

## 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