

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