diabetes
  - B. Increased HDLs
  - C. Decreased risk of Type 2 diabetes
  - D. Decreased LDLs
46. How long should one exercise cardiovascularly according to the Tai Chi book?
- A. At least 30 minutes
  - B. At least 15 minutes
  - C. At least 10 minutes
  - D. At least 20 minutes
47. Which of the following is a contraindication to Tai Chi exercises?
- A. Strengthening upper body for those weak in this area
  - B. High risk of falls due to balance issues
  - C. Improve flow of qi
  - D. Beginner
48. How many meridians pass through the arm?
- A. 8
  - B. 12
  - C. 6
  - D. 3
49. When switching legs for the transition during the Parting Mustang's Mane exercise, how far do you turn the left?
- A. 45 degrees
  - B. 30 degrees
  - C. 85 degrees
  - D. 15 degrees
50. What is a Twist Step in Chinese martial arts?
- A. When the trunk is rotated
  - B. When the opposite hand and leg are in front of the body
  - C. When the hip is rotated
  - D. When the arm and leg on the same side are rotated inward
51. In Chinese, the term "Juan" means:
- A. Moving backwards
  - B. Arm
  - C. Love
  - D. Curving

52. Which of the following is incorrect form for the Reverse Reeling Forearm in Place stance for step 2?
- A. Palms facing upward
  - B. Arms are parallel to each other
  - C. Level with the shoulders
  - D. Arms are shoulder width apart
53. Which meridian is related to the low back, temperament, and stress?
- A. Liver
  - B. Heart
  - C. Dan Tien
  - D. Kidney
54. What percentage of the population in the U.S. suffers from low back pain?
- A. 80-90%
  - B. 70-85%
  - C. 60-70%
  - D. 50-80%
55. Why is Tai Chi helpful in reducing low back pain and increasing the health of the back?
- A. It is performed slowly
  - B. It pays attention to waist movements
  - C. It is performed standing
  - D. It involves core stabilization
56. Which meridian is negatively affected when we are angry on a regular basis?
- A. Dan Tien
  - B. Heart
  - C. Liver
  - D. Stomach
57. When you guide your opponent in the direction that allows you to easily fight back, this is referred to as:
- A. Ji
  - B. Zhan
  - C. Shi
  - D. Lu
58. How should one's balance be maintained when performing Grasp Sparrows's Tail?
- A. Move the arms as little as possible
  - B. Bend the knees to lower the center of gravity
  - C. Start with the legs straddled
  - D. Have at least 1 foot between the parallel lines that the legs are on
59. Which is incorrect form for step 4 of the Grasp Sparrow's Tail?
- A. Shift almost all of your weight onto the left leg as you raise the right
  - B. Raise the right leg with the knee bent
  - C. Touch the heel to the floor to maintain balance
  - D. Move hands into the holding-ball position
60. Which term refers to punching opponents in Chinese?
- A. Chui
  - B. Zhaun
  - C. Lan
  - D. Ban

61. Which of the following is incorrect form for the Deflect, parry, and Punch?
- Eyes watch the left hand when it forms a fist
  - Bend both elbows in order to keep the arms close to the body
  - Move the arms first before moving the legs
  - Right hand follows the shifting of the body weight
62. Which of the following is not a way that our bodies receive information about balance?
- Vestibular system
  - Visual system
  - Cutaneous receptors
  - Proprioceptors in muscles
63. Which exercise name translates to “A golden rooster stands on one foot”?
- Jin Ji Du Li
  - Deng Jiao Li
  - Kicking with feet
  - Deflect, Parry, Punch
64. How many meridians pass through the leg?
- 2
  - 4
  - 6
  - 8
65. When performing Standing on One Leg, which of the following is incorrect for step 4?
- Eyes look through the top of your fingers
  - Slightly bend the left wrist
  - Point toes so foot and leg are in a straight line
  - Hands and arms should be in smooth lines
66. Which of the following is incorrect form for the closing form of Standing on One Leg?
- Body weight is evenly distributed
  - Arms are at shoulder height
  - Palms are facing upward
  - Exhale as the arms are lowered
67. When performing Kicking with Feet, how far should you squat down?
- Thighs parallel to the ground
  - As far as comfortable
  - 20 degrees
  - 45 degrees
68. The ability to organize muscles in proper sequence while using appropriate force is referred to as:
- Biomechanics
  - Balance
  - Proprioception
  - Neuromuscular coordination
69. Stances that focus on hand-eye coordination offer all of the following benefits EXCEPT:
- Strengthening the arms
  - Flow of qi in all 12 meridians
  - Better neck health
  - Better body awareness

70. When performing the Vega Working at Shuttles exercise, which statement is false?
- A. The movement is led by the trunk
  - B. Body weight is shifted when complete balance is achieved
  - C. Arms move gently and constantly
  - D. It is an offensive move in martial arts
71. Which of the following is incorrect form while performing Vega Working at Shuttle?
- A. Keep shoulders relaxed
  - B. Do not bend the wrist
  - C. Exhale as the arms are lifted
  - D. Keep the chin slightly down
72. When performing Cloud Hands, your axis point is the:
- A. Cervical spine
  - B. Legs
  - C. Core
  - D. Lumbar spine
73. When performing Cloud Hands, your hand movements are the same as:
- A. Inside Vertical Circular Movement
  - B. Outside Vertical Circular Movement
  - C. Horizontal Ellipse Movement
  - D. Vertical Ellipse Movement
74. Which statement is false concerning Tai Chi routines?
- A. Routines are typically developed by a specific tai chi school
  - B. A routine only contains 6 movements
  - C. Most routines include key aspects of meditation
  - D. Routines never exceed 75 movements
75. Which movement is not included in the Six-Form routine?
- A. Cloud Hands
  - B. Playing Lute
  - C. Kicking with Feet
  - D. Parting Mustang's Mane
76. To emphasize that routines are not just combinations of individual movements, it is best to use the term:
- A. Coordinate
  - B. Combine
  - C. Mesh
  - D. Integrate
77. What is the key to a good tai chi routine?
- A. Smooth, continuous movement at a constant speed
  - B. The order of the exercises
  - C. Whether the instructor is properly trained
  - D. The length of time it takes to complete
78. When performing Single Whipping, what percentage of body weight should be on the front leg in step 11?
- A. 30%
  - B. 70%
  - C. 50%
  - D. 90%

79. At the end of Single Whipping, the elbow should be:
- Directly above the knee regardless of whether it is left or right arm
  - Straight so that the forearm is below the shoulder for the right arm
  - Higher than the shoulder for both arms
  - Bent at 15 degrees for the right arm
80. When performing Closing with Cross Hands, the hands should initially be crossed in front of the:
- abdomen
  - Chest
  - Thighs
  - Head
81. When a routine is repeated in order to perform it on the opposite side of the body, it is called:
- Compulsive
  - Repetition
  - Duplication
  - The Twelve-Form Routine
82. Which exercise is the last one in the Twelve-Form Routine?
- Closing with Cross Hands
  - Grasp Sparrow's Tail
  - Single Whipping
  - Playing Lute
83. Which exercise is performed twice in the Twelve-Form Routine?
- Grasp Sparrow's Tail
  - Closing with Cross Hands
  - Kicking with Feet
  - Vega Working at Shuttles
84. Which exercise is NOT performed in the Twelve-Form Routine?
- Standing on One Leg
  - Roll Back and Press
  - Brush Knee and Twist Step
  - Single Whipping
85. When performing Cloud Hands, foot movement should:
- Follow a clockwise pattern
  - Follow a 20 degree squat pattern
  - Follow a side step pattern
  - Follow a counterclockwise pattern
86. When performing the Playing Lute, once the right foot is behind the left heel:
- Lower both arms with palms down
  - Finish with Cloud Hands
  - Move both hands up
  - move the left hand up and right hand down
87. What exercise comes after Deflect, Parry, and Punch in the Twelve-Form Movement?
- Brush Knee and Twist Step
  - Parting Mustang's Mane
  - Standing on One Leg
  - Kicking with Feet

88. Which of the following is an advance way to practice tai chi?
- Incorporating Pull Hands
  - Incorporating Push Hands
  - Speed up the movements
  - Make the movements bigger
89. The characteristics of tai chi strength incorporate all of the following EXCEPT:
- Speed
  - Softness
  - Firmness
  - Iron fist
90. The only way to experience the yin-yang changes in tai chi is to:
- Speed up then slow down the movements
  - Practice push hand routines
  - Tense then relax during the movements
  - Practice in both hot and cold environments
91. What is a major requirement for partners when performing Push Hands?
- They both have similar strength
  - They both are same height
  - They both are the same weight
  - They both stand stable
92. To gain control over your partner without having to use a lot of strength, you should:
- Move faster than them
  - Take a step backward as they approach
  - Bend your knees to create a stable base
  - Lean into your movements to invade their space
93. When performing the Horizontal Circle Pushing, to maintain yin-yang properties of tai chi, instead of pushing the white partner back, the black partner should:
- Take a step back from the white partner
  - Step to the side of the white partner
  - Guide the white partner to the left or white side
  - Lean into the white partner
94. When performing the Horizontal Circle Pushing, the black partner uses his left hand to grasp the right elbow of the white partner in order to:
- Use the opponents strength against him
  - To hit the opponent in the head later
  - To push the white partner to the right
  - To push the white partner backwards
95. In Chinese martial arts and tai chi, to be defensive is to be:
- Relaxed
  - Dan Tien
  - Yang
  - Yin
96. "Bing" in tai chi is:
- A meditation phrase for reaching total relaxation
  - Pushing an arm forward with the forearm in front
  - The point at which partners arms touch each other
  - The ending of the partner routine

97. How far apart should partners stand at the beginning of their routine?
- A. 2-3 feet
  - B. 4-5 feet
  - C. Toe-to-toe
  - D. An arm's distance
98. "Grasping" in tai chi means:
- A. Partners hands are in contact with each other while feet are lined up in a side-step fashion
  - B. Partners hands move in an up and down fashion
  - C. Partners grasp only the hands of their opponent
  - D. Partners grasp both hand and elbow of the opponent
99. The grasping of the black partner's right hand by the white partner is called:
- A. Cai
  - B. Grasping
  - C. Bing
  - D. Jin
100. In Chinese, the movement of hitting your opponent's head using the outer edge of your palm is called:
- A. Cai
  - B. xiao
  - C. Jia
  - D. Zhuan