

# T'ai Chi Chih

## Joy Thru Movement

Rocking Motion  
Bird Flaps its Wings  
Around the Platter  
Around the Platter Variation  
Bass Drum

Daughter on the Mountaintop  
Daughter in the Valley  
Carry the Ball to the Side  
Push Pull  
Pulling in the Energy

Pulling Taffy  
Anchor - 1<sup>st</sup> Variation  
Wrist Circle - 2<sup>nd</sup> Variation  
Perpetual Motion - 3<sup>rd</sup> Variation  
Working the Pulley

Light at the Top of the Head/  
Light at the Temple

Joyous Breath  
Passing Clouds

Six Healing Sounds

Ho, Hu, Tsu Shou, She, Chwee

Cosmic Consciousness Pose



# T'AI CHI CHIH BASIC PRINCIPLES

RELAX! RELAX! RELAX!



Shift your weight  
Stay at one level/no bouncing  
Move with softness & continuity  
Move dreamlike thru heavy air  
Maintain slight bend in knees  
Use wrists more than arms  
Do not fully extend arms  
Upper torso erect  
Shift from center/arms follow  
Concentrate on the soles of feet  
Bring to a graceful conclusion  
Heels together/period of rest

PRACTICE! PRACTICE! PRACTICE!