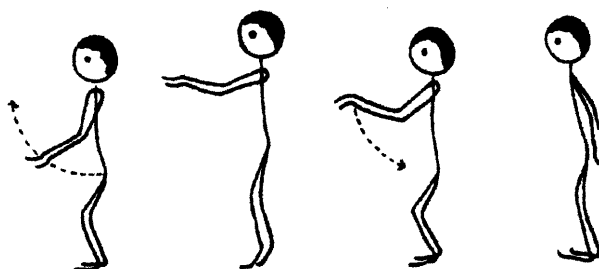


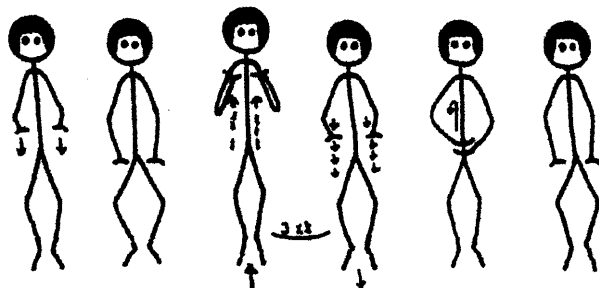
SECTION B2: Center Movements: Feet Open to Side Position

1. T'ai Chi Chih Movements

1 ROCKING MOTION



17 JOYOUS BREATH



Heavier lines on the legs of stick figures indicate yang or substantial.

The figures are drawn in mirror image to make the TCC Step by Step movements easier to follow.

Figures adapted from the original Figures of Evangeline Bratt, Accredited TCC Teacher, in 1999.

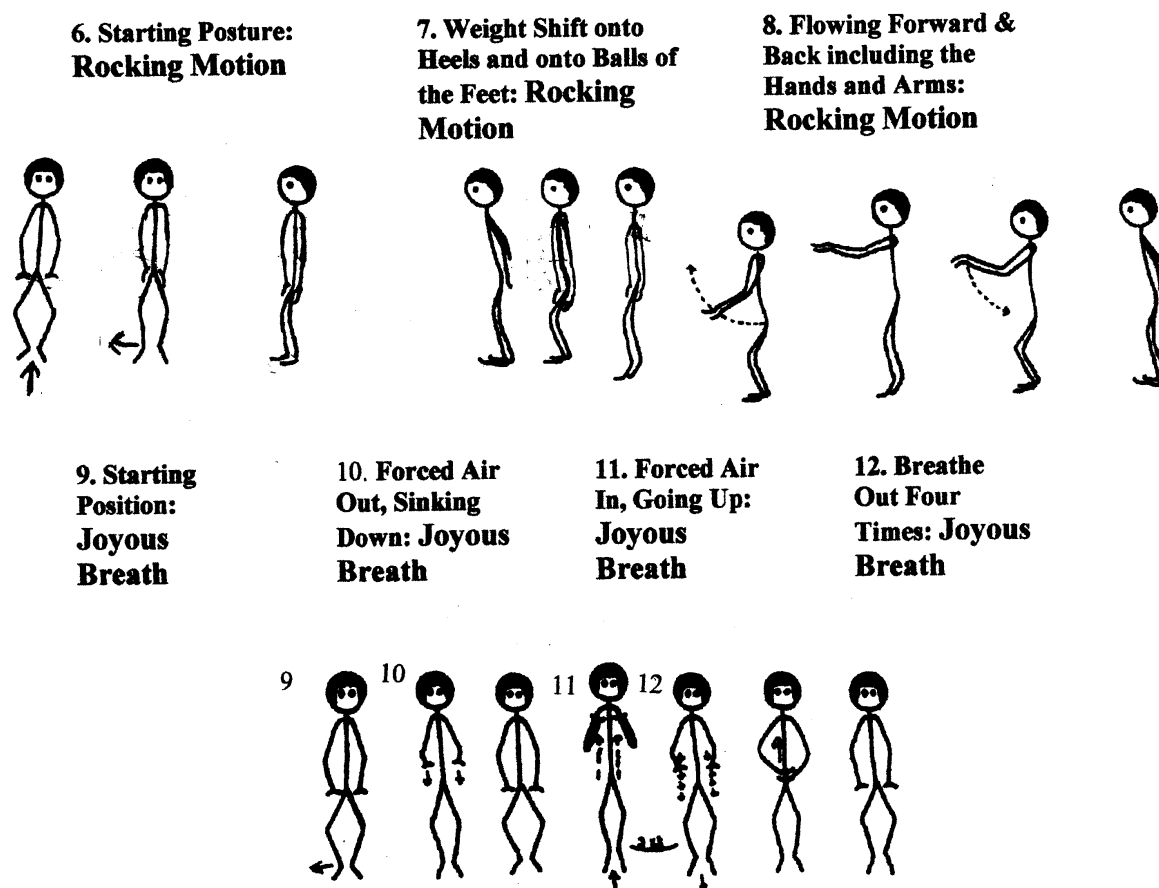
Tel: 612/724-1871

Step by Step approach to Yinning & Yanging, developed in 2007 by Lorraine Lepine, Accredited TCC Teacher since 1999.

Tel: 913/901-8818

T'ai Chi Chih is a Federally registered trademark.

SECTION B2: Center Movements: Feet Open to Side Position
2. Global View of the Steps



Heavier lines on the legs of stick figures indicate yang or substantial.

The figures are drawn in mirror image to make the TCC Step by Step movements easier to follow.

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