



Phoenix Tai Chi Form

Mary Cruise, Tai Chi Instructor

Opening Salutation, Circling Three Dan Tiens

"I am firmly rooted in the Earth. I give myself to Humanity. I am one within the Universe."

Maiden Combs Her Hair

Section 1

Opening and Presenting the Fan Right Side

Sun Meets the Crescent Moon

Sun and Moon Circles the Yellow Palace

Maiden Combs Her Hair

Repeat Section 1 to Left

Section 2

Expressing From the Heart to Right

Stillness of the Heart

Spiral Hands

Going In and Out of the Heart

Smoothing Out the Difficulties

Maiden Combs Her Hair

Repeat Section 2 to Left

Section 3

Waving the Banner of Freedom to Right

Return to Earth

Repeat Section 3 to Left

Transition to front

Maiden Combs Her Hair

Section 4

Spreading Good Wishes to Left

Spreading Good Wishes Reverse

Transition to Front

Maiden Combs Her Hair

Section 5

Fair Maiden Sequence

Transition to Front

Maiden Combs Her Hair

Closing

Circle arms in heart shape bringing hands in front of heart, fingers pointing to heart.

Store energy within the Dan Tien.

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