



Five Energies Form

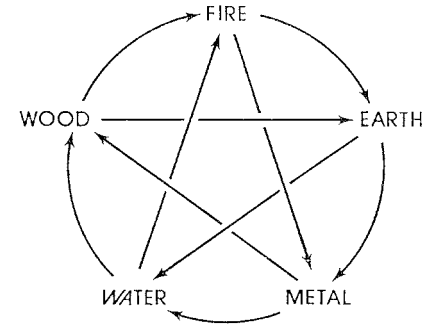
Mary Cruise, Tai Chi Instructor

OPENING - 3 CIRCLES

Draw from the earth, give to humanity and receive inspiration from above.

BALANCING SPIRIT

Shift weight to right, left foot steps back, relax and shift weight on to the left foot and open both arms - left hand high, right hand low (palms facing each other) while also drawing in the right foot. Keep a shoulder width distance. Pull down heaven and gather earth into the dantien. Gather slowly from the right, left and the right and left again.



FIRE, HEART, RED

Draw hands up to the heart and step out with the right foot. Relax, shift weight forward while your hands are moving away from the heart center. Relax, shift weight to left foot while hands return to the heart center leaving the right foot forward.

EARTH, SPLEEN, YELLOW

Arms drop to sides, relax. Shift weight to the forward foot and forearms come half way up on the side of the body, bring the left foot up a the same time, relax arms down, arms come in front, raise arms and open in a circle. Draw energy up and down to the spleen.

METAL, LUNGS, WHITE

Relax arms at side, shift weight to the left and open right side by pivoting on the right heel, draw up arm midway, bend elbow and pivot back to center. Double weight and drop hand down center. Shift to right, open to the left, pivoting on the left heel, raise arm midway, bend elbow and pivot back to center. Double weight and drop hand down center. Reach out with right arm, palm up and draw in then reach out with the left arm, palm up and draw in.

WATER, KIDNEY, BLACK

Shift weight to the right, relax and step out with left foot. Relax, glide forward and scoop, straighten front leg and allow arms to rise, shift weight back and allow elbows to bend drawing water down over the body. Arms go down to in front of the kidney area - keep left foot forward.

WOOD, LIVER, GREEN

Arms go out in a circle from the area of the liver, after half way when arms start to come back to center, draw in the left foot and double weight - fingers pointing to fingers.

TRANSITION STEP

Step out with left heel (you must clear the right foot) point the left toe to the right, shift the weight on to the left foot and turn the body to the right. Open as you turn - now you are ready to begin in the new direction.

This patterning follows the correct order of Chi circulation according to the five element theory. It is a circle. You can begin at any point on the circle but movement must be in the same direction. For example; If you start with wood, you must then move to fire, earth, metal & water. If you start with metal, you must then go to water, wood, fire & earth.

-credit to: Margaret Muskopf, St Louis, Missouri

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