

Tai Chi

FOR DEPRESSION



A 10-Week Program
to Empower Yourself
and Beat Depression

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Preface

Depression is a major health hazard affecting many people's lives all around the world. In the United States, about fifty-four million people experience some type of mental disorder each year. That is one in five Americans. Some can control depression with medication, but others may continue to have a poor quality of life even with medication. Most research focuses on medication as a remedy.

Taiji and qigong involve a natural energy workout that can help to relieve and heal depression. I trained as a physician in mainland China, and I have been practicing natural medicine in the United States since 1992. I have had excellent success healing illness with natural medicine and Chinese exercise. Depression is one of many diseases I have treated. After years of training in taiji and qigong with well-known masters in China, observing specific responses from students and patients, I have combined my knowledge of Chinese medicine, natural healing methods, and Daoist philosophy. I've designed this specific form of taiji to help people recover from depression—or prevent it altogether. This unique form combines elements of Chen-style taiji, Yang-style taiji, qigong, martial arts, and meditation, creating a high-quality practice. Many students say this is the most enjoyable and relaxing form they have ever practiced.

As we will see, this form has several benefits. It is short, easy to learn, easy to remember, and easy to practice. The circular movements create better energy flow in the body. The martial character empowers the mind, strengthens the body, improves stamina, and increases self-esteem. Symmetrical movements help balance both sides of the brain to harmonize brain activity. The sophisticated movements stimulate brain function and encourage the student to learn. Slow and balanced movements calm the mind, increase serotonin levels, and become a “natural tranquilizer.” Moderate amounts of physical movement (exercise) enhance energy flow and daily energy levels. The form requires little space to practice, and coordinated, soothing, and open (big frame) movements improve overall coordination.

It is helpful for all kinds of depression. The theory is that the specially choreographed movements work to harmonize the biochemicals in the brain, making one feel calm, powerful, and in control of one's emotions. All taiji practice can help relieve stress, improve daily energy levels, and enhance immune function and mental clarity.

In this book I teach you to incorporate Daoist philosophy into your life, helping you stay focused, balanced, and detached from old trauma or stress. I offer many self-healing tips to relieve stress and prevent depression. I also examine depression in both Western and Chinese medicine in order to provide a clear picture of why and how it occurs and how it can be prevented.

Learning taiji is not just learning the exercise movements. It's about learning to balance your life.

Healing Is possible

THERE ARE MANY WAYS to heal depression. What works for one person doesn't always work for someone else. You have to try different treatments to find out what is the best for you, your family member, your friend, or your client. Both Eastern and Western methods are helpful in preventing and healing depression. People get good results using either method or combining them. Generally speaking, in the early stages of depression or in a mild case, a natural way of healing should be the first thing to try. Taiji, qigong, acupuncture, Daoist study, psychotherapy, and group support are noninvasive, have no side effects, and are effective. For advanced or severe cases, antidepressant medication is indicated, but the combination of medication, counseling, and Eastern healing modalities are also very effective. Some patients come to me before starting medication because they want a more natural way of healing. For mild cases of depression, the natural way has worked very well. Some patients, already on medication, come to me after their symptoms have stabilized because they want to either reduce or eliminate their medication intake (because of the side effects). These cases also work well with natural treatment and exercise. It is up to the patient to choose his or her healing path. Depression is not easy to beat without the sufferer's active participation. The external help is there, but the motivation to seek it comes from within.

For people who have a family history of depression, preventive work is necessary to stop major depression from occurring in the future. Preventive work has been effective for many of my patients and students. Using Chinese healing methods and taiji classes, they have improved their quality of life. When a person develops major depression, healing takes longer and involves more work. Some have found that using both Western and Chinese medicine, including taiji and qigong, are effective in the healing process. When you have a family history of depression, you should incorporate more depression-fighting activities into your life and not let genetics control you. For example, my father had poor respiratory function (as I mentioned, he had tuberculosis

when he was nine years old), and my mother had severe arthritis. I no doubt carry some of their unhealthy genes. So I practice all kinds of Chinese exercises to try to avoid having problems like my parents. So far, I only have mild symptoms associated with my parents' conditions. I am determined to do preventive work and stay as healthy as I can. There is a Chinese saying: "Nothing is impossible if you try hard enough and do it right." We will discuss healing methods later.

Getting the right sort of help for depression begins with a proper diagnosis, and getting help at an early stage is also an important step in the healing process. As a Western-trained doctor, I know the importance of early intervention. And as a Chinese medicine healer, I know that preventive work is crucial for maintaining quality of life. I always tell my students and patients, "When you have a small hole in your clothing, you can still wear it after a few stitches; when you have a big hole in your clothes, you might have to throw it away." It's the same as having a car. If you do the necessary maintenance work, such as keeping the oil changed, getting a tune-up, rotating the tires, and taking care of small problems as they arise, your car will last longer. It is the same for healing depression. Early preventive work not only saves a lot of time and energy but also ensures a better quality of life. With depression, there are some early symptoms or warning signs that signal the need to take action.

Part 1

Understanding Depression and Emotional Imbalance

I HAVEN'T BEEN FEELING WELL for a very long time. I have no energy, no appetite. I have tried very hard at work, but nothing seems to get accomplished. I don't feel successful. I have no focus. I really don't like feeling this way, but I don't know what I can do. I don't feel as creative as I used to. I feel restless but lazy at the same time. I've lost interest in the things I used to enjoy. I seem to be losing my friends. Things are getting worse and worse." Statements like these are commonly heard in doctor's offices. Many people feel lost but don't know why and how it happened, so they don't know how to deal with these unpleasant feelings. Some people go to their Western doctor to get antidepressant medication.

Emotional imbalance has many different forms, and one of the most common is depression. Depression is an affective disorder characterized by disturbances of mood and emotion. Far more than a passing emotion, depression is a persistent feeling of sadness and loss of interest that interferes with normal life activities.

We have all felt "depressed" at one time or another. Sometimes this can be due to poor communication with our family, our friends, or a difficult teenage child; seasonal changes; hormonal changes; difficulty at work; business troubles; problems in a marriage; career dissatisfaction; unpleasant childhood experiences; difficult parents; and the list goes on. These situations can cause us to feel depressed but do not necessarily indicate a disease. But if symptoms do not subside, a depressed mood could become depression, which could then advance and require treatment. Feeling depressed about a situation might be a motivation for changing the situation. But clinically diagnosed depression is a type of mental illness that can be distinguished from a depressed mood by its persistence and severity. It interferes with the ability to cope at home, at work, and in daily life. It is a disorder, an illness, just like diabetes, ulcers, or hypertension, and treatment is required. Depression occurs when neurotransmitters like



(photo by Rei and Motion Studio/Shutterstock)

serotonin or epinephrine are either at low levels or not functioning properly (neurotransmitters are chemicals that transmit neurological information across synapses). Key symptoms are feeling down, weepy, pessimistic, useless, hopeless, irritable, and agitated. The sufferer may also experience a lowered sex drive, poor appetite or sudden overeating, or lack of motivation. Depression can become a problem if left untreated, and it's critical to get help in the early stages before it becomes too severe. Early intervention may include many alternative therapies such as group therapy, counseling, taiji, qigong, acupuncture, Chinese massage, martial arts, or Daoist study. In the United States, there are some other nondrug alternative therapies available. In my experience, many patients feel better when treated with either Chinese medicine or taiji practice. Some may take medication, but eventually they are able to get off their medication and still feel good.

My Own Experience

There were three times in my life when I suffered depression and had very imbalanced emotions. Each occasion was caused by certain problems in my life. The symptoms were those of clinical depression. I felt a major imbalance in my life and knew I wouldn't have felt better if I had taken medication without resolving the problems. The first time I suffered symptoms was during the Cultural Revolution when China was in chaos. I was ten years old. My father was accused of being a "capitalist follower" and was taken by the Red Guard several times. Sometimes the Red Guard physically abused him in front of hundreds of people; other times, the Red Guard made him write false confessions about things he never said. My father was a good man. He was a hard worker, an honest person, and always helped others. Because he was in a high position, he could not avoid the turbulence of the Chinese Cultural Revolution (at that time, the majority of people with high-level positions, including government officials, were at risk of persecution). The children in my neighborhood would either throw stones at my house or at me, they would swear at me when I was walking on the street, and sometimes they hit me in school. I did not feel safe at that time. My parents argued a lot for some reason, but I did not understand much until after the Cultural Revolution. I constantly asked myself, "Why did this happen?" I was angry.

The second time I felt depressed was during my fourth year living in the countryside, after graduating from high school. At that time, all Chinese teenagers who graduated from high school had to go to the countryside and live there to help the farmers with their work. By the fourth year, many students had gone back to the city to work. I was nominated to be the leader of this particular farmer's community. It seemed as if they liked me, but I believe that what they may have really liked was my father's position. At that time, my father was the vice-president of a manufacturing concern with more than two thousand employees. The commune leader may have wanted to take advantage of this relationship.

I really wanted to go back to the city where I came from. In China, life on a farm is not the same as in the United States. There was a lot of poverty. The farmers rarely leave the local town, and they knew very little besides farming. This is how they grew up and how generation after generation lived, and they don't want to change. Their life was very simple, and although the physical labor was extremely difficult, they got used to it. Even though I loved nature and the outdoors, I was not used to such hard physical labor and felt I didn't have the right disposition to spend my life on a farm. I felt I was wasting my life there, unable to use my talents and skills. I felt trapped and hopeless.

The third time I felt depressed was when I was in medical school. Chinese medical school was extremely difficult, and I studied both conventional medicine and traditional Chinese medicine (TCM). It was difficult for me because I did not have a good memory. According to TCM theory, the memory is related to kidney energy. Both of my parents had poor health, and I knew both of them specifically had poor kidney energy. I had to study harder than the average student to be able to memorize everything required. I got sick very often and was on antibiotics constantly. It was important to get good grades in order to be assigned a position in a better hospital in the future. Medical students had no life. I spent seven hours in classroom lectures and then another six hours studying to memorize the course material. I also had to study the English language and medical terminology. I would read medical books on the bus, while waiting in line for my meals, and while visiting my family. I did not want to fail, so I carried a great load on my shoulders. I developed severe insomnia and sometimes could not sleep at all. Exhausted during class and unable to focus, I fell into a

vicious cycle that affected my mood. I was depressed. Looking back, I should have handled the stress differently by just trying to do my best without driving myself to exhaustion and by seeking some form of treatment. I wish someone would have given me guidance about my own well-being and offered me the perspective of Daoist wisdom. What I really needed was for someone to say to me, “Just be who you are, and you are going to be fine.”

The Importance of Treating Depression

Depression is a highly treatable condition, and there are various methods that can be used to reduce symptoms. It is very important to get help before becoming dysfunctional, losing productivity and the sense of happiness, or damaging relationships with friends and family. Treatment can help stop depressed individuals from becoming a danger to themselves or others. Early intervention may prevent such a crisis but only if people realize they have depression and seek help. Seeking treatment makes it more likely that serious events—such as women suffering from postpartum depression and harming their babies—will be avoided.

Treatments for each type of depression can vary in effectiveness. Antidepressant medication might be better than psychotherapy for one type of depression, and the opposite may be indicated for another type.

Social, psychological, biological, and medical conditions do not always account for depression all by themselves, although each may contribute significantly to the condition. For example, a family tendency toward depression, difficulties in childhood, and changing cultural trends may need to be considered in treatment. For some depressive types, genetic factors may be the principal cause and life stresses of minor relevance. For others, the reverse may be true. Please see part 2 for healing depression.

Understanding Depression in Chinese Medical Theory

THERE ARE MAJOR DIFFERENCES in the way mental illness is viewed in Eastern and Western medicine. Western medicine focuses on biochemical imbalance, whereas Eastern medicine focuses on energy imbalance or disharmony. Chinese medicine didn't always make sense to me when I was studying it in conventional medical school. But after practicing Chinese medicine for so many years, I have come to realize that this kind of natural healing modality makes perfect sense. Now I not only practice it, but I also teach it to my patients, my students, health professionals, and people in other fields. They get to see its effectiveness for themselves. If you too set aside what you learned in school and remain open minded about natural healing, you may soon come to understand that although human energy is not visible, the science of it can be used to create genuine positive health outcomes. Just like electricity: you cannot see the electric current running through the wires, but it's there. But as with conventional medicine, learning the science of human energy science requires time and patience. And once you understand the Eastern way of thinking, you may find that both Eastern and Western medicine can work together effectively to treat depression.

Disease and Healing in TCM

Western medical science sees disease as caused only by germs, chemical imbalance, traumas, or inflammation. These causes bring about changes to the body's structures or to the makeup of the blood stream. Western scientists look to all kinds of data—definite metrics and test results—in order to provide appropriate treatment. This kind of approach sometimes works and sometimes doesn't because it is incomplete. TCM, on the other hand, looks not just to quantity of data but to its quality and the quality

of the treatment provided when making choices about a treatment plan. Chinese and Western medicine used in conjunction form a complete medical system.

Generally speaking, Western medicine focuses on correction and Eastern medicine focuses on prevention. Western medicine is concerned with removal and Eastern medicine is concerned with putting in. Western medicine corrects structural problems and Eastern medicine corrects energy problems. Western medicine values what can be scientifically verified and Eastern medicine values the patient's overall well-being as an end result. Chinese doctors look for problems with the body's energy system and adjust the flow of energy in the body. They know how to balance the internal organs, unblock the energy in the body, and harmonize the mind and the body, treating the whole person rather than disease. Once the person is balanced and harmonized, he or she can be healed. If you are a gardener, you know that improving the quality of the soil is the key to having healthy plants. Similarly, the Eastern healer knows that good health is a reflection of a well-functioning energy system.

Yin-Yang and Five-Elements Theories

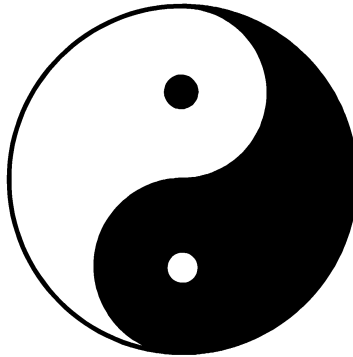
Traditional Chinese medicine has been in existence for more than four thousand years and is still popular today because of its effectiveness in treating and preventing illness. The theory behind it is based on the principle of yin-yang, the way of nature.

The concepts of yin-yang and the five elements were devised by the ancient Chinese to define and explain natural phenomena. In Chinese philosophy, these concepts are fundamental to all natural sciences. Astronomy, agriculture, geography, and the science behind the calendar made extensive use of and were strongly influenced by these theories. These conceptions have also played a major role in the development of Chinese medical theory and are the foundation of its philosophy of pathology, diagnosis, and treatment.

The theory of yin-yang, derived from long observation of nature, describes the way phenomena naturally group in pairs of opposites: heaven and earth, sun and moon, night and day, winter and summer, male and female, black and white, up and down, inside and outside, movement and stillness. These opposites are mutually dependent, complementing each other. One opposite can also change into or bring about the other. Day becomes night; night becomes day. The bad can eventually become good;

the good can become bad. Yin and yang are rooted in each other and interdependent. Without yin, there would be no yang—without black, for comparison, there would be no white. Yin and yang counterbalance each other. Excessive yin can be weakening to yang, and excessive yang can be weakening to yin.

Yin-Yang Theory in Healing



Yin-yang is the principle of nature, the Daoist principle, or the way of nature. The theory of yin-yang reflects nature itself. In the sphere of human life, we have healthy days and sick days, with the sick days eventually becoming healthy days. We have pleasant periods and unpleasant periods, but what is unpleasant passes in time. When we are young, we are full of yang energy. We are active, able to work long hours and do heavy work. However, our mind is still developing and immature, and we often make mistakes. As we get older, our yang energy diminishes and our yin energy increases. We become less active, unable to work so long or do such heavy work, but our mind is much more mature, clear, and stable. We are wiser and we make fewer mistakes. Everyone has two sides: a weak side and a strong side (yin side and yang side). We cannot say which is good and which is bad. All we need is to be more accepting and open to the opposite. If you want to be a perfect person, or find a perfect person to be your partner, or have perfect health, you will have to be content letting this be a dream because it is not possible. There is no such thing as a perfect person, perfect health, perfect life, perfect husband, perfect wife, perfect job, perfect parents, or perfect children. Everything has two sides, positive and negative.

In disease and healing, understanding the yin-yang is central to the practice of TCM. If an organ is weak, we use strengthening methods; if the organ is in excess, we use reducing methods. If a person has too much dampness, we use dry methods; if the person has stagnation, we use dispersing methods. If the person has too much mental activity, we use calming methods; if the person has too much heat, we use cooling methods. Everyone can also benefit from understanding and incorporating the concepts of yin and yang and Daoist philosophy into their work lives. For example, if a doctor is too busy and books too many appointments, the quality of patient care will suffer. If we work too much, eat too much, or worry too much, our energy and overall health will be negatively impacted. If we understand the importance of the yin-yang balance of nature, we can incorporate this principle into our healing and receive its benefits.

The Causes of Disharmony or Imbalance

Diseases have multiple causes that affect our energy and immune system. Living as we do in a stressful society, we should pay more attention to the balance of our energy to stay well. Stress can affect our minds and emotions and eventually impact our bodies to the point that sickness develops. Another important cause of illness is our diet. Our health is impacted by the wrong foods or too much food. Chinese medicine emphasizes a balanced diet, with concern for both quantity and quality. We will discuss this later. Being overworked also causes an imbalance of our energy. The European lifestyle is one of balancing time to eat, rest, socialize, and work. This may account for Europeans' low rate of heart disease.

TCM divides the causes of disharmony into three main areas: internal causes, external causes, and other causes.

Internal Causes

Internal causes are illnesses caused by emotions and chronic stress. Emotions include anger, sadness, worry, fear, joy, pensiveness, and shock. These are sometimes referred to as the seven emotions. Emotions put the body under stress—even joy, which in Chinese medicine means something like “overexcitement”—and stress strongly affects the body’s normal functioning. When you are experiencing stress, your body is tight, and when your body is tight, your energy and blood circulation are diminished. When

Part 4

Planning Your Healing Journey

MAKING UP YOUR MIND TO BEGIN is the first step on the healing journey. Remember, you need to push yourself if you want to reach your destination. Look toward the future and don't get stuck in the past. You are now ready to face the challenge of practice. Avoid the temptations to skip practice. If you are determined, you can be successful. The amount of effort you put into your practice will determine your future rewards. If you feel uncoordinated with certain movements, or if you cannot get something right away, don't be discouraged. Taking up the challenge of proving to yourself that you can do it becomes a positive addiction. And when you reach your goal, you will feel like a winner.

Ten-Week Plan to Help You Start

I made this chart for your convenience. You may use it to help you keep track of your practice and other activities. If things do not improve as well as you expected, you can look back at this chart to see where the problem might be. For severe depression, you need to consult your doctor. Those with severe depression may not respond well to this plan. A "1" on the scale means you made only minimum effort and "10" means you did your best. Sometimes it is difficult to decide what number to choose. But that is not a big deal; just choose the best approximation. If you miss a week because you were too busy, on vacation, or anything else that interferes with your regular schedule, just add another week to the chart. Remember, as long as your mind is there, your intention will lead you along the path.



Movements of the Taiji Sixteen-Step Form

1. Taiji Preparation, Parting Wild Horse's Mane Empowers Dan Tian
2. Step Forward, Brush Knee
3. Step Back, Open Energy Channels
4. Circle Hands, Punch Forward
5. Circle Hands, Squat, Left Fist Upward
6. Turn Body and Lead Energy, Push to Right
7. Circle Hands, Squat, Right Fist Upward
8. Turn Body and Lead Energy, Push to Left
9. Circle Yin-Yang, Side Fly, and Elbow Strike to Right
10. Circle Yin-Yang, Side Fly, and Elbow Strike to Left
11. Fair Lady Moves the Shuttle (in Three Directions)
12. Left Kick, Right Punch
13. Elbow Strike Back
14. Circle Arm Forward and Punch Up
15. Circle Arms, Empower Dan Tian
16. Taiji Ending

Week 1

Start slow and easy.

1. Set up your practice time, either morning or evening, whichever you prefer. Once you have chosen a time for practice, you need to keep this time and not change it, unless you are really unable to practice. Try to practice fifteen minutes a day.
2. Use warm-up exercises for ten to fifteen minutes. You can walk, jog, do yoga, or use the warm-up exercise sequence included in this book—whatever you like. Practice step 1, taiji preparation, parting wild horse's mane. This movement empowers the dan tian. Practice it over and over again until you feel comfortable. You may choose to use music with your practice. If you do, I recommend a composition that is peaceful and harmonious.
3. Learn to cook some vegetarian or partially vegetarian meals.

Week # _____										
Scale	1	2	3	4	5	6	7	8	9	10
Stress level										
Sleeping										
Following the plan										
Taiji practice										
Other activities										
Diet										
Study of Daoism										
Overall feeling										

Clothing. It is better to wear soft cotton clothes and comfortable shoes. The hard cloth and shoes block meridians on your body and feet, bringing about distraction and less effective practice.

Avoid wearing a hat when you practice. Certain movements involve bending forward and backward. Your falling hat will distract your mind and interfere with your practice.

Colds. It is fine to practice taiji and qigong when you have a light cold. If you have a bad cold or flu, you should just rest. The severe illness depletes the energy; you need to restore the energy from resting and not overburden the body. You will not have good results if you practice taiji or qigong during severe cold or flu.

Alcohol. Do not practice after drinking. Alcohol disturbs the qi flow. A good practitioner of taiji or qigong does not drink too much.

Sex. Avoid too much sex. Too much sex can deplete your kidney energy for both male and female, especially male.

Diet. Eating small portions is best; being a partial or half vegetarian is ideal. The reason to be vegetarian is to preserve digestive energy, which plays an important role in maintaining good health and longevity. Eating too much meat can cause stagnation and other health problems.

Ancient Chinese wisdom says to avoid these when practicing taiji and qigong:

Cigarettes—qi is in turmoil

Alcohol—qi flows away

Hot, spicy food—qi disperses

Anger—qi moves up

Being hurried or anxious—qi rebels

Being overworked—qi depletes

Being startled or frightened—qi falls to bottom

Being worried—qi becomes tangled

Step-by-Step Learning

Before starting, you should be completely relaxed. Focus on breathing to keep your mind free of troubling thoughts; relax your shoulders, chest, waist, legs, and feet. Your whole

body should be relaxed and free of any tension. Breathe slowly and deeply. With each deep inward breath, you are taking in more oxygen. Think positively and feel positive energy flow through your body. With each exhalation, you are letting out carbon dioxide and other gaseous wastes, as well as your worries, tension, anger, stress, illness, and negative energy. You should have the feeling of being warm, safe, comfortable, and at ease. You should leave everything behind and not let anything disturb you or interrupt you. In each movement you do, you need to stretch as far as you can. Each movement requires correct breathing.

1. TAIJI PREPARATION, PARTING WILD HORSE'S MANE EMPOWERS DAN TIAN

- Start with your feet together. Relax your shoulders and your body, and breathe. When you inhale, visualize the air coming into your body through the baihui point (the acupuncture point that is on the top center of your head). When you exhale, the air goes through your whole body, coming out through the yongquan point. The yongquan is an acupuncture point on the bottom of each foot located at a distance of one-third the length of the foot below the middle toe. This breathing technique creates a qi connection between heaven and earth. It also helps you to focus. Breathe until you feel calm and focused.



- Inhale deeply. Exhale, and bend your knees slightly and sink your body. Sink the qi (energy) to the dan tian area, which is located in your lower abdomen. You do this by simply focusing on the dan tian (this might take practice, but eventually you will feel it). Step to the left. Turn your body to the left 45 degrees and raise your arms to shoulder level.

- Shift your weight to the right with your arms following to the right, then shift your weight to the left bringing the right hand under the left hand. The palms face each other like you are holding a ball on the left side. Bring the right foot next to the left foot. All your weight is on your left foot.



- Step to the right and shift your weight to the right. The right hand follows the weight out to the right while the left hand gently presses down next to your left hip.
- Shift your weight to the left, and bring the right hand to the front of the body. Inhale. Press down with both hands and exhale as you face forward.





- As you shift your weight to the right, turn both palms to face upward, then raise your arms up over your head and inhale.

- Then circle your hands downward in front of your body and press down. Simultaneously bring the right foot closer to the left foot so your feet are shoulder width apart.



- Opposite side: Turn your body to the right 45 degrees, and raise your arms from the right 45 degrees up to shoulder level.

- Shift your weight to the left with your arms following to the left, then shift your weight to the right bringing the left hand under the right hand. The palms face each other like you are holding a ball on the right side. Bring the left foot next to the right foot. All your weight is on your left foot.



- Step to the left and shift your weight to the left. The left hand follows the weight out to the left while the right hand gently presses down next to your right hip.
- Shift your weight to the right, and bring the left hand to the front of the body. Inhale. Press down with both hands and exhale.





- As you shift your weight to the left, turn both palms to face upward, then raise your arms over your head and inhale.

- Then circle your hands down in front of your body and press down. Simultaneously bring the right foot closer to the left foot so your feet are shoulder width apart.



2. STEP FORWARD, BRUSH KNEE

- Step forward with our right leg. Turn your body to the right. Your hands follow your body in a circular motion at hip level. The right hand circles clockwise until the palm is facing upward. The right foot steps to the front 45 degrees. Put weight on the right foot, move the right hand out front to the right at 45 degrees. Your left hand stays in front of your chest. Continue to shift your weight to the right foot and bring the left foot close to the right foot while you turn your body to the right and your right hand follows the body to the right.



- The left foot steps forward. Put weight on the left foot and push the right hand forward. The left hand brushes across your body ending next to the left hip. Most of your weight is on the left foot.



- Shift your weight back then forward, and circle your left hand outward from palm facing down to palm facing up. Then move diagonally left as you put your weight on your left foot. The right hand is in the front at chest level.

- Continue to shift your weight to the left foot and bring the right foot close to the left foot. Your left arm swings to the left side as you turn your body to the left.



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Dr. Aihan Kuhn, CMD, OBT is an internationally recognized master instructor of tai chi and qigong. She is a medical doctor trained in both Western medicine and traditional Chinese medicine. She has studied tai chi and qigong since 1978. Dr. Aihan Kuhn is president of the Tai Chi & Qi Gong Healing Institute and lives and teaches in Sarasota, Florida.

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