

FCIA MODULE THREE:
Learning the Five Section Short Form

I. Some Advantages of the Five Section Form

1. Each of this form's five sections has five basic movements making it fairly simple to learn.
2. The Five Section form takes as little as five minutes to perform and much less time to learn than the traditional Long Form. It also requires less space in which to practice.
3. This form is structured in a simple N, S, E, W grid making it easier to learn than more advanced forms.
4. This form provides a strong foundation for learning more advanced movements and principles.
5. The simplicity of this form makes it an ideal tool for studying the *Ten Important Principles of Yang, Cheng-fu* (see below).

II. Movements of the Five Section Short Form

1. Section One Movements:

- 1) Commencement
- 2) Part the Horse's Mane
- 3) White Crane Spreads its Wings
- 4) Brush Knee Left
- 5) Play the Guitar

2. Section Two Movements:

- 1) Repulse Like Monkey (2x)
- 2) Ward Off Left (peng)
- 3) Roll Back (lu)
- 4) Press (ji)
- 5) Push (an)

3. Section Three Movements:

- 1) Preparation for Cloud Hands
- 2) Wave Hands like Clouds
- 3) Single Whip
- 4) High Pat on Horse
- 5) Double Winds to the Ears

4. Section Four Movements:

- 1) Turn to Kick with Sole
- 2) Golden Rooster Stands on One Leg
- 3) Fair Maiden Works the Shuttle

4) Needle at Sea Bottom

5) Fan through the Background

5. Section Five Movements:

1) Twist Step, Deflect Downward, Parry, and Punch

2) Apparent Closure

3) Counter with Push

4) Cross Hands

5) Closure

**Note: Ward Off through Push are often referred to collectively as 'Grasp Sparrow's Tail'*

III. Introducing the Ten Important Points

1. The Ten Important Points of Yang Style Tai Chi are said to have been an oral transmission from Grandmaster Yang, Chengfu. His senior student Chen, Wei Ming is said to have recorded these for his teacher in addition to other writings on Tai Chi Chuan.

2. These points represent the core principles upon which Tai Chi Chuan is based. In my opinion, these principles are more important than the techniques and postures contained in the various forms. If one is following the core principles, one is well within the realm of Tai Chi, even if the techniques are not entirely familiar to the forms.

3. In mastering these core principles, it is often helpful to choose just one to keep in mind as one goes through the form, attending to it throughout, and allowing the principle to inform and instruct one's movement. Then adding the next principle and so on. Later, see if you can attend to two or three at a time. You will likely discover that they begin to blend and support one another quite organically. There are many translations and interpretations of this writing. I have several available on my website.

IV. The Five Section Form Revisited

Once you complete learning the form comfortably in the direction as written, it is highly recommended to learn it equally as well on the opposite side. The advantages are likely obvious and you will then have a very balanced practice that still takes little time and space to perform.

VI. Recommended Reading / Viewing

1. Art's demonstration of the Five Section Form on Youtube:

<https://www.youtube.com/watch?v=q-mjdIMxrwM&t=9s>

2. Sam Masich's instructional DVD on this form:

<https://www.masichinternalarts.com/p-gina-del-producto/5-section-taijiquan-solo-bare-hand-form-yang-style-dvd>