

# Q241: Tai Chi Chih

## First Lesson

Introduction

Forward and Backward Movements: **Rocking Motion; Bird Flaps Its Wings;  
Around the Platter; Around the Platter Variation; Bass Drum**

Preview

## Second Lesson

Review

Forward and Backward Movements: **Daughter on the Mountaintop;  
Daughter in the Valley;**

Pose: **Cosmic Consciousness Pose**

Practice

Preview

## Third Lesson

Review

Side-to-Side Movement: **Carry the Ball to the Side**

Forward and Backward Movements: **Push Pull; Pulling in the Energy**

Practice

Preview

## Fourth Lesson

Review

Side-to-Side Movements: **Pulling Taffy; Anchor Taffy; Wrist Circle Taffy;  
Perpetual Motion Taffy**

Practice

Preview

## Fifth Lesson

Review

Forward and Backward Movement: **Working the Pulley**

Practice

Preview

## Sixth Lesson

Review

Up and Down Movements: **Light at the Top of the Head / Light at the Temple;**  
**Joyous Breath**

Practice

Preview

## Seventh Lesson

Review

Side-to-Side Movement: **Passing Clouds**

Practice

Preview

Forward and Backward/Side to Side Movements: Six Healing Sounds

**Ho** "Hoe" (Heart), **Hu** "Who" (Spleen), **Szu** "Sue" (Liver),

**Hsu** "Shshsh" (Lungs),

**Hsi** "Shee" (3 Heaters: below the navel, in the abdomen, between the eyes),

**Chui** "Chewee" (Kidneys)

Practice

Remaining Weeks of the Semester: Full Practice with Mindfulness Meditation

