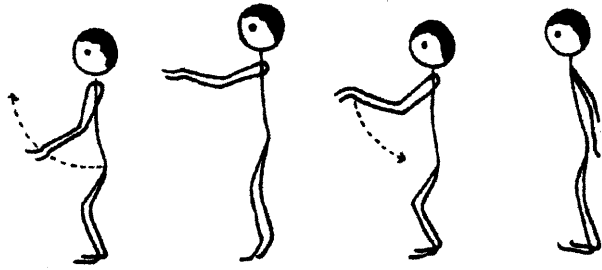
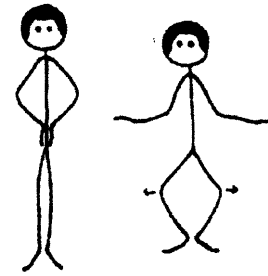


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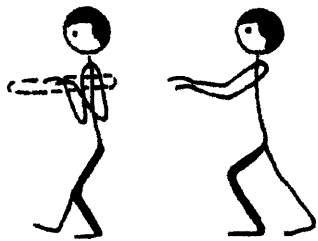
1 ROCKING MOTION



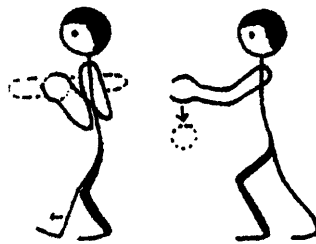
2 BIRD FLAPS ITS WINGS



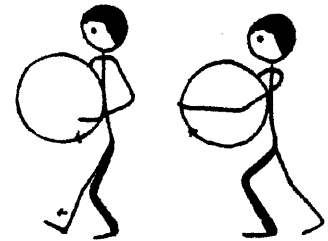
3 AROUND THE PLATTER



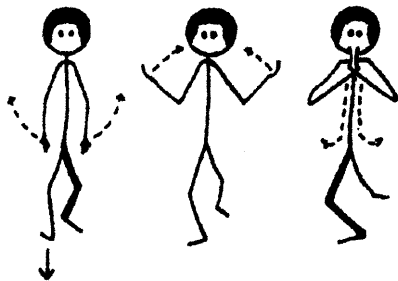
4 AROUND THE PLATTER VARIATION



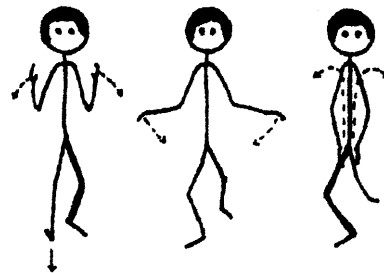
5 BASS DRUM



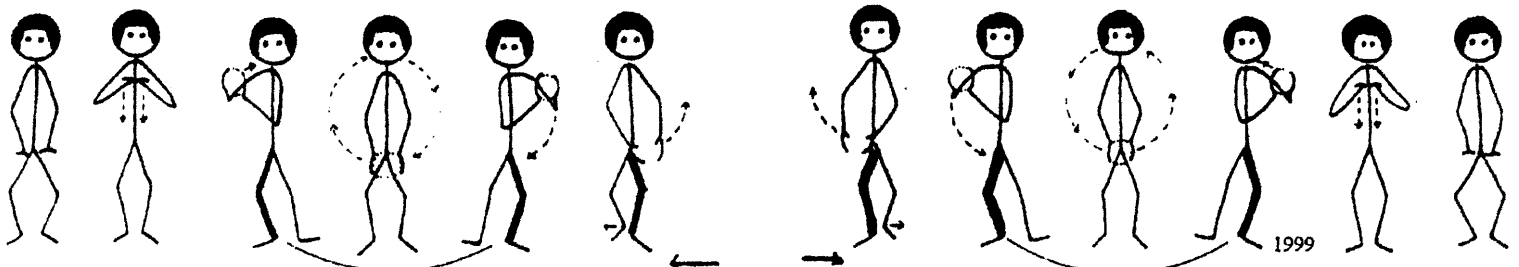
6 DAUGHTER ON THE MOUNTAIN TOP



7 DAUGHTER IN THE VALLEY



8 CARRY THE BALL TO THE SIDE



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3x's

* start here
move to your left

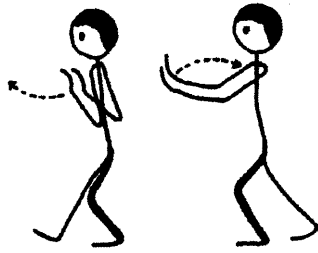
return to your right

3x's

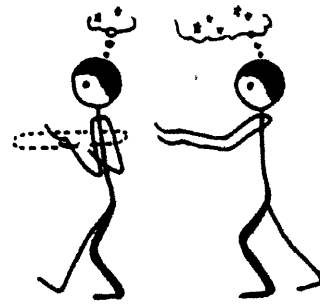
1999

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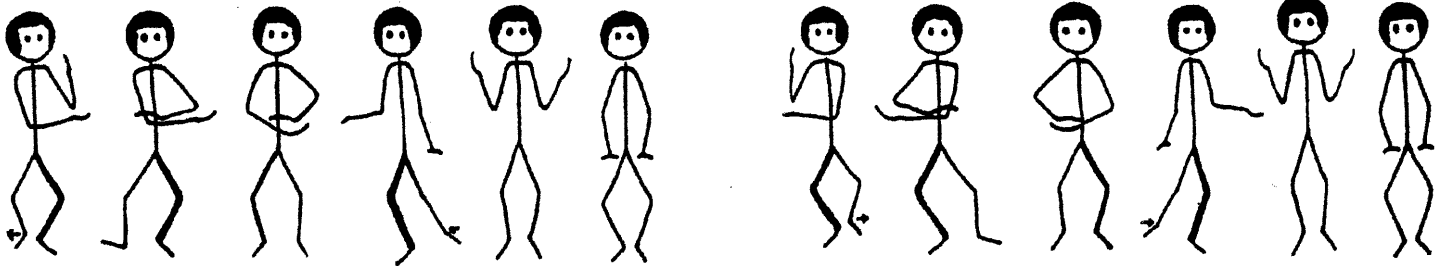
9 PUSH PULL



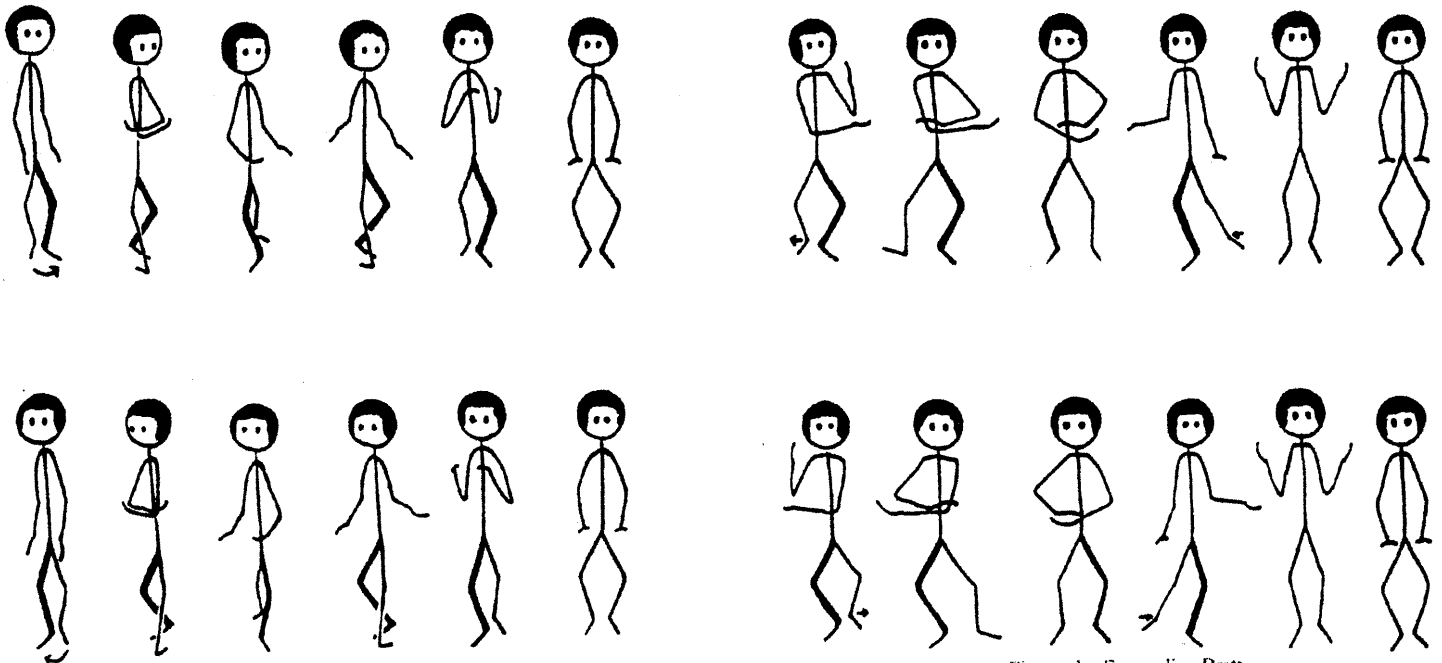
10 PULLING IN THE ENERGY



11 PULLING TAFFY

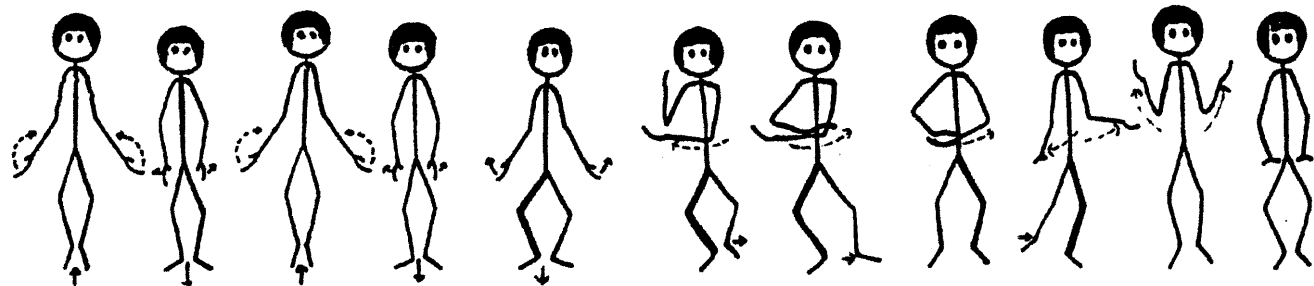
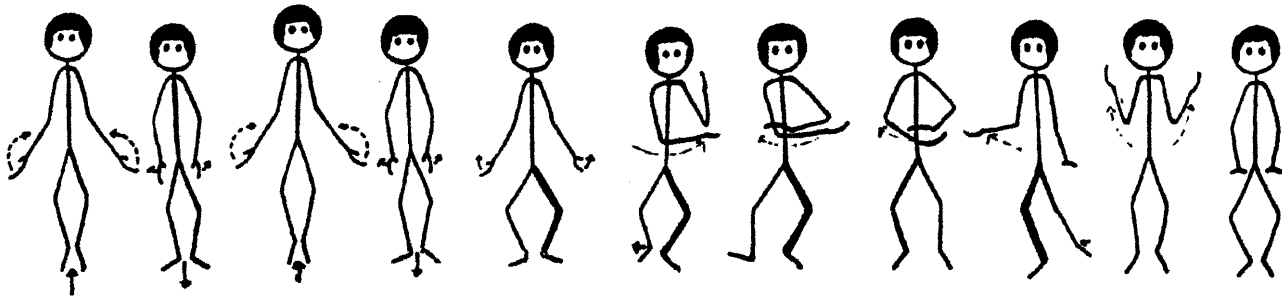


12 PULLING TAFFY-1ST VARIATION - ANCHOR

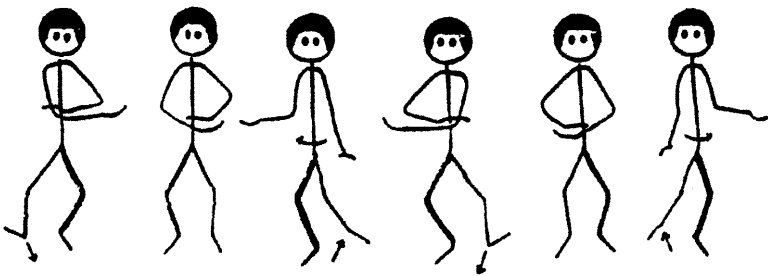


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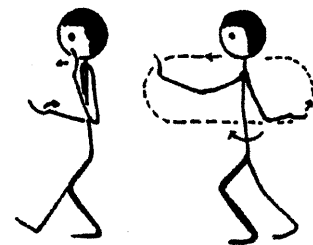
13 PULLING TAFFY-2ND VARIATION -WRIST CIRCLES



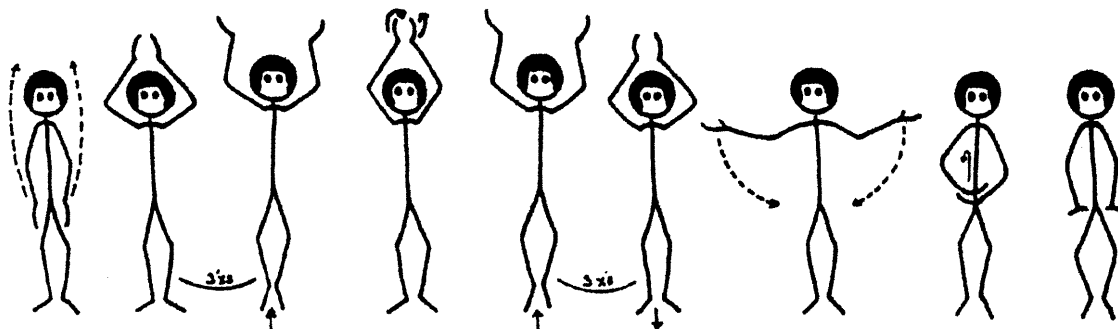
14 PULLING TAFFY-3RD VARIATION - PERPETUAL MOTION



15 WORKING THE PULLEY



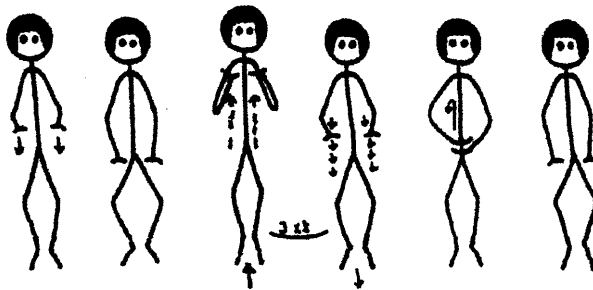
16 LIGHT AT THE TOP OF THE HEAD / LIGHT AT THE TEMPLE *



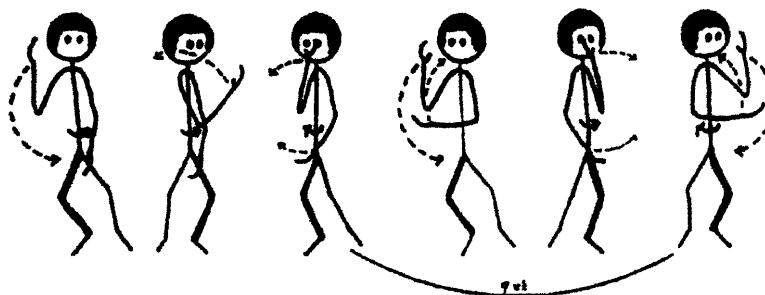
* "Light at the Temple" is done the same as "Light at the Top of the Head," except that the palms of hands face the temples and flare out from there.

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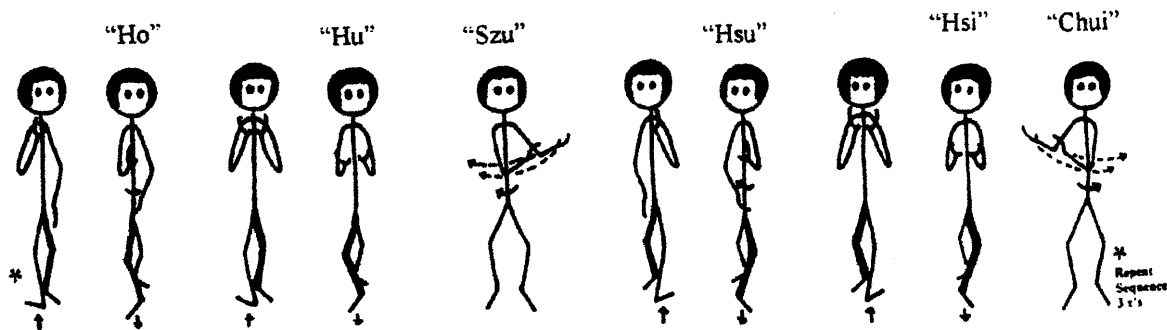
17
JOYOUS BREATH



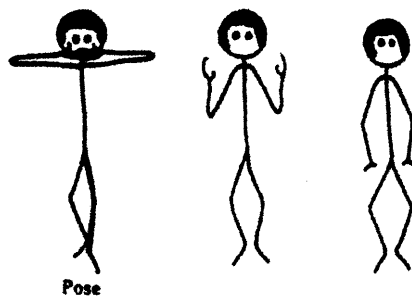
18
PASSING CLOUDS



19
SIX HEALING SOUNDS

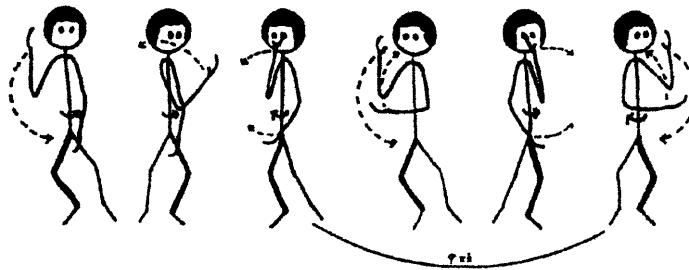


20
COSMIC CONSCIOUSNESS POSE



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T'AI CHI CHIH STICK FIGURES



T'ai Chi Chih Teachers,

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Keys to using the booklet:

- 1) Heavier lines on the legs of stick figures indicate yang or substantial.
- 2) The figures are drawn in mirror image to make the movements easier to follow.
- 3) The yellow dot in the upper right-hand corner of each page indicates the original. If you place these pages inside clear plastic covers, you can copy from them to give out to students, keeping the originals for your own files for future use.

If you have any questions, please phone me at 612/724-1871.

Evangeline Bratt
Accredited T'ai Chi Chih Teacher