

*Tai Chi Chuan, Simplified 24 Forms, 7&8 Grasp the Swallow's Tail*

**7. Opening Position**

Facing North or Northwest after Repulse Monkey  
Hold a ball with left hand down, left foot empty.



**7a. Ward Off**

Step West into a left bow stance keeping weight over right foot.  
Shift weight toward the front foot while rotating center to the left.  
Left arm in the Ward Off position rotates with the center. Right hand presses toward right hip.



**7b. Roll Back**

Facing West.  
Right hand comes up beside left (in front of face).  
Shift weight to the back foot while rotating the center to the right.  
Both hands pull back and down.  
Facing N or NW



**7c. Press**

Facing N or NW  
Right hand presses inside left wrist in front of right shoulder.  
Rotate center to the left and then shift the weight forward.  
Hands follow the movement of the center and end up pressing West.



**7d. Sit Back**

Facing West  
Shift weight straight back over the right foot (let left toe come off the ground). The backs of both hands rise and open slightly and then follow the center as it shifts back.  
Drop your center slightly and bring your hands down in front of your stomach, ready to push.



**7e. Push**

Facing West  
Shift your weight straight forward and let your center rise from the slight drop made during the Sit Back.  
Both hands push up and out following the movement of the center.  
Hands finish at shoulder level.

