Five Animal Frolics

Paul Gallagher – Drawing Silk

**Crane**

1. Crane Breathing
2. Crane's Beak
3. Crane Spreads Both Wings
4. Crane Squat
5. Crane Stands on One Leg
6. Crane Spreads Wings Behind
7. Crane Walks Arms Forward and Push Back Palms
8. Crane Walks Arms Open Sideways and Return to Tan T'ien ("Crane Prepares to Soar Aloft")
9. Crane Walks Arms Open Sideways and Press Behind
10. Crane Walks Along the Riverbank, Spreading Wings Forward and Back
	1. Variation with Raised Knee
11. Flying Crane

**Bear**

1. Bear Turns (Twists)
2. Bear Pushes Behind
3. Bear Pushes Down
4. Bear Puts Out Claws
5. Bear Double Push with Palms
6. Bear Double Push to Ground (Bending Forward Side to Side)
7. Bear Double Push to Ground (Sit Back as You Push Out)
8. Bear Walks Bear Ambles Through the Woods
9. Bear Walks with Fists
10. Bear Walks Pointing at the Sun, Holding Up the Moon
11. Bear Walks Plucking Berries

**Monkey**

1. Monkey Grasping Branch (Holding and Pulling)
2. Monkey Looks Behind
3. Monkey Offers Fruit
	1. Palms Extended Forward
	2. Fingers Widely Opened in Front of Chin
4. Monkey Offers Fruit Twice

**Deer**

1. Deer Standing
2. Deer Walks Through Woods (Turns Head)
3. Deer Turns head Behind (Palm to Tan T'ien)
4. Deer Stretches Down
5. Stag Leaps Up
6. Wild Stag Twists and Sits
7. Deer Parts the Grasses

**Tiger**

1. Tiger Searches for Food
2. Tiger Seizes Prey
3. Tiger Leaps from Den
4. Tiger Leaps from Den Twice
5. Wild Tiger Roams the Steppes

*Drawing Silk: Masters' Secrets for Successful Tai Chi Practice* by Paul B. Gallagher. Third Edition. Fairview, North Carolina, Total Tai Chi, 2007, 1988. pp. 1-9, 214-215.