Q241: T’ai Chi Chih

First Lesson:

Introduction
Forward and Backward Movements

Rocking Motion; Bird Flaps Its Wings; Around the Platter;
Around the Platter Variation; Bass Drum

Second Lesson:

Review
Forward and Backward Movements:

Daughter on the Mountaintop; Daughter in the Valley;

Pose: Cosmic Consciousness Pose
Practice

Third Lesson:

Review
Side to Side Movements

Carry the Ball to the Side;
Forward and Backward Movements:

Push Pull;
Forward and Backward Movement:

Pulling in the Energy
Practice

Fourth Lesson:

Review
Side to Side Movements

Pulling Taffy; Anchor Taffy; Wrist Circle Taffy; Perpetual Motion Taffy
Practice
Fifth Lesson:
  Review
  Forward and Backward Movement
  **Working the Pulley**
  Practice

Sixth Lesson:
  Review
  Up and Down Movements
  **Light at the Top of the Head / Light at the Temple; Joyous Breath**
  Practice

Seventh Lesson:
  Review
  Side to Side Movement
  **Passing Clouds**
  Practice

Eighth Lesson:
  Review
  Forward and Backward and Side to Side Movement
  **Six Healing Sounds: Ho “Ho” (Heart), Hu “Hu” (Spleen), Szu “Tzu” (Liver), Hsu “Shuh” (Lungs), Hsi “Shi” (3 Heaters: below the navel; in the abdomen; between the eyes), Chui “Chwee” (Kidneys)**
  Practice