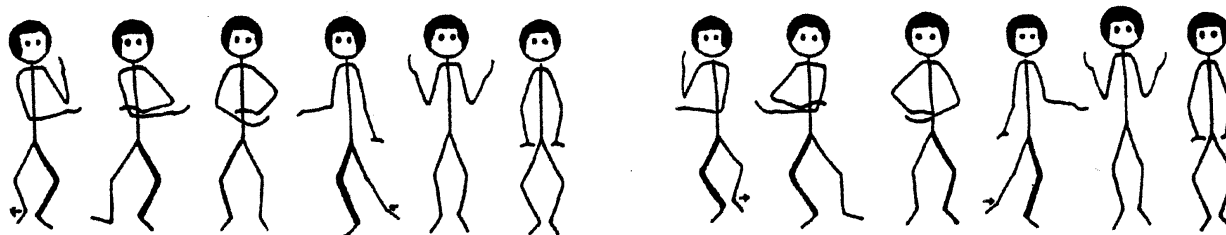


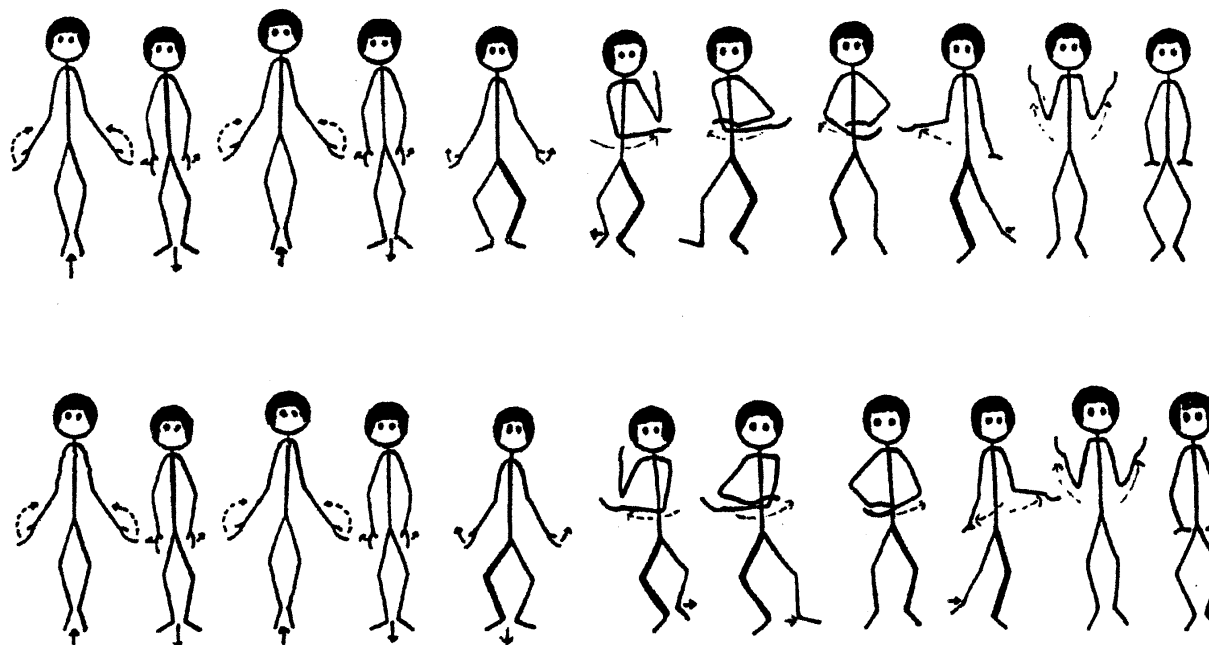
SECTION D2. Sideways Movements, hands moving on each side

1. T'ai Chi Chih Movements

11 PULLING TAFFY



13 PULLING TAFFY-2ND VARIATION -WRIST CIRCLES



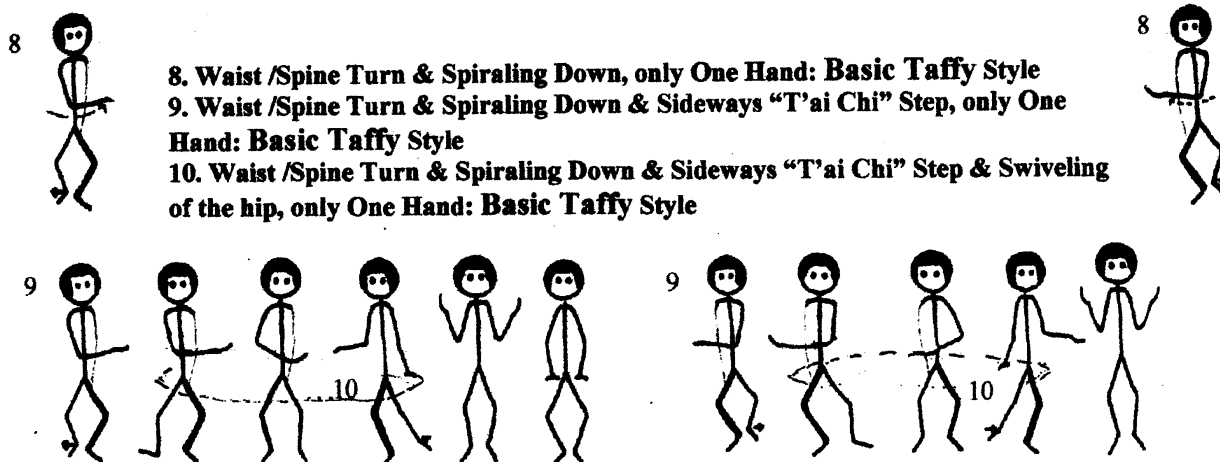
Heavier lines on the legs of stick figures indicate yang or substantial. 1
The figures are drawn in mirror image to make the TCC Step by Step movements easier to follow.

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

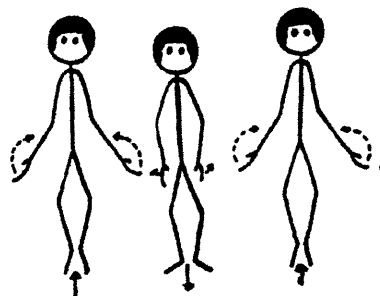
T'ai Chi Chih is a Federally registered trademark

**SECTION D2. Sideways Movements, hands starting on same side but
separating on each side with the weight shift sideway**

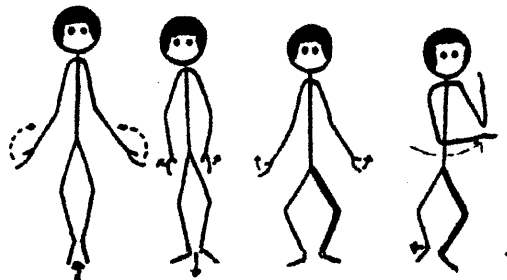
2. Global View of the Steps



11. Wrist Circles: Wrist Circle Taffy Style



12. Third Wrist Circle & Spiraling down: Wrist Circle Taffy Style



Heavier lines on the legs of stick figures indicate yang or substantial. 2
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Moving and Flowing in the T'ai Chi Chih Way: A Step by Step Approach to Yinning & Yanging

Heavier lines on the legs of stick figures indicate yang or substantial. 3
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