

T'ai Chi Chih Sequence of Movements/Pose

Rocking Motion
Bird Flaps Its Wings
Around the Platter
Around the Platter Variation
Bass Drum
Daughter in the Mountaintop
Daughter in the Valley
Carry the Ball to the Side
Push Pull
Pulling in the Energy
Pulling Taffy
Pulling Taffy - Anchor Variation
Pulling Taffy - Wrist Circles
Pulling Taffy - Perpetual Motion
Working the Pulley
Light at the Top of the Head - Light at the Temples
Joyous Breath
Passing Clouds
Six Healing Sounds
HO - Heart "Ho"
HU - Spleen "Who"
SZU - Liver "Tzu"
HSU - Lungs "Shuh"
HSI - Three Heaters "Shee"
CHUI - Kidneys "Chwee"

Cosmic Consciousness Pose

Choose connection to each other and the earth.
Choose Joy in each moment!

For more information visit: taichichih.org

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