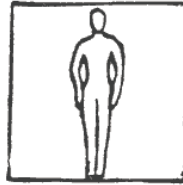


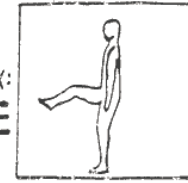
Basic Movements of Tai Chi Tao



Preparation: Heaven ☰
CHIEN the Creative



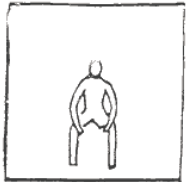
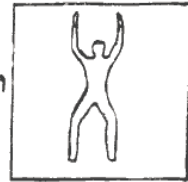
The Graceful Phoenix:
Running Water ☵
KAN the Abysmal



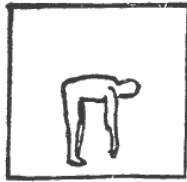
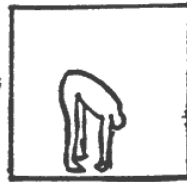
Holding the Ball: Mountain ☶
KEN Keeping Still



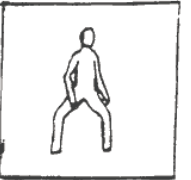
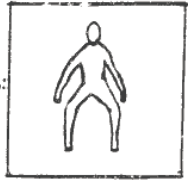
Phoenix Rises from
Its Own Ashes: ☱
TUI the Joyous Lake



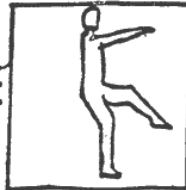
Touching the Earth:
Earth ☷
KUN the Receptive



Circling the Heavens:
Wind ☳
SUN the Gentle



Upon a Divine Horse: Fire ☲
LI the Clinging



The Ascending Dragon: Thunder ☳
CHEN the Arousing

