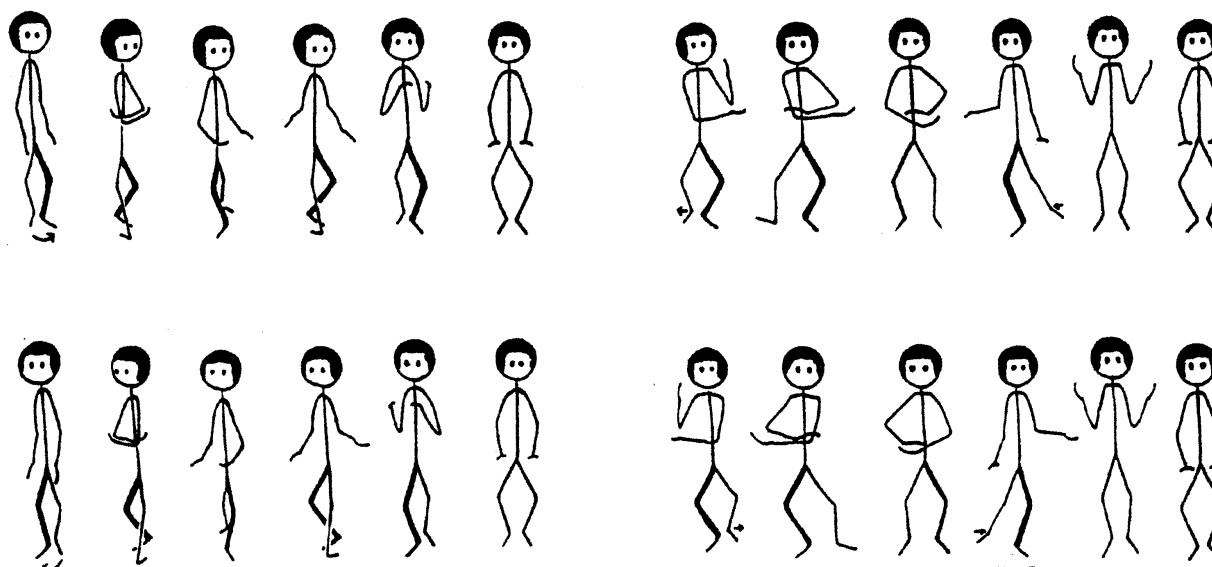


**SECTION D4. Sideways Movement, Stepping Forward**  
**1.T'ai Chi Chih Movement**

**12. Pulling Taffy-1st variation**  
**Anchor Taffy**



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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.

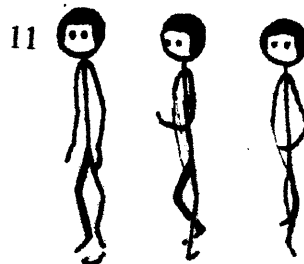
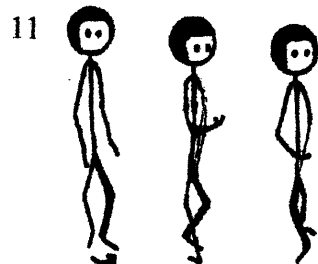
Figures adapted from the original Figures of Evangeline Bratt, Accredited TCC Teacher, in 1999. Tel: 612/724-1871  
Step by Step approach to Yinning & Yanging, developed in 2007 by Lorraine Lepine, Accredited TCC Teacher since 1999.  
Tel: 913/901-8818 Email: [lorlepine@gmail.com](mailto:lorlepine@gmail.com)

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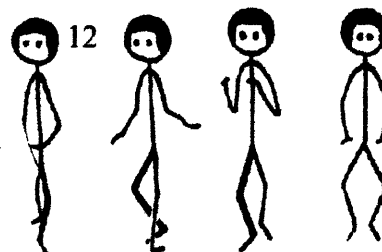
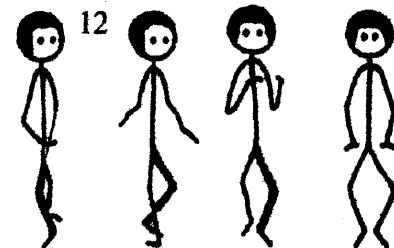
## SECTION D4. Sideways Movements, Stepping Forward

### 2. Global Views of the Steps

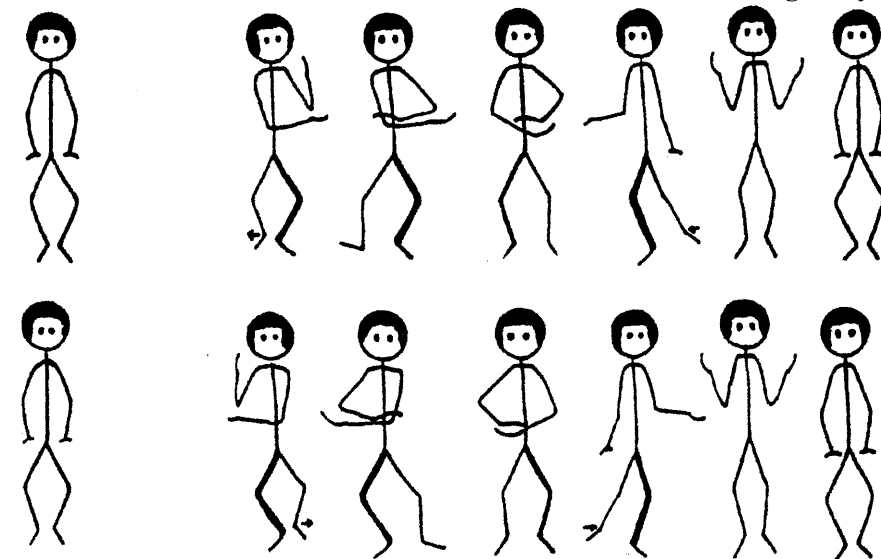
#### 12.11. Waist/Spine Turn & Spiraling Down & Stepping Forward using Left/Right Hand: Anchor Taffy Style



#### 12.12. Waist/Spine Turn & Spiraling Down & Stepping Forward & Back using Left/Right Hand: Anchor Taffy Style



#### 12.13 Finish Back into a Graceful Conclusion to initiate Pulling Taffy Basic left/right



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