
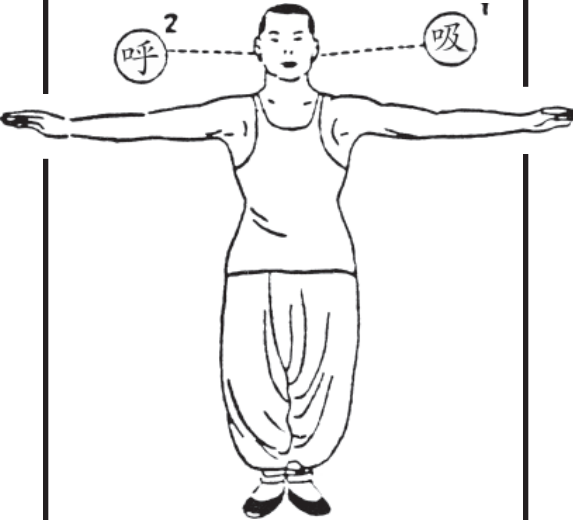

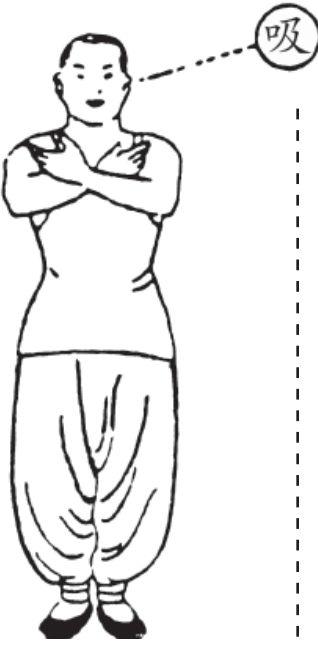


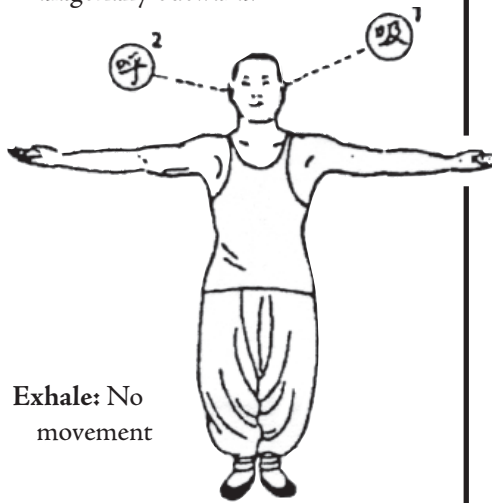


T'AI-CHI CH'I-KUNG

Preparation: Shoulder-width stance, feet parallel, weight 50/50; knees slightly bent, hips tucked under; chest relaxed & hollow, shoulders down; chin lightly tucked, top of the head pressing upwards.

<p>Inhale: The hands rise along the sides to hip level as the elbows bend and extend outward from the body.</p>  <p>Exhale: The hands descend parallel to the floor as if pushing gently downward.</p>	<p>Inhale: With the fingers leading, the hands rise diagonally upward toward the front corners to shoulder height.</p>  <p>Exhale: No movement.</p>	<p>Inhale: The hands move horizontally toward one another crossing at the wrists, right hand on top.</p>  <p>Exhale: The crossed wrists sink to the navel.</p>
<p>Inhale 1: Keeping the wrists attached, bend the elbows so the hands circle up the front of the body, palms facing towards the body, to chest height, where the hands separate. Fingers now point upward. (breath to lower abdomen)</p> 	<p>Inhale 2: The hands slide back down until they are alongside the hips, palms up. (breath to kidneys)</p> 	<p>Exhale: Bend the knees to sink as the hands extend forward, towards each other to heart height, palms up.</p> 

Inhale: Rise back up as the arms move out and up to shoulder height and diagonally outward.



Exhale: No movement

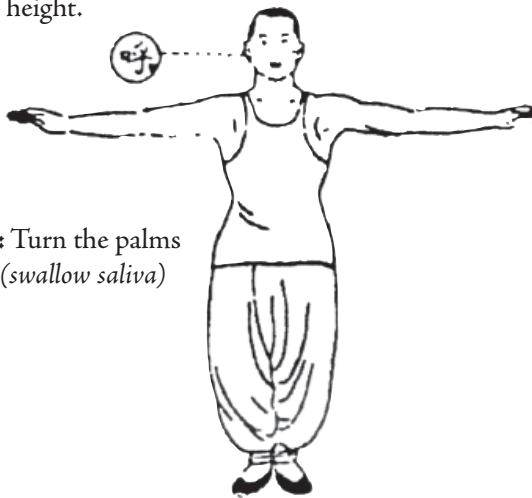
Inhale 1: While slowly forming fists, bring them to the ears, palms facing back; bend the knees to sink a little. (breath to lower abdomen)



Inhale 2: Rotate the fists so palms face forward; bend the knees to sink a little more. (breath to kidneys)



Exhale: As the knees straighten, open the fists and push outwards to the front corners of the body, palms down, shoulder height.

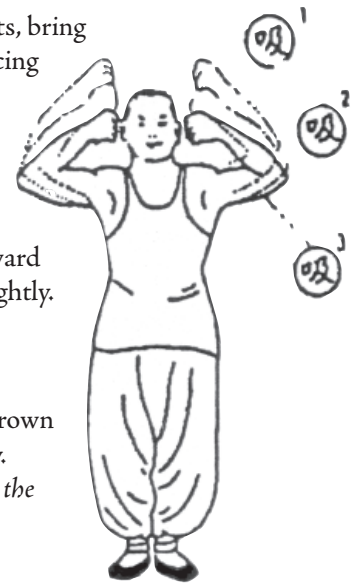


No breath: Turn the palms upward. (swallow saliva)

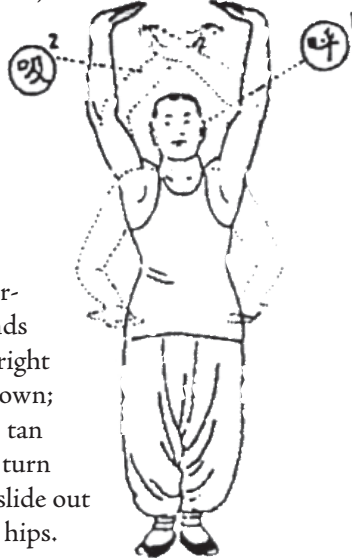
Inhale 1: Slowly forming fists, bring them to the ears, palms facing back. Bend the knees to sink. (breath to lower abdomen)

Inhale 2: Move the fists upward to temple height, rising slightly. (breath to kidneys)

Inhale 3: Move the fists to crown level and rise again slightly. (breath rises up the spine to the crown of the head)



Exhale: Rise onto the toes; the hands, palms out, push up diagonally to form an open triangle with the thumbs and index fingers.

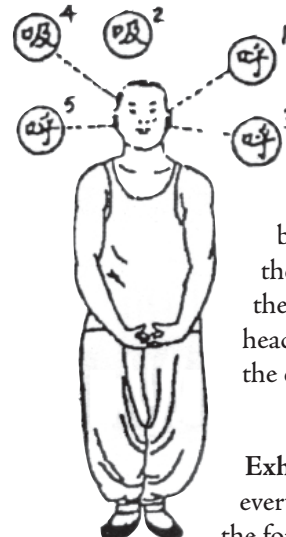


Inhale: Settle into a normal stance as the hands cross, wrists crossed right over left and palms down; the hands descend to tan t'ien height and then turn over to palm up and slide out until they stop at the hips.

Exhale: Bring the hands together in front of the tan t'ien, sliding the right hand under the left, thumb tips touching; elbows extend a bit forward to open the mid-back.

Inhale: Relax the elbows and turn the body left; first the waist, then the shoulders, head, and finally the eyes.

Exhale: Turn everything back to the forward position.



Inhale: Turn the body right; first the waist, then the shoulders, head, and finally the eyes.

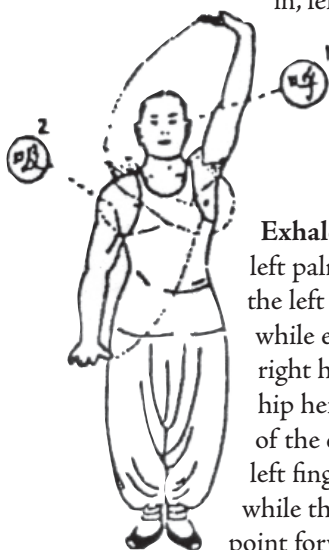
Exhale: Turn everything back to the forward position.

Inhale: Raise the hands to solar plexus height, palms up.

Exhale: Turn the palms face down, fingers toward each other, and bend forward, gently pressing the hands down to ankle height. (*keep knees slightly bent*)

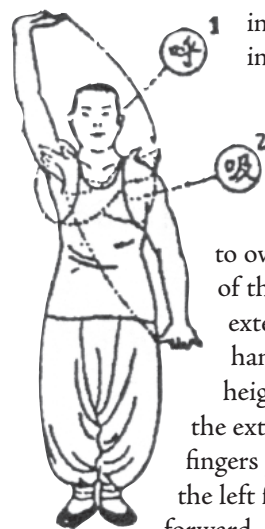


Inhale: Squat down and cross the wrists at chest height, palms facing in, left palm inside the right; rise up to a normal stance.



Exhale: Extend the left palm up to over the left side of the head while extending the right hand down to hip height. At the end of the extension, the left fingers point right, while the right fingers point forward.

Inhale: Bring the hands back together in front of the chest, wrists crossed and palms facing inward, right hand inside the left.



Exhale: Extend the right palm up to over the right side of the head while extending the left hand down to hip height. At the end of the extension, the right fingers point left, while the left fingers point forward.



Inhale: Bring the hands back together in front of the chest, wrists crossed and palms facing inward, left hand inside the right.

Exhale: Turn the palms outward and sink the crossed wrists to the navel.



Inhale 1: Circle the crossed wrists up and the separate at navel height as in Figure 4. (*breath to lower abdomen*)

Inhale 2: Circle the hands down, palms down, and then back up again to shoulder height, palms up. (*complete breath to fill lungs*)

Exhale: Turn the palms down and drop them to navel height.



Inhale: Circle the hands up to solar plexus height, palms up.

Exhale: Lower the hands to navel height, palms down.

Conclusion: Form a circle with the left thumb and middle finger. Place the right thumb on the base of the left middle finger, and the right middle finger on the outside of the left middle finger. Palms should face roughly upward so the back of the left hand rests in the right hand, forming a T'ai Chi symbol. Take three, slow, natural breaths and feel energy gathering in the lower abdomen.

