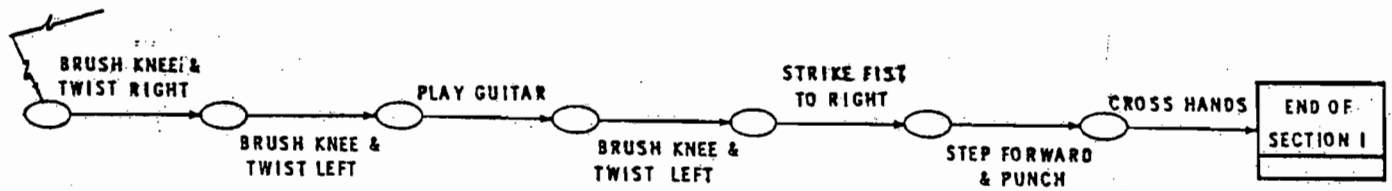
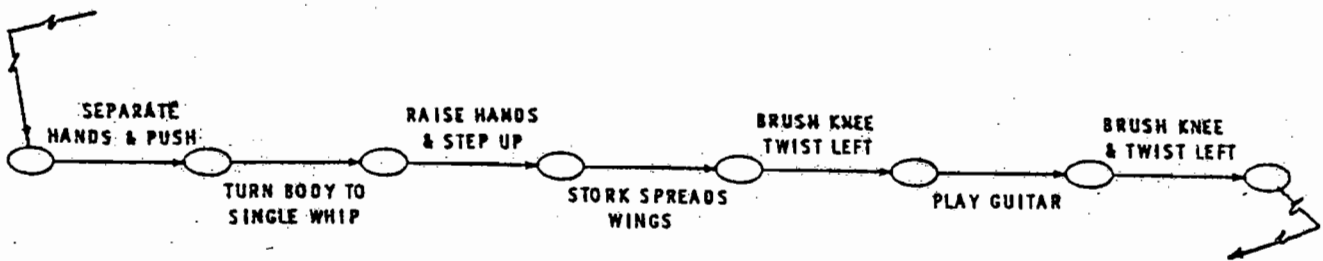
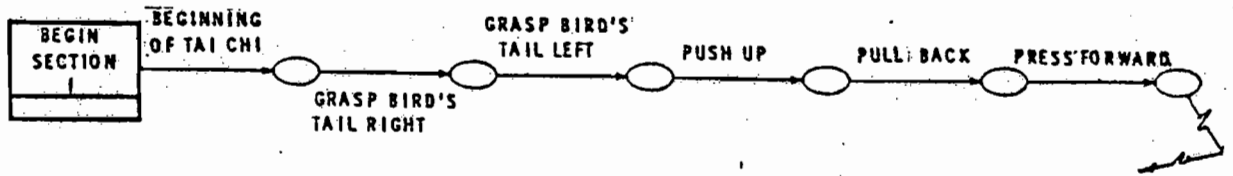
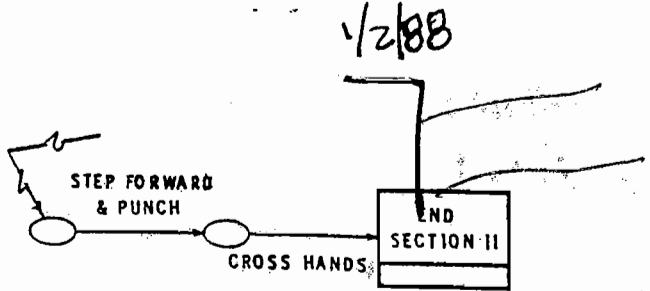
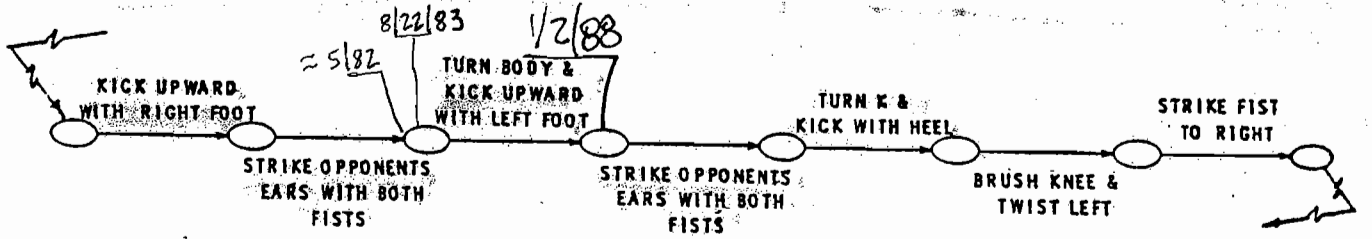
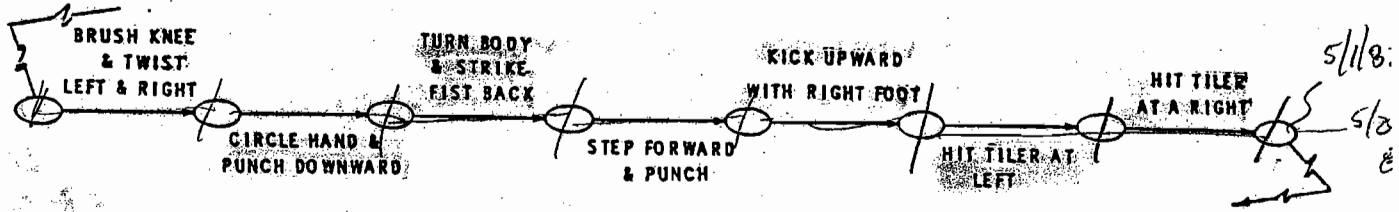
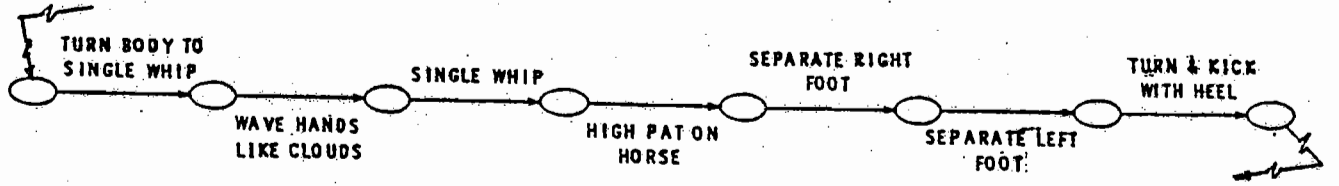
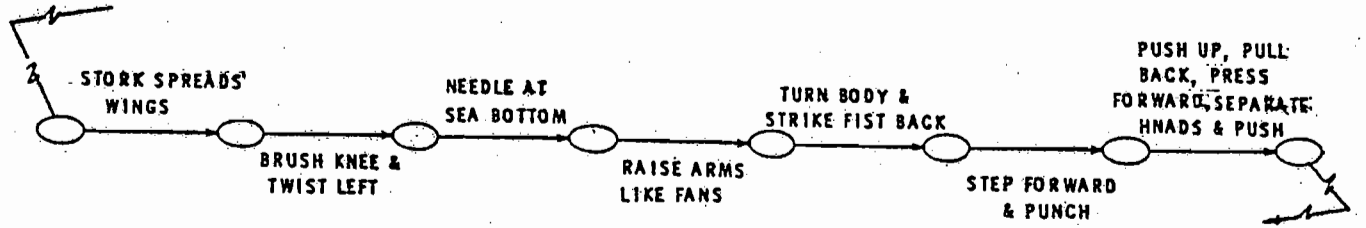
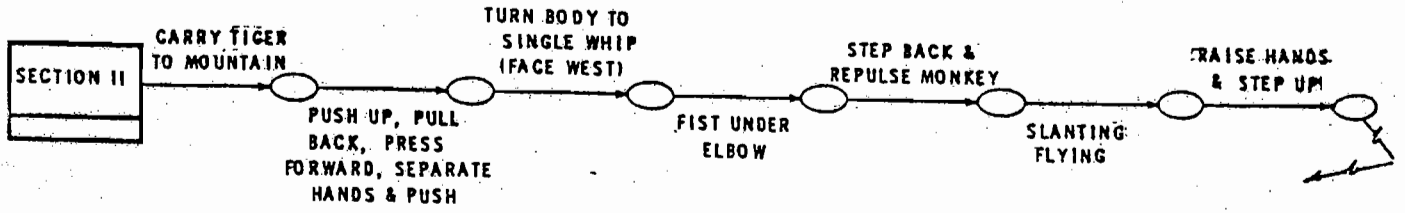
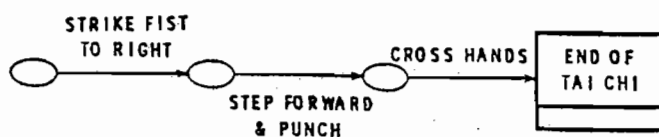
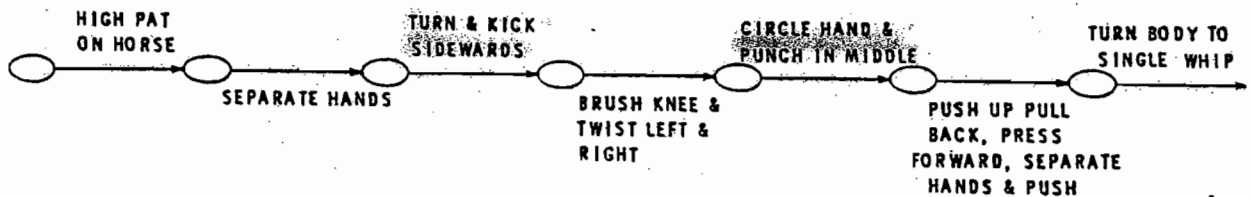
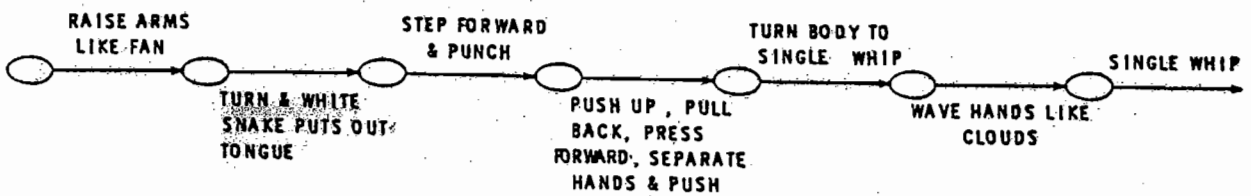
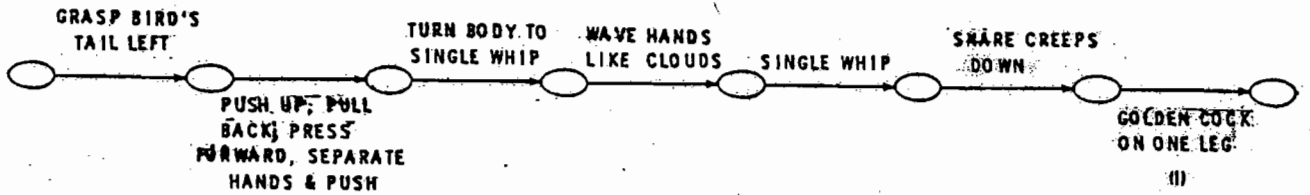
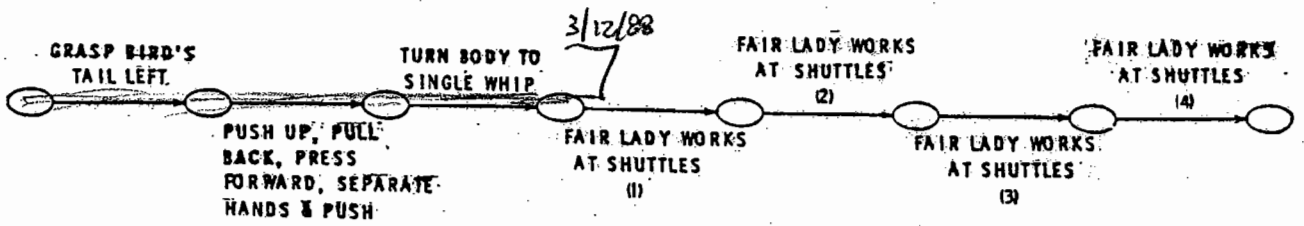
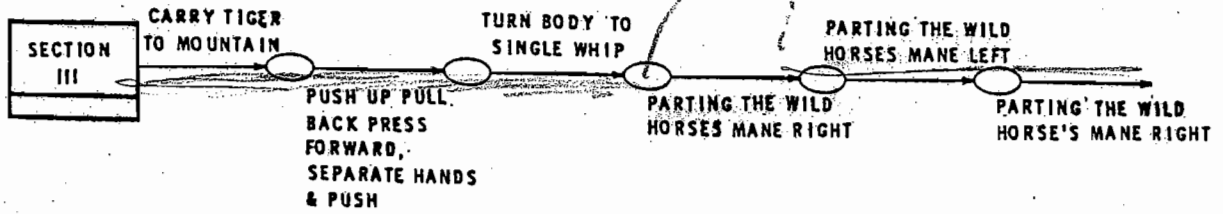


# TAI CHI







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TAI CHI

①

BEGINNING  
OF TAI CHI  
(PRONOUNCED  
TIE JEE)

FACE NORTH  
(PICK A DIRECTION;  
THE MOVEMENTS ARE  
MOSTLY N-S-E-W;  
NW-SW-NE-SE)

HEAD UPRIGHT  
EYES FACING  
FORWARD

TOES POINT  
STRAIGHT AHEAD

ARMS RISE  
SLOWLY FORWARD  
IN AN ARC TO  
SHOULDER HEIGHT;  
(ARMS SLIGHTLY BENT,  
NOT STIFF;  
WRISTS STRAIGHT)

FEET SHOULDER-  
WIDTH APART;  
KNEES BENT  
SLIGHTLY

ARMS HANG  
LOOSELY AT SIDES;  
PALMS CURVED (LINE BENT)  
& FACING BACKWARDS

DO NOT  
STIFFEN  
RHYTHM  
EVENLY



Greatest Bird's  
TAIL RIGHT

LET ELBOWS  
DROP TO SIDE  
& HANDS DRAW  
IN TOWARD CHEST.  
PALMS ARE  
CURVED | FACE  
SLIGHTLY  
DOWNWARD;  
WRISTS BEND  
SLIGHTLY;  
FIDERS POINT  
DOWNWARD  
SAME TIME

LET HANDS DROP  
TOWARD THE KNEES

LET KNEES SLOWLY  
SINK, HOLDING THE  
TORSO UPRIGHT IN  
A RELAXED VERTICAL  
POSITION, AS IF  
ABOUT TO SIT

AND SUGGESTION  
(BEFORE & FROM WINGS)

