

T'AI CHI DAO YIN

Information from Tai Chi Dao Yin by Tom Tam

1) Wu Chi ... before the beginning

- Ⓢ feet flat and shoulder width / knees soft / arms down / palms back
- Ⓢ tongue to palate (completes energy circuit) / breathe through nose

2) The Beginning of T'ai Chi [x6]

- Ⓢ palms up / raise to shoulder (gather yang energy from heavens)
- Ⓢ palms down / lower arms (gather yin energy from earth) / return to Wu Chi

3) Bringing the Chi Down to Tantien [x6]

- Ⓢ right hand to face with palm forward / lower to tantien
- Ⓢ alternate with left hand / continue circular motion

4) Leading Chi to the Palm [x6]

- Ⓢ left arm to shoulder height / palm to sky
- Ⓢ right hand to upper left arm / sweep out with right arm / keep palm down
- Ⓢ *at the same time* pull left arm back with elbow bend and palm to sky
- Ⓢ rotate palms and alternate with right hand

5) Holding the Chi at Tantien widen stance

a) Store the Chi at the Tantien

- Ⓢ place both hands on tantien / 6 quiet breaths with tongue in position

b) Move Chi around the Tantien

- Ⓢ with overlapped hands move out 2-4 inches from body
- Ⓢ rotate around tantien clockwise 6 times / then counterclockwise 6 times

6) Opening the Chi at the Chest widen stance more (as if sitting on stool)

- Ⓢ raise arms to shoulder height (as if hugging a tree) / with fingers separated and tips pointing toward each other
- Ⓢ gaze into palms of hands / 6 quiet breaths with tongue in position

7) Releasing the Chi through the Arms and Legs [x6] return to Wu Chi position

- Ⓢ cross hands at wrist in front of chest / palms down
- Ⓢ extend both arms / elbows bent / wrists flexed / fingers up
- Ⓢ *at the same time* look to right, bend right knee, then lift right leg from hip with leg straight and toes pointed to sky (does not need to be high)
- Ⓢ repeat on left side

8) Close ... Smoothing the Chi from the outside in [x6] return to Wu Chi position

- Ⓢ raise arms in circular motion to sides and over head / palms out
- Ⓢ with palms down press arms down toward tantien

9) Return to Wu Chi position / Wash Up ... rub hands together / rub face and ears

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