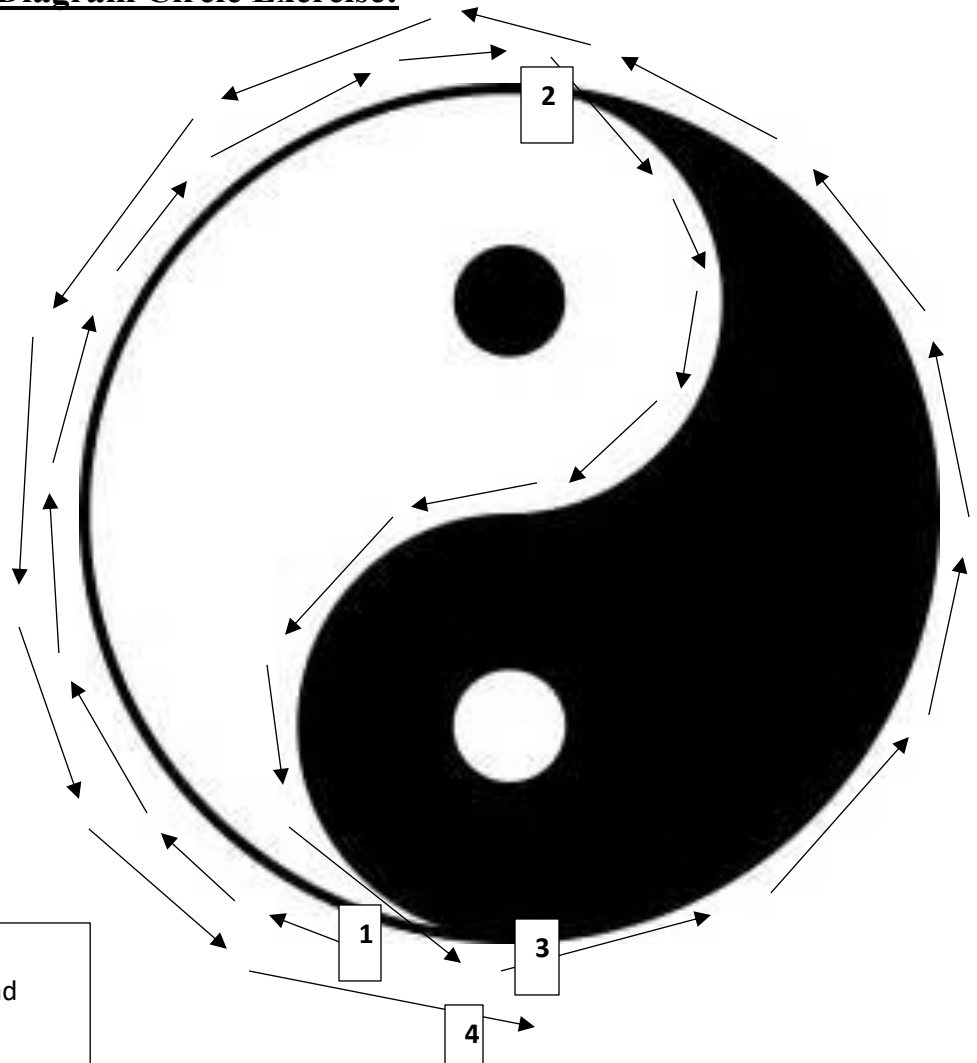


Doing Tai Chi Diagram with Left and Right Arm while in Bow and Arrow stance

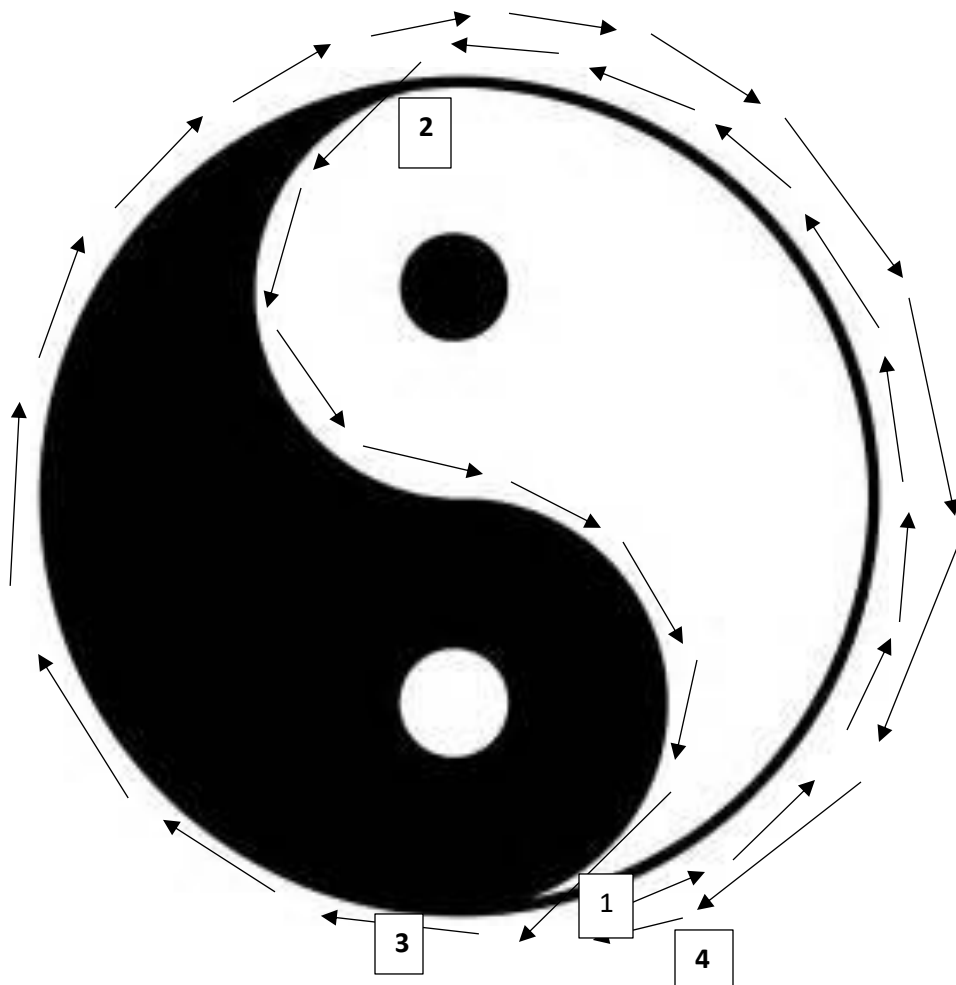
Right Arm Side Tai Chi Diagram Circle Exercise:



Start doing circle at 1 continue around to 2 then follow to 3 and around the circle, ending at 4.

- Bow and Arrow stance with right foot forward
- Right arm is extended forward with a twist so palm faces right and up.
- Palm is facing down at top of diagram, then up through middle and **at bottom**.
- Palm rotates downward as you complete or close the diagram.

Left Arm Side Tai Chi Diagram Circle Exercise:



Start doing circle at 1
continue around to 2 then
follow to 3 and around the
circle, ending at 4.

- Bow and Arrow stance with left foot forward.
- Left arm extended forward with twist so palm faces left and upward.
- Palm faces down at the top of diagram, up through middle and **at bottom**.
- Palm rotates downward as you complete or close the diagram.

Advanced Tai Chi Diagram/Circle technique for leg movement:

Once you have mastered the technique of doing the circle with your arm and hands, the next thing to learn is that of shifting the weight from front leg to back leg as your arm moves from the top of the circle to the bottom (ask your Tai Chi instructor to demonstrate so you can see what it looks like).