

All movements apply the principles of Yin and Yang. Softness/hardness, stick and follow, join and redirect, take follow-up steps and follow.

The two partners meet opposite, wrist to wrist. The opponent attacks and the "hero" receives the attack with a counterattack. The Form moves in the direction of the hero and ends with a kick. Then the roles are reversed, attacks and counter-attacks continue back in the opposite direction.

With this rehearsed series of movements - where there is constant contact between hero and opponent, you learn to "listen" to the opponent and the direction of his power, but also to put together the individual movements from the Form in a natural way.

*"If the opponent is still, you should remain still.*

*When the opponent begins to move, you should already be moving"*

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## Solosanshou efter Mester Tung Kai Ying

The purpose of Tai Chi is to increase the vital energy in the body, lead it with the mind, and direct it with intention. By working with intention you develop not only physical strength, but also stamina, speed, and agility. You can also train for the purpose of defeating an opponent. You use the attacker's power against himself, with minimal use of your own forces.

The purpose of learning solosanshou is to prepare you to face an opponent. You will be introduced to a series of movements from Tai Chi Chuan Yang Style after Master Tung Kai Ying.

When you master solosanshou you are ready to train the partner sanshou with a good friend (opponent)

When training, have a calm mind and concentrate on using your opponent's power / direction.



## Navne på bevægelserne



Close Hands

Brush Knee and push

Slant Flying

Wild Horse separates its Mane

Shoulder push

Push towards the diagonal

Retreat and seal

Carry Tiger back to the Mountain

Jump back

Right Heel kick



Step back and repulse the Monkey

Playing the Pippa

Step back x 2

Pull back to the left diagonal

Pull back to the right diagonal

Brush Knee and push

Fist under the Elbow

Right Heel kick

Jump back x 2

Close hands



<https://www.youtube.com/watch?v=WmlbbmJlhRA>