

### Movements 1-10

### Brief Description

Rocking Motion 18 or 36 X (any multiple of 9)		<b>Tan Tien</b> Forward & Back/Up & Down <b>Feet/Legs</b> Hip Distant Apart, Follow Tan Tien <b>Hands/Arms</b> Rise and Fall in Front of Body, Palms Up, Palms Down, Palms Slightly Behind
Birds Flap its Wings 3 X		<b>Tan Tien</b> Up & Down <b>Feet/Legs</b> Soft "V", Up & Down <b>Hands</b> Palms Face Each Other at Tan Tien, X (Flap out, Return), Make 1 1/2 Circles, Return 2
Around the Platter 9 X Left 9 X Right		<b>Tan Tien</b> Expansion & Contraction <b>Feet</b> Forward & Back Weight Shift <b>Hands</b> Palms Facing Down, Chest Level, Trace Horizontal Circle in Front of You
Around the Platter Variation 9 X Left 9 X Right		<b>Tan Tien</b> Expansion & Contraction <b>Feet</b> Forward & Back Weight Shift <b>Hands</b> 1st Half—Hands Form Ball Shape at Shoulder, "Drop Ball", 2nd Half—Trace Circle
Bass Drum 9 X Left 9 X Right		<b>Tan Tien</b> Expansion & Contraction <b>Feet</b> Forward & Back Weight Shift <b>Hands</b> Trace Vertical Circle in Front of You, Start at Waist, Down, Up, Over, Waist
Daughter on the Mountaintop 9 X Left 9 X Right		<b>Tan Tien</b> Expansion & Contraction <b>Feet</b> Forward & Back Weight Shift <b>Hands</b> Start low to go high. Rise, Cross in Front, Fingers Up When Coming Down
Daughter in the Valley 9 X Left 9 X Right		<b>Tan Tien</b> Expansion & Contraction <b>Feet</b> Forward & Back Weight Shift <b>Hands</b> Start high to go low. Down, Center, Up, In, Open
Carry the Ball To the Side 3 X Left 3 X Right		<b>Tan Tien</b> Side to Side Swivel <b>Feet</b> Side to Side Weight Shift <b>Hands</b> 2 X (Ball at Shoulder, Carry Across Tan Tien, Return to Shoulder) 3rd Time Stop at Opposite Shoulder
Push Pull 9 X Left 9 X Right		<b>Tan Tien</b> Expansion & Contraction <b>Feet</b> Forward & Back Weight Shift <b>Hands</b> Chest level, Hands Face Out, Dip Down, Up, Turn Hands, Hands Face You, Come Over, Return
Pulling in the Energy 9 X Left 9 X Right		<b>Tan Tien</b> Expansion & Contraction <b>Feet</b> Forward & Back Weight Shift <b>Hands</b> Palms Facing Up, Chest Level, Trace Horizontal Circle in Front of You, "Pull in" Energy

### Movements 11-19 & Pose

### Brief Description

Pulling Taffy 3 X		<b>Tan Tien</b> Side to Side Swivel <b>Feet</b> Side to Side Weight Shift <b>Hands/Arms</b> Left Arm Underneath Right Arm, Separate, Right Hand Moves Down Right Leg, Left Hand Moves Across, Repeat Other Side Switching Hand and Arm Positions
Anchor Taffy 3 X		<b>Tan Tien</b> Side to Side Swivel <b>Feet</b> Front Foot Pigeon-toed, Side to Side Weight Shift <b>Hands/Arms</b> Left Taffy Forward, Left Taffy Side, Right Taffy Forward, Right Taffy Side
Wrist Circles Taffy 3 X		<b>Tan Tien</b> Side to Side Swivel <b>Feet/Legs</b> "V", Up & Soft, Side to Side Weight Shift <b>Hands/Arms</b> 2 Circles, Half Circle & Left Taffy Side, 2 circles, Half Circle & Right Taffy Side
Perpetual Motion Taffy 9 X		<b>Tan Tien</b> Side to Side Swivel <b>Feet</b> Side to Side Weight Shift, Lift Non-Weight Bearing Heel after Each Taffy <b>Hands/Arms</b> Taffy Left Side—Taffy Right Side, Heel Rises & Sets Back Down After Each Taffy
Working the Pulley 9 X Left 9 X Right		<b>Tan Tien</b> Waist Turn Side to Side <b>Feet</b> Forward & Back Weight Shift, Swivel Feet to Allow Easier Waist Turn <b>Hands</b> Similar to Swimming Front Crawl
Light at Top of the Head Light at the Temple		<b>Tan Tien</b> Up & Down <b>Feet/Legs</b> Soft "V", Up & Down <b>Hands</b> Hands Rise above Head, 3 X (Sink-Hands Close, Rise-Hands Open), Hands Close, Mix, Hold, 3 X (Sink-Hands Close, Rise-Hands Open) Hands Open All the Way. Repeat with Hands at Temples.
Joyous Breath 3 X		<b>Tan Tien</b> Up & Down <b>Feet/Legs</b> Hip Distant Apart, Up & Down <b>Hands</b> Hands Go Down, Turn Palms Up, Hands Rise to Chest, Palms Turn Over, Palms "Push" Down 4 Times Following Aspirated Breath to Tan Tien
Passing Clouds 9 X		<b>Tan Tien</b> Side to Side Swivel <b>Feet</b> Side to Side Weight Shift (Step Right) <b>Hands</b> L Hand Makes Circle—Start at L Shoulder, Left, Down, Circle Up & Around Back to L Shoulder, R Hand Makes Circle—Start at R Leg, Circles Right, Same Pattern as Left Hand
Six Healing Sounds 3 X Ho - Che-wee 4 X Che-wee		<b>Tan Tien</b> Forward & Back, Side to Side Swivel <b>Feet</b> Step Forward, Lift Front Heel, Move/Step to Side <b>Hands</b> L Forward—Ho, L & R Forward—Who, R to L Side—Sue, R Forward—Shuh, R & L Forward—She, L to R Side Che-wee Side—Che-wee (Left, Right, Left, Right)
Cosmic Consciousness Pose		<b>Tan Tien</b> Neutral <b>Feet</b> Left Heel to Right Ankle <b>Hands</b> Palms Face Chin/Mouth, Elbows Up