

TIME :												
Day & DATES :												
Location:												
T'ai Chi Chih Classes Level:												
Month												
Day												
Make up class												
# for each class of the series *	1	2	3	4	5	6	7	8	9	10	11	12
1. Rocking Motion												
2. Bird Flaps its Wings												
3. Around the Platter												
4. Around the Platter (Variation)												
5. Bass Drum												
6. Daughter on the Mountain- Top												
7. Daughter in the Valley												
8. Carry the Ball to the Side												
9. Push Pull												
10. Pulling in the Energy												
11. Pulling Taffy												
12. Pulling Taffy (Anchor)												
13. Pulling Taffy (Wrist Circles)												
14. Pulling Taffy (Perpetual Motion)												
15. Working the Pulley												
16. Light at the Top of the Head/at the Temple												
17. Joyous Breath												
18. Passing clouds												
19. Six Healing Sounds												
20. Cosmic Consciousness Pose												
Student's Names:												
# for each class of the series	1	2	3	4	5	6	7	8	9	10	11	12