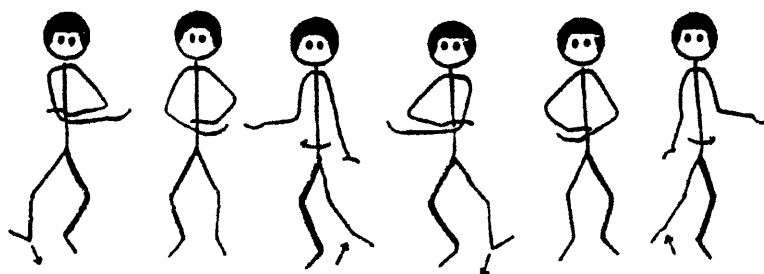


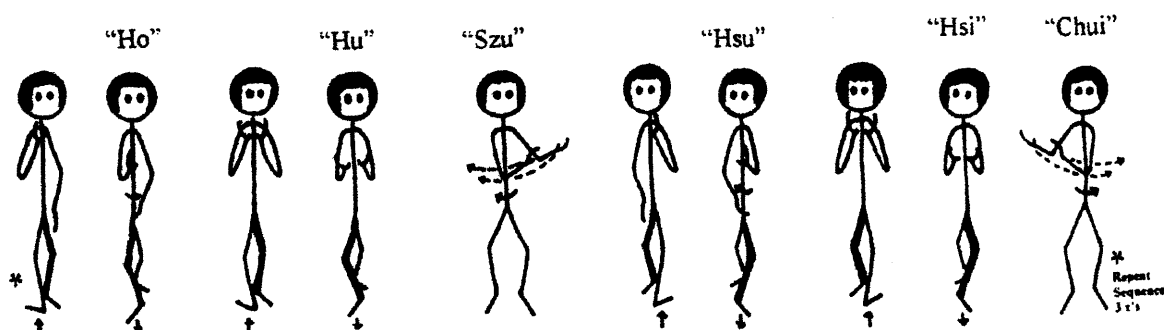
SECTION D3. Sideways Movements, Yin leg foot rising

1. T'ai Chi Chih Movements

14. Pulling Taffy-3rd Variation Perpetual Motion



19. Six Healing Sounds



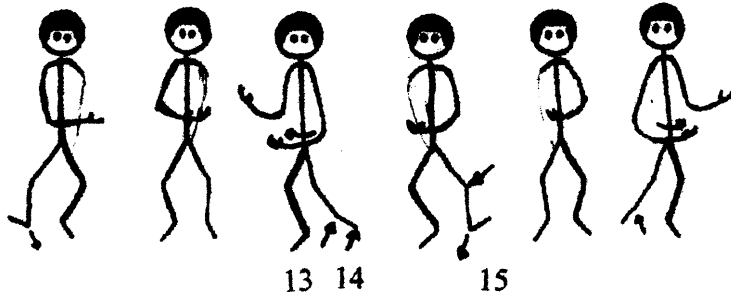
Heavier lines on the legs of stick figures indicate yang or substantial. 1
The figures are drawn in mirror image to make the TCC Step by Step movements easier to follow.

Figures adapted from the original Figures of Evangeline Bratt, Accredited TCC Teacher, in 1999. Tel: 612/724-1871
Step by Step approach to Yinling & Yanging, developed in 2007 by Lorraine Lepine, Accredited TCC Teacher since 1999.
Tel: 913/901-8818 Email: lorlepine@gmail.com

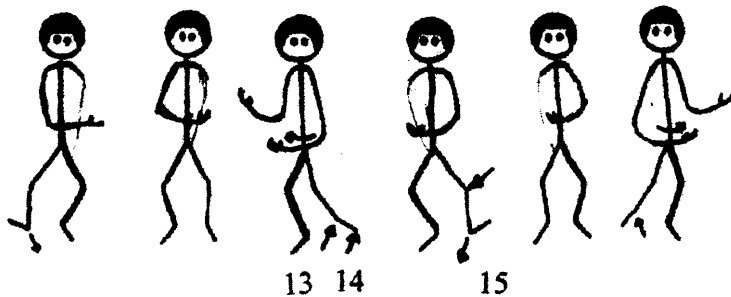
T'ai Chi Chih is a Federally registered trademark.

SECTION D3. Sideways Movements, Yin leg foot rising
2. Global Views of the Steps

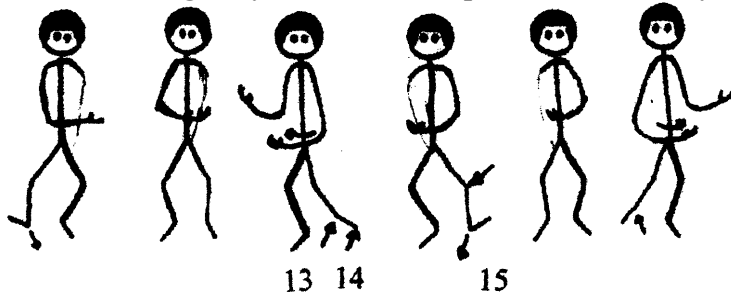
14. Perpetual Motion: 13. Full Waist/Spine Turn to the Side & Heel Rising, only One Hand:
Perpetual Motion Taffy Style



14. Perpetual Motion: 14. Full Waist/Spine Turn to the Side & Heel Rising & Weight off Toes,
only One Hand: Perpetual Motion Taffy Style



14. Perpetual Motion: 15. Full Waist/Spine Turn to the Side & Heel Rising & Weight off Toes &
Knee Softening, only One Hand: Perpetual Motion Taffy Style



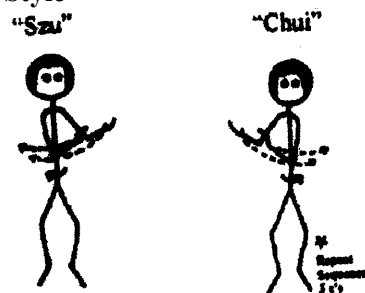
Heavier lines on the legs of stick figures indicate yang or substantial. 2
The figures are drawn in mirror image to make the TCC Step by Step movements easier to follow.

Figures adapted from the original Figures of Evangeline Bratt, Accredited TCC Teacher, in 1999. Tel: 612/724-1871
Step by Step approach to Yinling & Yangling, developed in 2007 by Lorraine Lepine, Accredited TCC Teacher since 1999.
Tel: 913/901-8818 Email: lorlepine@gmail.com

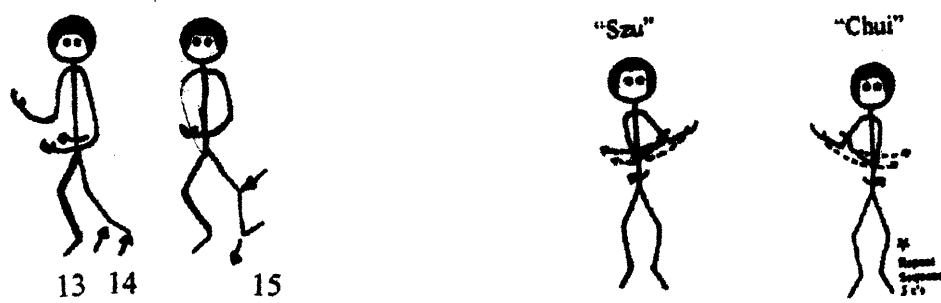
T'ai Chi Chih is a Federally registered trademark.

**Moving and Flowing in the T'ai Chi Chih Way:
A Step by Step Approach to Yinning & Yanging**

**19 Six Healing Sounds: 16. Full Waist/Spine Turn to the Side & Foot Rising: Six Healing Sounds
Style**



**19. Six Healing Sounds: 17. Full Waist/Spine Turn to the Side & Foot Rising: Six Healing Sounds
Style**



Heavier lines on the legs of stick figures indicate yang or substantial. 3
The figures are drawn in mirror image to make the TCC Step by Step movements easier to follow.

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