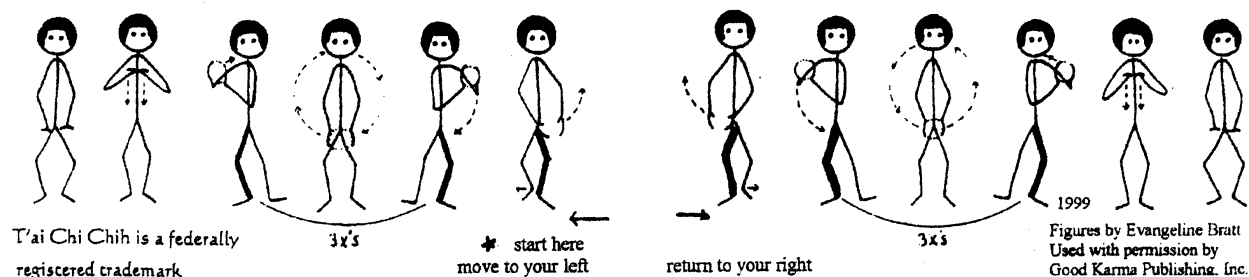


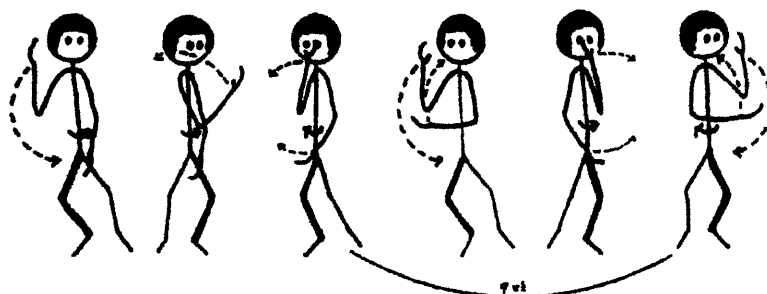
SECTION D1. Sideways Movements, hands moving in same direction

1. T'ai Chi Chih Movements

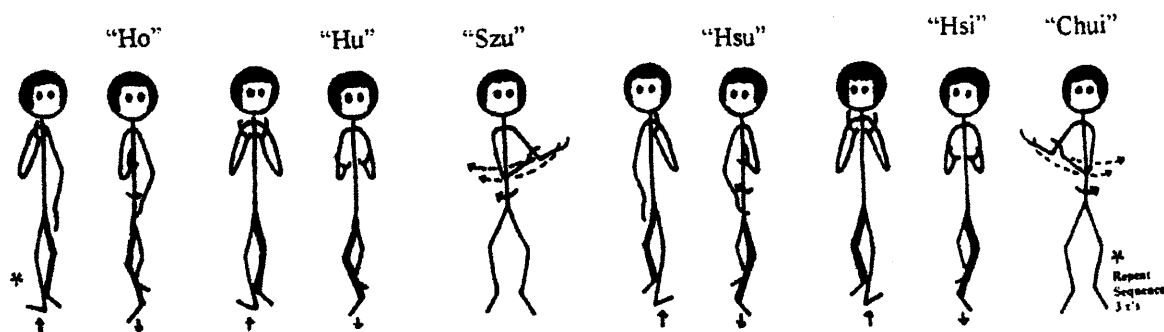
8 CARRY THE BALL TO THE SIDE



18 PASSING CLOUDS



19 SIX HEALING SOUNDS



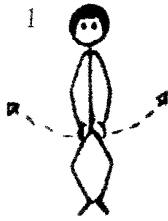
Heavier lines on the legs of stick figures indicate yang or substantial. 1
The figures are drawn in mirror image to make the TCC Step by Step movements easier to follow.

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

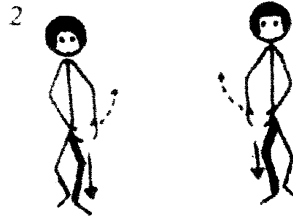
T'ai Chi Chih is a Federally registered trademark.

SECTION D1. Sideways Movements, hands moving in same direction
2. Global View of the Steps

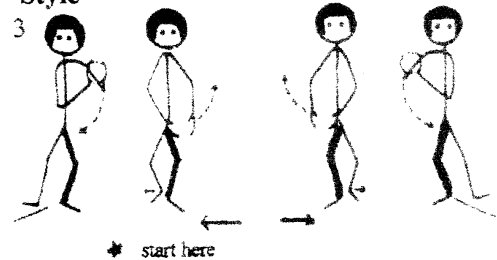
1. Waist/Spine Turning with Feet in "V" position



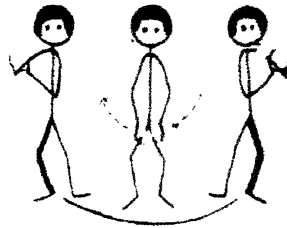
2. Waist/Spine Turning & Spiraling Down to the Right/Left Side: Carry the Ball to the Side Style



3. Waist/Spine Turning & Spiraling Down & "Sideways T'ai Chi Step": Carry the Ball to the Side Style



4. Waist/Spine Turning with Feet in Sideways position: Yinning – Yanging to the Side



5. Moving Sideways 3 Times toward each Side & Going into Graceful Conclusion, Carry the Ball to the Side Half Way: Carry the Ball to the Side Style

6a. Moving Sideways 3 Times toward each Side & Swiveling of the Hip with Tail Bone OUT when Carry the Ball to the Side Downward & Going into Graceful Conclusion Carry the Ball to the Side Half Way: Carry the Ball to the Side Style

6b. Moving Side to Side 1 time & Sideways 3 times toward each Side & Swiveling of the Hip with Tail Bone OUT when Carry the Ball to the Side Downward, with Tail Bone IN when Carry the Ball Up & Going into Graceful Conclusion, Carry the Ball to the Side only one Time: Carry the Ball to the Side Style

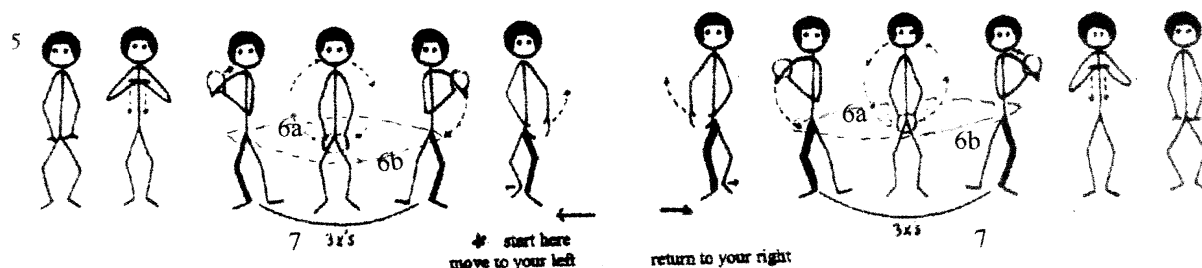
7. Moving Side to Side & Sideways 3 Times toward each Side & Swiveling of the Hip (Tail Bone OUT when Carry the Ball Down & Tail Bone IN when Carry the Ball up: Carry the Ball to the Side

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



16. Full Waist/Spine Turn to the Side: Six Healing Sounds Style

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

"Szu"

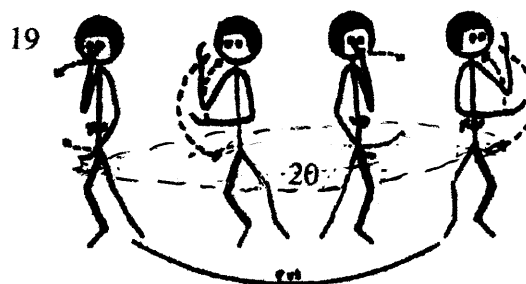
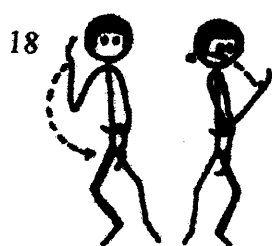
"Chui"



18. Waist/Spine Turn & Spiraling Down to Left with Left Hand Raised: Passing Clouds Style

19. Moving Side to Side & Swiveling of the hip, only with the Left Hand: Passing Clouds Style

20. Waist/Spine Turn & Spiraling Down to Left with Left Hand Raised & Moving Side to Side & Swiveling of the hip, only with right hand: Passing Clouds 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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