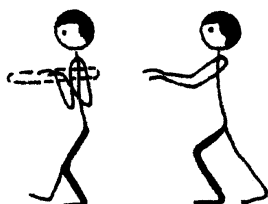


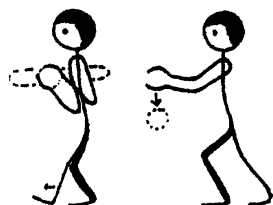
SECTION C1: Forward & Back Movements

1. T'ai Chi Chih Movements

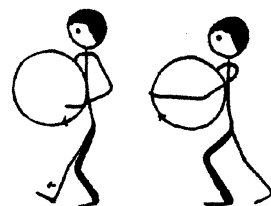
3 AROUND THE PLATTER



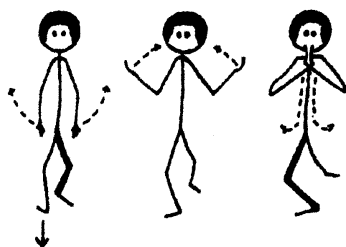
4 AROUND THE PLATTER VARIATION



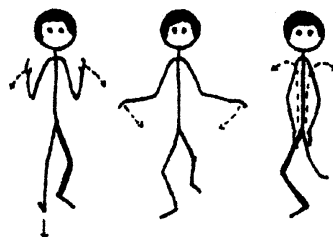
5 BASS DRUM



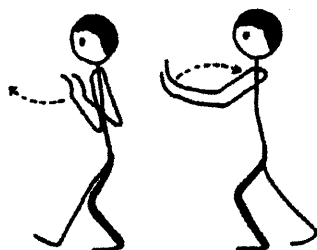
6 DAUGHTER ON THE MOUNTAIN TOP



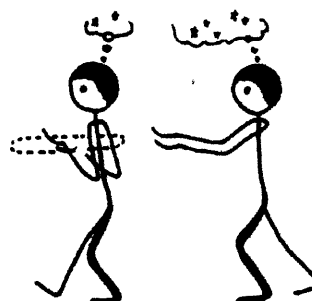
7 DAUGHTER IN THE VALLEY



9 PUSH PULL



10 PULLING IN THE ENERGY



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.

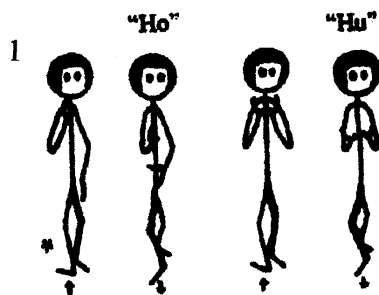
Figures adapted from the original Figures of Evangeline Bratt, Accredited TCC Teacher, in 1999. Tel: 612/724-1871
Step by Step approach to Yinng & Yanging, developed in 2007 by Lorraine Lepine, Accredited TCC Teacher since 1999.
Tel: 913/901-8818 Email: lorlepine@gmail.com

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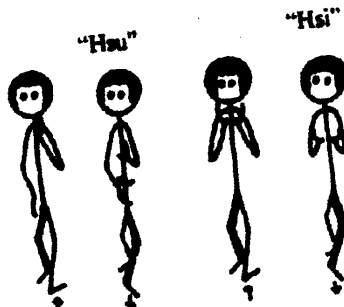
SECTION C1. Forward & Back Movements

2. Global View of the Steps

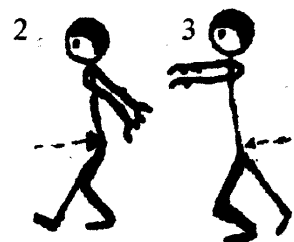
1. Step Forward: Six Healing Sounds Style



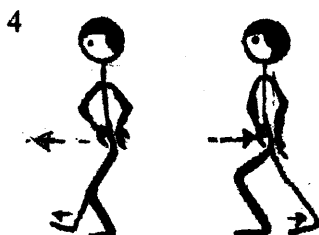
2. Step Forward, Arms Going Back: Full Yang Leg Experience



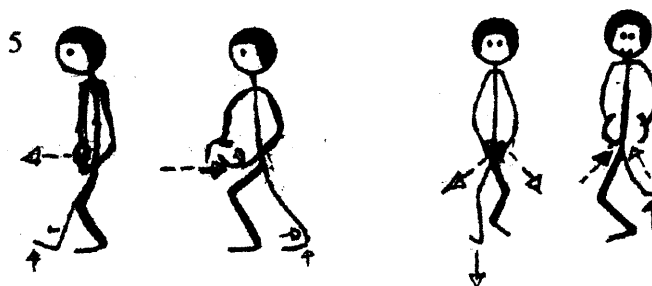
3. Step Back, Arms Going Forward: Full Yang Leg Experience



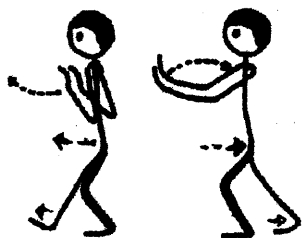
4. Feet Flat: Yinning-Yanging (pronounced "yahning")



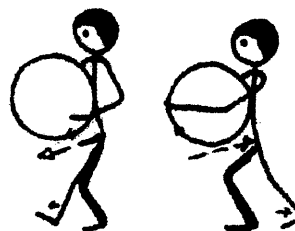
5. Heels and Toes Rising with Hands Opening and Closing with the Weight Shift: Yinning-Yanging & Flowing from the T'an T'ien



6. Flowing from the T'an T'ien: Push Pull



7. Flowing from the T'an T'ien: Bass Drum



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.

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