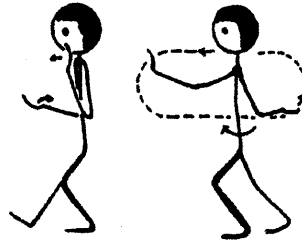


**SECTION C2: Combination Forward & Back Movements &
Tan T'ien turning to the Side
1.T'ai Chi Chih Movement**

15 WORKING THE PULLEY

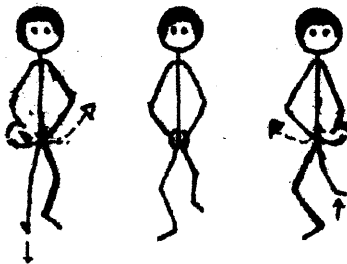


**SECTION C2: Combination Forward & Back Movements &
Tan T'ien turning to the Side
2. Global view of the Steps**

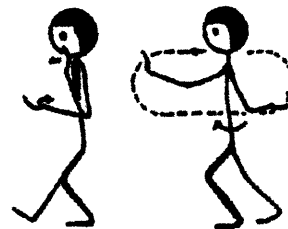
**8. Waist & Spine
Turning with Feet in V
Position**



**9. Flowing from the
T'an T'ien &
Waist/Spine Turning:
Working the Pulley
Style**



**10. Flowing from the
T'an T'ien &
Waist/Spine Turning,
Using One Arm:
Working the Pulley
Style**



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.
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