



# Moving 5 Elements

Mary Cruise, Tai Chi and Qigong Instructor

Imagine you are standing in a box facing North feet shoulder width apart arms down to your sides.

Raise the energy, breath in and out allowing your arms to come up and out to the sides then lower arms.

**Fire:** Shift to the right and step out with left foot to the North West corner into a bow stance while arms come up to chest and push forward.

**Water:** Palms turn toward face and move up and back toward body while rolling back,

**Earth:** backs of palms come together as turn in left foot, hands descend front of body as shift back into left foot

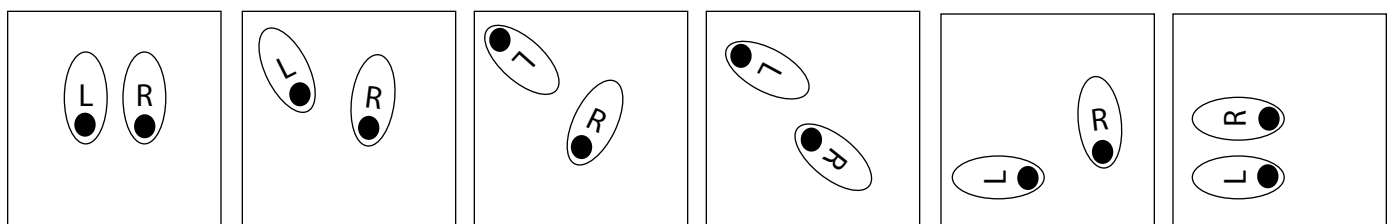
**Wood:** arms separate out to side, step wide with the right foot to the South West corner into a bow stance as arms extend around to the front of body with palms down.

**Metal:** Rollback, turn left palm up, turn in right foot, shift back into right, step wide to the West with the left foot followed with the right to a even weighted stance feet shoulder width apart, turn left palm down lower arms.

Repeat this same series starting at the new direction. After 3 repetitions you will be back to the beginning. Then repeat the same four series going to the right instead of the left.

Finish by raising the energy, breath in and out allowing your arms to come up and out to side then lower arms, step in with left foot, palms to the dantien.

Foot Position for Moving 5 Elements



Begin

**Fire**

Bow Stance

**Water**

Back Stance

**Earth**

Sanchez

**Wood**

Box to Bow Stance

**Metal**

Box Stance

End

Facing new  
direction

● = Heel of Foot