

Essential - T'ai Chi Chih™
E-CHI with LindaProscheyoga.com

T'ai Chi Chih Intro Packet for Beginners

19 movements and one posture that are easy to learn.

1. rocking motion (preliminary)
2. bird flaps it's wings (preliminary)

3. around the platter
4. around the platter variation
5. bass drum

6. daughter on the mountaintop
7. daughter in the valley

8. carry the ball to the side

9. push pull
10. pulling in the energy

11. pulling taffy
12. anchor taffy
13. wrist circle taffy
14. perpetual motion

15. working the pulley
16. light at the top of the head/Temples
17. joyous breath

18. passing clouds

19. six healing sounds

ho/heart	hu/spleen	szu/liver
hsu/lungs	hsi/3-heaters	chui/kidneys

20. cosmic consciousness pose

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Top 5 Things to remember in TCC

1. Flowing from the Center. The movement originates in the T'an T'ien; (Approximately located in the center line, 2" below the navel and 2" inward) as it moves, so does the rest of the body. The feet can be a initial starting reference point but the entire body moves in synch, as one integral whole.

2. Weight shift :

Hands and arms move with the weight shift, neither ahead nor behind. Yinning and Yanging / shifting the weight correctly. • T'ai Chi Chih is done primarily BELOW the waist.

- It is important to stay at one level while shifting the weight, so sink down and remain at that same level. The spine is ALWAYS straight and vertical (no leaning!)
- Step out with the feet in a correct position for effortless shifting the weight without muscular leg effort.
- The heel always touches down first, BEFORE any weight shifts.
- The weight shifts fully, in a smooth, gradual manner, from one bent knee to the other.
- The Yang leg (with weight on it) is bent & the Yin leg (empty) is straight. Joints are never locked.

3. Softness and Continuity aka: The “effort of no effort”.

Muscular effort or tension contracts the meridian channels through which the Chi flows, and inhibits the flow of Chi. The hands are softly rounded with fingers open and loosely spread apart (not curled).

- SOFTNESS, NOT floppiness or sloppiness in the wrists. Flow in soft, smooth, continuous motion at an even pace. RELAX and move as though swimming through very heavy air, or moving slow motion as in a dream. The waist and wrists are very relaxed and pliable.

4. Focusing in the soles of the feet / grounding

- This gives the mind a place to focus so it can become still.
- It ensures an even flow of chi throughout the body.
- It grounds us by drawing the Chi downward. Remember, Chi follows thought.
- It brings the Yang (Fire) of the Heart down rather than letting the Yin (Water) of the kidneys rise, which is important in Chinese medicine. This dries up aqueous excess in the body. Think BUBBLING SPRINGS

5. Circularity

In T'ai Chi Chih, as in nature, energy flows in circular patterns, not in straight lines. Polarity / Yin/Yang energy between the palms when the hands face each other. Think CIRCLES WITHIN CIRCLES.

Portions taken from PRINCIPLES of HOW TO MOVE in T'ai Chi Chih Pam Towne & Sandy McAlister

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Common words and definitions used in practice

t'ai chi chih ㄊㄞˊ ㄑㄩ ㄑㄩˊ | **noun** (**Name given to the practice: Supreme Ultimate Knowledge**

A series of 19 movements and one pose that together make up a meditative form of exercise to which practitioners attribute physical and spiritual health benefits. Some studies have found the practice to reduce stress, lower blood pressure, increase immunity, and relieve certain ailments.

Developed in Albuquerque, NM in 1974 by Justin Stone, T'ai Chi Chih has spread mostly through word-of-mouth in a grassroots fashion among practicing individuals. It is now taught and practiced around the world. T'ai Chi Chih has visual similarities to Tai Chi Chuan but no martial arts aspect. Practicing it regularly, focuses on circulating, developing and balancing the chi (or spiritual energy residing in every living thing)

chi ㄑㄩˊ | **qi** ㄑㄩˊ | **ki** ㄑㄩˊ (**also qi or ki**) **noun** **qi** ㄑㄩˊ | **chi** ㄑㄩˊ | **ki** ㄑㄩˊ (**also chi or ki**) **noun**

The circulating life force whose existence and properties are the basis of much Chinese philosophy and medicine. ORIGIN from Chinese (Mandarin dialect) qì, literally 'air, breath.' ㄑㄩˊ | **noun**

Similar to Sanskrit/Hindi reference of Prana or Prajna.

qigong ㄑㄩˊ ㄍㄨㄥ | **noun**

A Chinese system of physical exercises and breathing control related to Tai Chi. A group of related practices like T'ai Chi chih, Yoga, QiQong or any other such form of moving the internal energy.

polarity ㄆㄨˊ ㄌㄞˊ ㄕㄩˊ | **noun** (**pl. -ties**)

The property of having poles or being polar: it exhibits polarity when presented to a magnetic needle.

- the relative orientation of poles; the direction of a magnetic or electric field :
- the state of having two opposite or contradictory tendencies, opinions, or aspects : the polarity between male and female | • In T'ai Chi Chih, we use this term to describe that felt sensation of opposites that can also feel like a magnetic pull.

flow ㄈㄛˊ | **verb** [**intrans.**]

To move along or out steadily and continuously in a current or stream: from here the river flows north | a cross-current of electricity seemed to flow between them. Compare with ebb .

- circulate continuously within a particular system :| an electric current flows through it.
- be available in copious quantities. In our practice, we speak of a continuous flow of movement even as we shift our weight. No stopping, no starting.

bubbling springs

- proceed or be produced smoothly, continuously, and effortlessly: We direct the attention to the bottoms of the feet to feel the bubbling sensation of energy move from the earth to the sky.

circles within circles

- the circularity of a continuous motionality within a specified area...ongoing...neverending...eternal. We notice the circularity of one or more circles in many of the T'ai Chi Chih movements.