

The *Taiji* salute (pronounce it tie-gee)

The flat left hand, representing values such as respect, honour and learning, covers the right fist which represents martial values.

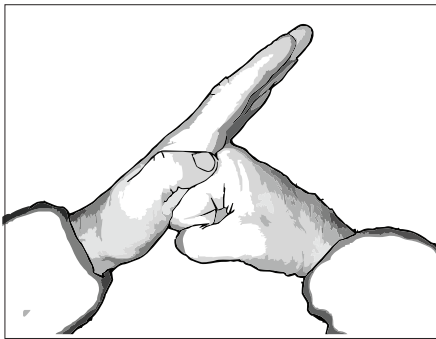


Figure 1

From “standing at attention” extend the arms sideways to about 45 degrees and bring them up so that the flat left hand with thumb tucked in, covers the right fist at shoulder height. (Figure 1)



Figure 2

Then extend your hands forward so the palms turn slightly outward. You are looking at the backs of your hands which are now at an oblique angle. (Figure 2)

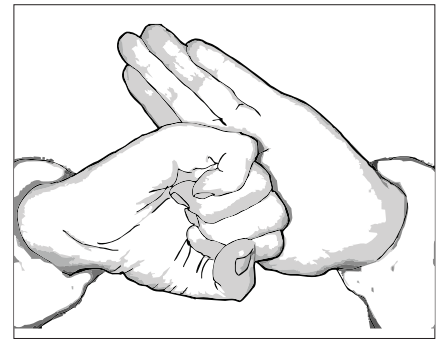


Figure 3

If you look in the mirror when you salute, you will see your hands at an oblique angle with the palms turned outward toward you. (Figure 3)

At the beginning of the class teacher and students salute hello:

Teacher says: “Tong-xue-men hao.” (Students hello)
Students salute and say: “Lao-shi hao.” (Teacher hello)

At the end of the class they salute goodbye :

Teacher says: “Tong-xue-men zai-jian.” (Students goodbye)
Students salute and say: “Lao-shi zai-jian.” (Teacher goodbye)

Pronunciation:

Lao-shi (teacher) *Lao* rhymes with English “how” and *shi* sounds like “shh-errr”.

Hao is pronounced like the English “how”.

Zai-jian (goodbye) In *Zai* the *zed* sound is like the sound of “ds” in “kids”; the “ai” part of *zai* sounds like “eye”.

Jian is said as if you were pronouncing the two letters of the alphabet, “GN”.