



I Chi Ching

As presented by Mary Cruise, Tai Chi Instructor

- Stand in wuji position

(feet shoulder width apart, weight even, knees slightly bent, hips tucked, back elongated, chest open, neck elongated, tongue at roof of mouth, eyes relaxed but alert, imagine a string at top of your head drawing you up towards the heaven, imagine a string from the base of your spine connecting to the ground in between your feet giving you balance and stability)

- Raise arms to shoulder level.
- Extend fingers straight ahead, perpendicular to body.
- Bend elbows, draw hands on plane, back towards the body.
- Extend out pushing, with hands parallel to body.
- Turn palms over facing body to holding ball position (called standing palm position)
- Open arms out to sides.
- Sink into earth, letting hands fall down to your sides and then in front of body.
- Put the backs of your hands together drawing them up the center of your body.
- Draw completely above head releasing energy to heaven.
- Open your arms to shoulder level.
- Return arms to hold ball position gathering in energy.
- Draw palms to your body, compressing the energy.
- Push your hands down the front of body to store the energy.

Repeat 3 times for a set.

My wording that goes along with the movement.

The sun is beginning to rise.

The first rays of sun can be seen on the horizon.

Push open the temple gates.

Open the gates for a wider view.

Sink the energy into the earth.

Draw the earth energy up through your body, releasing it to heaven.

Feel the energy cascading upon you.

Gather in the energy.

Compress the energy.

Store the energy.