Basic Movements of Tai Chi Tao

Preparation: Heaven =
Ch‘ien the Creative

Holding the Ball: Mountain =
K‘en Keeping Still

Touching the Earth: Earth =
K‘uen the Receptive

Upon a Divine Horse: Fire =
Li the Clinging

The Graceful Phoenix: Running Water =
K‘an the Abysmal

Phoenix Rises from Its Own Ashes =
T‘ui the Joyous Lake

Circling the Heavens: Wind =
Sun the Gentle

The Ascending Dragon: Thunder =
Ch‘en the Arousing

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