

T'ai Chi Chih – In Chinese, Knowledge of the Supreme Ultimate. Based on ancient principles and developed by Justin Stone and first taught in 1974. Its purpose is to circulate and balance the chi (energy).

Chi – This word has many meanings in Chinese, but in this case it refers to the Vital Force, the intrinsic energy that flows through the meridian channels of the body. It's known as Ki in Japanese and can be referred to as Prana, Sakti, or Kundalini in Indian languages.

Principles of How to Move

- Flowing from the Center / moving from the T'an Tien
- Softness and Continuity / the effort of no effort
- Yinning and Yanging / shifting the weight correctly
- Focusing on the soles of the feet / grounding
- Circularity / *in T'ai Chi Chih, as in nature, energy flows in circular patterns*
- Polarity / Yin – Yang energy between the palms when the hands face each other

Sequence of Moves

- Rocking Motion
- Bird Flaps Its Wings
- Around the Platter
- Around the Platter Variation
- Bass Drum
- Daughter on 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: Temple
- Joyous Breath
- Passing Clouds
- Six Healing Sounds
 - HO – Hoooo (Heart) Ho
 - HU – HUUU (Spleen) Who
 - SZU – Tzuu (Liver) Sue
 - HSU – Shuu (Lungs) Shshsh
 - HSI – Shee (Three Heaters) Shee
 - CHUI – Chuuee (Kidneys) Chewee
- Cosmic Consciousness Pose

