

Tai Chi Chi Kung I

Moving Meditation Yang Form



Mantak Chia

Editor: Colin Drown

Illustrations: Juan Li, Udon Jandee

Computer Graphics: Saisunee Yongyod

Layout: Bastiaan Anink

Final Layout: Siriporn Chaimongkol

Production Manager: Saniem Chaisarn

Project Manager: W.U. Wei

© **North Star Trust**

First published in 2002 by:

Universal Healing Tao Publications

274 Moo 7, Luang Nua,
Doi Saket, Chiang Mai 50220 Thailand
Tel: +66(0)53 495-596 Fax: 495-853

Email: ip@universal- tao.com

Website: universal- tao.com

Manufactured in Thailand

Third Printing, 2006

ISBN: 0-935621-39-3

All rights reserved. No part of this booklet may be used or re-produced in any manner whatsoever without the express written permission from the author, with the exception of brief quotations embodied in critical articles and reviews. Anyone who undertakes these practices on the basis of this booklet alone, does so entirely at his or her own risk.

Tai Chi Chi Kung I

Moving Meditation

Yang Form

Mantak Chia

Edited by:

Colin Drown

Contents

Thirteen Movement Tai Chi Chi Kung Form	1
Introductory Movement.....	1
Wu Chi Stance.....	1
Smile.....	3
Breathing.....	4
Opening Tai Chi.....	5
Preparation: Step Out.....	5
Raise the Arms.....	7
Two Hand Push.....	7
Lower the Arms.....	8
Core Movements: Left-Hand Form.....	9
Grasping the Bird's Tail: North.....	9
First Ward Off: Holding the Chi Ball.....	9
Second Ward Off: Holding the Chi Ball.....	10
Roll Back.....	11
Two-Hand Press.....	13
Two-Hand Push.....	15
Single Whip: South.....	17
First Twist: Shift and Pivot.....	17
Second Twist: Forming the Beak.....	18
Third Twist: Releasing the Beak.....	20
Reaching to Heaven.....	20
Single-Hand Push.....	22
Grasping the Bird's Tail: West.....	23
Transition Movement: Sink Back and	
Protect the Chest.....	23
First Ward Off: Holding the Chi Ball.....	23
Second Ward Off: Holding the Chi Ball.....	24

Single Whip: East.....	25
Grasping the Bird's Tail: South.....	26
Single Whip: South.....	27
Core Movements: Right-Hand Form.....	28
Transition to Right-Hand Form: Holding the Baby.....	28
Grasping the Bird's Tail: North.....	28
Single Whip: South.....	31
Grasping the Bird's Tail: East.....	32
Single Whip: West.....	34
Grasping the Bird's Tail: South.....	35
Single Whip: North.....	36
Concluding Movements.....	37
Closing Tai Chi.....	38
Hun Yuan Stance.....	38
Collecting Energy.....	39

The meditations, practices and techniques described herein are ***not*** intended to be used as an alternative or substitute for professional medical treatment and care. If any readers are suffering from illnesses based on mental or emotional disorders, an appropriate professional health care practitioner or therapist should be consulted. Such problems should be corrected before you start training. This booklet does not attempt to give any medical diagnosis, treatment, prescription, or remedial recommendation in relation to any human disease, ailment, suffering or physical condition whatsoever.

Thirteen Movement Tai Chi Chi Kung Form

Beginners and older people generally practice the Thirteen Movement Tai Chi Chi Kung with a higher stance. As the student progresses, he or she can practice with a middle structure stance, one that is closer to the ground, to increase strength. For martial arts purposes, one generally uses an extremely low stance.

Introductory Movements Wu Chi Stance

The first movement of the Tai Chi form is internal, not external. Outwardly, one is standing still, facing North. This position is related to Wu Chi, the primordial unmanifested state.

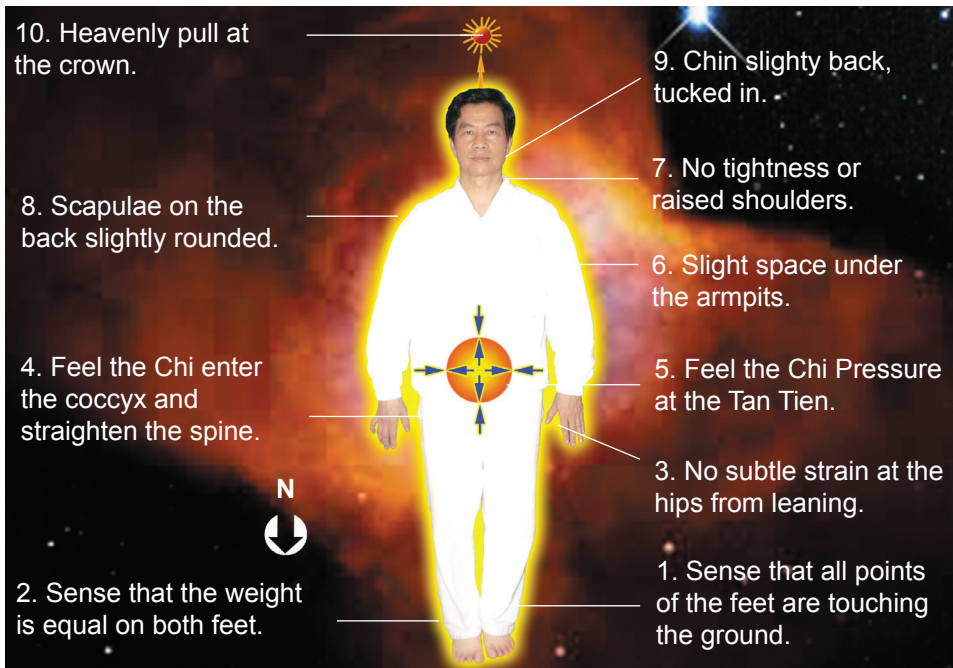


Fig. 1 Wu Chi Stance

The feet are close together, but not touching at the ankles. The nine points of the feet make contact with the ground. This is the root, the connection point with Earth energy. The knees are straight, but not locked. The back is straight and relaxed. No pressure, tension, or pain should be felt in the lumbar area.

The shoulders are relaxed, and the head is pulled upward at the crown. This is the Heavenly pull that draws up the Earth energy through the feet. Feel the Heavenly pull, as if a Chi Ball above your head is pulling you up. The pull also stretches the spine, allowing the energy to circulate more freely. At the same time, feel the Chi enter the coccyx and straighten the spine. The eyes are open without strain. The focus is directly ahead to the horizon. The chin is slightly pulled back. This subtle movement backward opens the base of the skull area, so that the energy can circulate freely up to the crown and down the front. The tongue tip is touching the palate lightly at a point that helps induce salivation.

The jaw is relaxed with the teeth lightly touching. If the jaw is biting down hard, there is tension in the sides of the head and the throat. The throat is relaxed. Swallowing a little saliva and exhaling gently relaxes the muscles of the neck. The chest is relaxed and slightly hollowed. This hollowing is produced by a slight rounding of the scapulae. If the chest is tight, one can relax it by inhaling gently without making noise and then exhaling just as quietly through the parted lips. The breath is even and deep, expanding the abdomen.

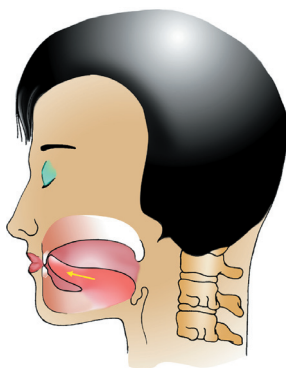


Fig. 2 Tongue pressed to Roof of the Mouth.

The attention is at the navel, or at the Tan Tien, the point deep in the body close to the kidneys. The breath penetrates into the Tan Tien, creating the sensation of a growing energy ball. The arms are relaxed, with a hollow in the arm pits as if holding a ping-pong ball there. The arms are not touching the body. The palms of both hands are relaxed and the fingers are loose yet straight. The index fingers are very slightly raised, so that energy is felt sparkling at the tips.

Smile

Smile down to the thymus gland below the neck. Allow the smile to spread to the heart and all other organs. Smile down to the navel. Listen to the heartbeat. Follow the pulse from the heart out through the chest, shoulders, upper arms, elbows, forearms, wrists, hands, and fingers. Feel the pulse in the index and pinky fingers.



Fig. 3 Activating the Inner Smile.

Breathing

Become aware of the Earth energy at the feet, the Heavenly pull at the crown, and the Cosmic energy in front. Inhale gently without making noise, and draw the Cosmic energy into the mideyebrow.

Let the Cosmic energy penetrate deeply into the lungs, spread to all the organs, and fill the soles of the feet.

When the inhalation is completed, retain the breath for a moment, without straining, and then begin to exhale gently without making noise. If a piece of paper was placed in front of the nostrils, it would not move with the air being exhaled.



Fig. 4 Breathing through the soles of the feet and the Tan Tien.

Opening Tai Chi

Preparation: Step Out

1. With the exhalation begin to sink down, shifting the weight onto the right leg. The sinking should originate from the hip and sacrum, sinking and folding at the groin (kua) without much of a bend in the knees and feel the weight transfer down the backs of the knees to the heels. Sinking by simply bending the knees, puts too much stress on them, resulting in swelling and injury. The arms come out slightly from the sides by sinking the chest and rounding the scapulae a little more. Rotate the hands so that the palms face back. The energy flows through the arms down to the palms and fingertips. As the chest is sunk, the sternum moves inward, massaging the thymus gland.



Fig. 5 Step Out

The crown remains aligned with the Heavenly force, so there is no leaning to compensate for sinking down on the right leg. When all the weight is on the right leg, inhale as you lift the left heel, keeping the big toe touching the ground.

2. Separate the legs by brushing the ground lightly with the big toe of the left foot as if tracing a line. The separation between the two feet is roughly the width of the shoulders. This is the base. If the space between is less than shoulder width, the base is more narrow than the top, and the structure is top heavy.

Exhale as you place the left foot firmly touching all nine points on the ground, and shift the weight so that it is equal on both feet. The knees remain slightly bent but not going over the edge of the toes.

The pelvic area is open. The energy ball is in the navel area.

The spine feels stretched by the Heavenly pull-up; the sacrum feels pulled down by the Earth force.



Fig. 6 Feel the Chi Pressure.

Raise the Arms

First rock slightly forward, almost imperceptibly; the nine points of the feet remain glued to the ground. Then rock back and sink the coccyx until you feel the feet connect more firmly to the Earth. Allow the momentum of the Earth force rising up to the scapulae to begin raising the arms. Begin your inhalation as you start to raise the arms.

The arms, as you raise them, remain bent at the elbows. The palms and the fingers remain relaxed. There is a very subtle predominance of energy in the index fingers. The wrists are straight and relaxed so the life force can move more easily to the palms. The elbows point down, not to the sides. The distance between the arms is shoulder width. Avoid having too wide or too narrow a space between the arms.



The arms are raised mainly by internal power generated at the scapulae. The height of the raised arms should not exceed the height of the shoulders.

Two Hand Push

1-2. When the arms reach just below shoulder level, exhale slowly as you bend the elbows, and sink the wrists so the palms face outward. This is done by sinking the chest and shoulders. Tilt the sacrum and sink the coccyx until you feel the nine points of the feet press firmly into the ground.



Fig. 8 Raising the Arms.

3. Feel the force flow up the legs and spine.
4. Round the scapulae tilt the sacrum slightly inward, extend the arms, slightly sink the chest, and pull in the chin. Take care that the elbows remain slightly bent and the shoulders are not raised. Feel the upward force straighten the spine.

Lower the Arms

1-2. The arms are lowered through internal Chi power by relaxing the scapulae and tendon power holding the arms up. The wrists are relaxed, and the hands return to the horizontal. The elbows remain bent, leading the movement down as if the wrists were suspended by strings. The arms should feel as if they are floating or moving in water.

3. The hands come down as far as the hips, and the next movement begins.



Fig. 9 Lower the Arms

Core Movements: Left-Hand Form

The next sequence is the core of the Tai Chi form, which is repeated in the various directions mentioned earlier. These movements start with the Left-hand form and then go through a transition into the Right-hand form. At the end there is a series of concluding movements. The first half of Tai Chi Chi Kung is called the Left-hand form. The movements are all a counterclockwise progression.

Grasping the Bird's Tail: North

First Ward off: Holding the Chi Ball

1. Begin to inhale and relax as you sink most of the weight into the right leg. Allow the life force in the Tan Tien to lead the rotation to the left (West). Avoid the mistake of turning the head and shoulders first. As the waist and hips turn left, slowly lift the left toes and allow the left foot to pivot on the heel.

2. As the waist turns, the left hand swings in a counterclockwise circle to about heart level.

The elbow points down. The right hand turns palm up, as if scooping, and swings to just below the navel. The wrists and fingers in both hands are straight, yet relaxed.



Fig. 10 Forming the Chi Ball.

The distance the arms are held from the body is determined by the sinking of the chest and rounding of the scapulae. The best measure is the position of the arms in Embracing the Tree. If the wrist of the left arm was turned so the palm faces in, it would be positioned exactly at the height and distance from the body as in Iron Shirt.

The turn is made until one faces the West. The toes of the left foot are put down pointing West. As you exhale, begin the shift of about 60 percent of the weight to the left foot.

The central line of gravity running from the crown through the perineum is aligned with the left foot.

This allows you to balance your structure for the next movement. If the central line of gravity is not over the left foot, the next movement will be unbalanced and off center.

Second Ward Off: Holding the Chi Ball

1. As you inhale, your mind moves the Tan Tien energy to the right. The hips follow. The upper structure moves until the hips face the Northwest. At the same time, shift 100 percent of the balance to the left foot and lift the right heel. Keep the right toes touching the ground until you feel totally poised on the left leg, and until the right leg feels it can effortlessly float off the ground without disturbing the balance.

2. The right foot, which is free of weight, steps out wide to the North; at the same time, sink slightly lower into the left leg. The length of the step is determined by the length of one's leg and how far it can reach without losing the central line of gravity. The right foot is placed so that the two feet are shoulder width apart.

3. After the right heel touches the ground, begin to exhale as the rest of the foot comes down with the toes pointing directly North. Transfer about 50 percent of the weight to the right foot. Simultaneously with the weight being transferred, the right arm comes up from below to the height of the heart, with the palm facing the chest. The height, position and angle are exactly the same as in Embracing the Tree. The left elbow is dropped just a little, so the left palm faces

the right palm with the fingers pointing up. The right hand holds the energy ball (now about the size of a medium cantaloupe) from the front, and the left hand holds it from the back. Keep the chest sunk. The center of gravity is now distributed equally over both feet. One now faces the Northwest direction. The left foot points West, the right foot North.



Fig. 11 Holding the Chi Ball-Second Ward Off.

4. Keeping the tailbone dropped, begin to inhale as you shift the weight on the left to the inner heel and rotate the left leg inward.

The left foot also turns (45° to the Northwest), pressing the ground and rotating on the heel.

5. Direct the Tan Tien force to turn to the right. As the hips begin to turn to face North, the right knee is turning outward toward the right. This creates a spiraling, screwing motion that keeps the legs rooted to the ground. When the left foot begins to turn outward, a spiraling motion is created, which begins to transfer the energy up the leg.

6. As the hip is turned to face the front, tilt the sacrum inward until you feel a solid connection to the ground. The left leg, in addition to pressing down and spiraling, begins to push forward. This push of the leg allows the spiraling energy to transfer upward to the hip and the spine. As the left leg pushes forward, exhale and shift forward until the weight is about 70 percent on the right foot.

The arms remain in position until the left foot is finished spiraling and pushing forward. The hips face North. The spiraling energy is propelled upward by the movement to the sacral and T-11 pumps.

The force is now at C-7.

As soon as the energy reaches C-7, sink the chest and round the scapulae. The elbows remain slightly bent. The spiraling force is transferred from the scapulae to C-7, and out through the arms to the hands.

A movement simultaneous with the sinking of the chest takes place with the chin moving slightly to the back, in a recoiling motion.

This move adds the energy of the cranial pump and prevents the discharge of energy through the hands from neck whiplash. It also keeps the central line of gravity aligned with the perineum and the right leg,

Take care that the right knee does not go over the right toes and that the torso is not leaning forward, breaking the central line of gravity. Relax everything.

Roll Back

1-3. Begin inhaling and feel the Earth force pulling the sacrum down, sinking slightly deeper into the right leg. The Heavenly force produces a corresponding counter pull-up. The right leg then begins to push into the earth and the left knee bends, moving the structure back.



Fig. 12 Roll Back

The feet remain exactly where they are. Straighten the right wrist and extend the fingers to point forward, so the palm no longer faces the body but now faces the left side. The left arm rotates the hand so the palm faces up. As you sink back, bring the left hand under the right hand and pass it along the underside of the right arm (without touching the right arm), until it is just under the right elbow.

Take care to keep the chest sunk and the arms rounded. Don't allow the right arm to collapse close to the body.

4-6. Exhale as your mind directs your Tan Tien Chi to turn to the left. The hips turn slightly to the right as your Tan Tien and waist turn left, creating a light torque. The upper structure of the spine and arms remains exactly as it is. As you turn, extend the spiraling into the right arm so the right hand rotates until the palm is turned toward the face. The most common mistake in rolling back is turning the head and eyes first, followed by the shoulders and finally the hips. In such a sequence, the spine is twisted when the head and shoulders turn.

Two Hand Press

1. When the left turn of the hips reaches about 60 percent of your limit, without twisting the spine, begin the left arm movement. Inhale as the left arm describes a scooping circle with the palm up.

The hand never goes over the level of the ear when circling above.

2-3. As the left hand describes the upper part of the circle, the Tan Tien Chi starts to direct the hips to turn back toward the North.

These two moves are synchronized so the heel of the left hand completes the circle and come to press on the heel of the right hand at the same instant that the hips complete their turn to face the North. The left hand serves to support the right wrist and to reduce the potential for injury when pushing forcefully into an opponent.

4-6. Most of the weight is on the left foot throughout the previous movements. Once the hands meet and the hips face North, one begins to spiral and transfer the energy forward to discharge it through the hands.

A common mistake is to begin transferring the weight to the right foot before aligning the hips to face directly forward. The spiraling energy is then dissipated before it reaches the hands, and the movement is totally ineffective.

The spiraling of the energy begins as you exhale and press the left foot to the ground. The left knee turns outward to the left side. As the left leg begins to push forward, the right knee spirals outward to the right. When the spiraling energy reaches the sacrum, align and activate the sacral pump by tucking slightly in. As the left leg push continues and the spiraling energy reaches T-11, add the force of the T-11 pump by curving and pushing T-11 a little. Eventually the force will reach C-7. The pump at C-7 is activated by sinking the chest and rounding the scapulae.

As the force is transferred through the arms and begins to reach the hands the right hand twists clockwise while the left hand twists counterclockwise, like opening a jar. The last movement pulls the chin back to activate the cranial pump. About 70 percent of the weight is now on the right foot. Take care that the right knee is not extended beyond the right toes.



Fig. 13 Two Hand Press

Two-Hand Push

1-5. Inhale, relax and sink back on the left foot. The sacrum is pulled down once again, and the Heavenly pull stretches the spine up. The right leg in front begins to push into the earth, moving the structure back. Take care not to bounce up; the body moves level to the ground. Maintaining their connection, both hands turn with the palms facing down. Start to separate the hands by drawing the left hand lightly over the top of the right hand.



Fig. 14 Two-Hand Push

Continue to separate the hands until they are at shoulder width apart. Sink the elbows while keeping the hands in line with the forearms, bringing the palms to face the front. The shape and position of the hands relative to the forearms in this movement and throughout the form is referred to as Fair Lady's Hand. Fair Lady's Hand is a perfect blending of Yin and Yang: the fingers are straight, but not too straight, relaxed but not collapsed, separated but not too far apart. The wrists are bent neither forward nor backward, a position which could be described as royal or elegant.

Although the optical illusion is that the elbows are contracting and coming closer to the chest, this is not the case. The chest remains sunk and the scapulae rounded. The correct height of the hands is about level with the ears. This is also called "protecting the head".

6-9. After sinking back, the next move is pushing forward. Once again, begin to exhale as the left leg presses down into the earth. As the energy spirals upward, activate the sacral, T-11 and C-7 pumps as previously explained. Feel as if the body is going to jump upward, but take care not to bounce.

As the energy reaches C-7 and spreads to the arms, refrain from pushing from the elbows. Let the energy from the scapulae provide the main force. Add the energy of the cranial pump toward the end of the move by pushing the chin back.

When the energy reaches the palms and spreads to the fingers, the tendon power stretches the fingers, but the centers of the palms remain relaxed. Take care that the center of the palms does not come out so that the fingers bend back. The wrists remain perfectly straight in alignment with the forearm.

A common mistake is to bend the wrists backward. In a combat situation, such a position is vulnerable and could injure the wrists by allowing an opponent to bend the hands totally back. The left arm and hand twist clockwise and the right arm spirals counterclockwise.



Fig. 15 Sink Back

Single Whip: South

First Twist: Shift and Pivot

1-3. Inhale as you sink back into the left leg. The elbows straighten (but not completely; always keep a slight bend in the elbows and knees to allow the Chi to flow through the joints) so the palms can face down to the ground. The arms are parallel to the ground.

4. Begin to exhale as your mind directs the Tan Tien Chi to turn to the left. The hip follows the turning of the Chi. The spine, shoulders, and head are turned by the turning of the hip; they do not turn independently.

5-6. During the turning of the hip, allow the right leg and foot, which are in front, to be pulled along and turned by the hip. Simply lift the right toes and pivot the foot on the heel. Continue turning until the hip cannot turn anymore (the hips will turn about 90 degrees to face the West). The right foot pivots, toes pointing West. then the sole is put back on the ground. It is important to keep the left leg stable as you turn the hip. Allow the left hip joint to rotate and close as much as possible as you turn.



Fig. 16 Single Whip - Shift and Pivot



Fig. 17 *First Twist*

7-8, Then release the lower back and turn the waist independently of the hips, twisting the lumbar vertebrae until the arms face Southwest. Exert a slight counter twist to the right with the hips to keep them stationary as the waist and upper body twist to the left. Continue the twist with the upper spine and shoulders until the arms face South. A common mistake is to keep turning the head, eyes and shoulders after the hip has ceased to turn, so the spine is twisted. Turning the waist produces a coiling force in the left leg, like a rubber band coiled around a stick in one direction. If the rubber band is attached to the end of the stick, when the stick is released, it spins as the energy is released from the coil of the rubber band. The left leg is the rubber band, and the arms are the stick at the end. The movement winds up the force in the leg and releases it up the leg, through the spine, and out the arms.

Second Twist: Forming the Beak

1-2. When you have reached your maximum turn to the left, inhale as you press the left leg to the ground and shift to the right. As you shift, you will allow the elbows to bend slightly,

3. Once you have shifted weight to the right, exhale as the hips turn toward the right. The coiled energy in the left leg is thus transferred to the right leg. All the weight is now on the right leg.



Fig. 18 Forming the Beak

4. As the hips are turning right, the right arm bends at the elbow, and the right hand forms a beak. The thumb and the pinky finger touch, and all the other fingers press around them. The beak is an offensive weapon for pecking forcefully or for grabbing. If the pinky finger is not protected by the other fingers, it can easily be broken.



Fig. 19 Second Twist

5-7. As the right arm contracts and forms the beak the left hand comes under the right elbow in a scooping motion. A common mistake is to move the right arm tightly close to the body and bring the left arm almost touching the abdomen. The sinking of the chest and the circularity of the arms is lost. The transfer of the force coiled in the leg then is broken at the scapulae. The wrist of the right (beak) hand is held at a height between the shoulder and the bottom of the ear.

Third Twist: Releasing the Beak

1-2. Inhale and begin releasing the coiled energy in the right leg by directing the Tan Tien Chi to turn the hip to the left. As the energy is released and the hip is turned left, the left foot pivots on the big toe. All the weight remains poised on the right leg.

3. As the force uncoils, it travels up the spine and is released through the right arm and the beak.

The beak is extended to the West, keeping the elbow lightly bent at the end of the movement. If the elbow were completely straightened or locked, it would be very difficult to retract the arm if it were grabbed, and the elbow could easily be dislocated.



Fig. 20 Releasing the Beak

Reaching to Heaven

1-2. Once the coiled energy has been released through the right arm and all the weight is on the right foot, the left leg is free to step out wide.

The central line of gravity running from the crown through the perineum should be positioned directly over the right foot, so that you are completely balanced on the right leg, and the step with the left leg is smooth. If not, the step has to be made quickly before falling.

The left foot aims for an angle of 45 degrees to the left from where the right foot is positioned. Once again, if one is working in a room, the leg would be placed toward the corner of the room with the foot facing the wall of the room.

The heel of the left foot touches the ground first. The feet, if viewed from above, are at a 90-degree angle to each other. The right foot is still pointing to the West and the left to the South.

3. Exhale as the weight is shifted so it is equally distributed between the two feet. Simultaneously with the shifting, the toes of the left foot come down, pointing directly South, bringing the other points of the foot into firm contact with the ground.

4-5. At the same time as the shifting, the left arm describes an arc with the palm facing the body; the left hand rises to the height of the face, about a forearm's length away from the face. Make certain to keep both shoulders relaxed and both elbows pointing toward the ground. The left hand is opened, the palm upward (reaching toward heaven), and the right hand retains the beak.

When the weight is equal on both feet, the right arm is positioned over the right leg and the left arm is over the left leg. The groin is open, and the hips face Southwest.

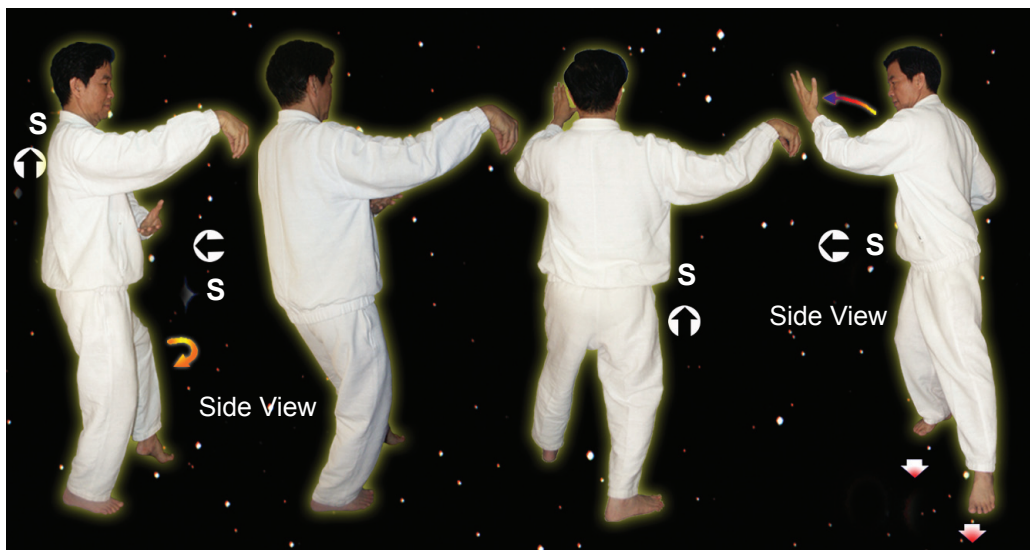


Fig. 21 Stepping Out Wide

Single-Hand Push

1-2. Inhale and turn the right foot to face 45 degrees toward the Southwest, pivoting on the heel. The mind then directs the Tan Tien Chi to turn left. The hips follow.

3-4. Exhale as the right foot presses into the ground and begins to spiral the energy up the right leg.



Fig. 22 Single Hand Push

5-6 The right leg begins to push into the ground, moving the hip to face South and spirals the energy up into the hips and spine. The sacral, T-11, and C-7 pumps are activated as the energy spirals up. The chest is sunk and the scapulae rounded, transferring the force out the left and. Finally, the force of the cranial pump is added by moving the chin back in a recoil action.

The elbow of the left arm is kept slightly bent, so the wrist of the left hand is not bent. Make sure the weight is 70 percent on the front leg. Open the groin of the front leg, and let your connection to the ground be stronger and down the inside of the front leg.



Fig. 23 Push from the Earth.

Grasping the Bird's Tail: West

After completing the above sections, two more repetitions of Grasping the Bird's Tail and Single Whip are performed, ending with a Single Whip to the North. Between these steps is a transition movement.

Transition Movement: Sink Back and Protect the Chest

1-3. Inhale and sink down on the right leg. At the same time, rotate the left wrist so the palm faces the body. The proper measure for this move is the Embracing the Tree arm position. Simultaneously, the right arm comes down to the side near the thigh, relaxing the fingers.

The chest remains sunk and the scapulae rounded.

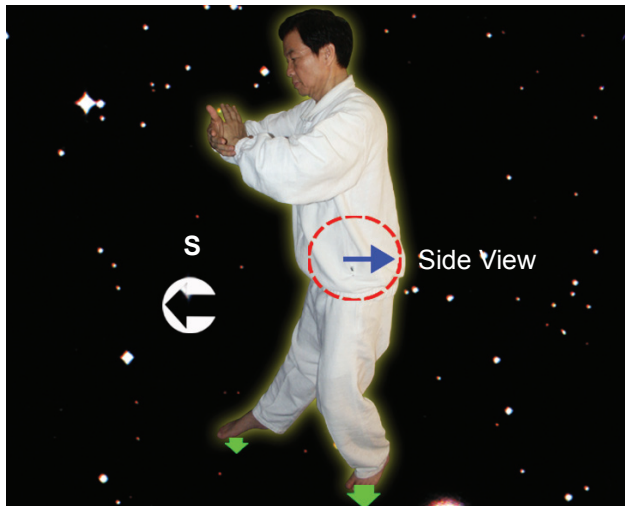


Fig. 24 Sink Back - Protect the Chest

First Ward Off: Holding the Chi Ball

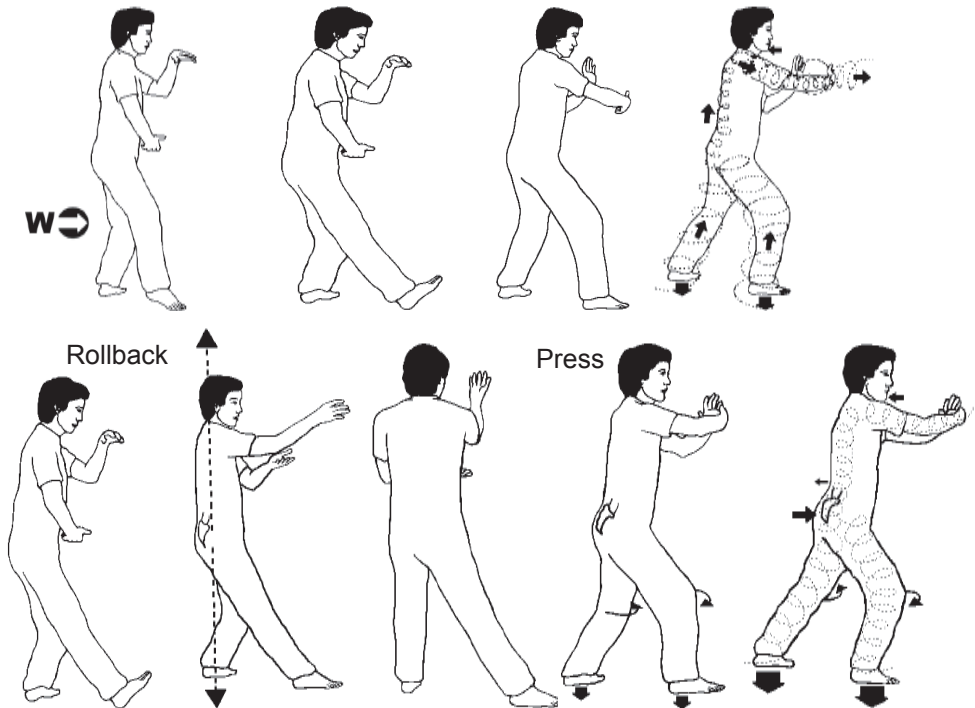
1-4. Exhale and push forward with the right foot until the weight is about 60 percent on the left leg. You are still facing South. The left hand begins to turn with the palm facing down. The right hand comes scooping from below. Simultaneously the Tan Tien Chi turns to the left side, turning the hips. Take care that the hips turn the spine, shoulders, and head.



Fig. 25 Twist and form the Chi Ball.

Second Ward Off: Holding the Chi Ball

From here on, the set repeats itself exactly as before, but with a new directional orientation. The rest of Grasping the Bird's Tail is now performed facing the West, followed by Single Whip to the East.



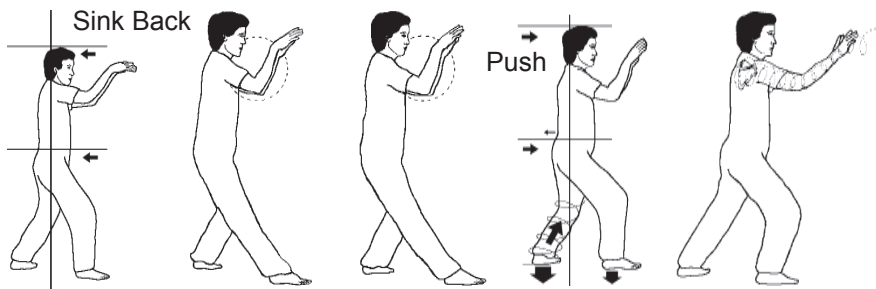


Fig. 26 *Second Ward Off and Sink Back*

Single Whip: West



Fig. 27 *Single Whip to the East*

Grasping the Bird's Tail: South

Do another repetition of the Core Movements; this time, perform Grasping the Bird's Tail to the South, followed by a Single Whip to the North.



Fig. 28 Forming the Chi Ball, Ward Off and Push to the South

Single Whip: South



Fig. 29 Single Whip to the South

Core Movements: Right-Hand Form

Up to this point, all the movements have been done turning to the left side. With this transition, all the movements are repeated, turning to the right side.

Transition to Right-Hand Form: Holding the Baby

1-2. The left and right arms drop as the Tan Tien Chi turns the hips to the right (Northeast). Both palms turn up.

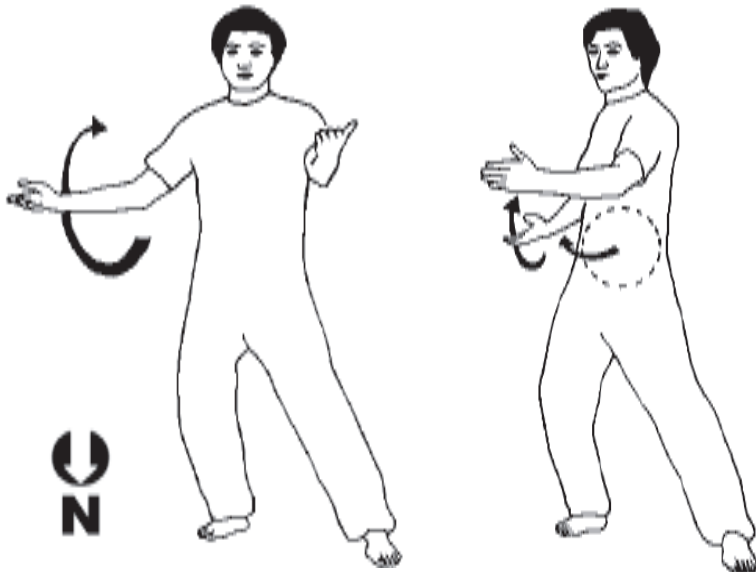


Fig. 30 Transition from Left Hand Form to Right Hand Form

Grasping the Bird's Tail: North

First Ward Off

In this transition movement into the Right-hand form, there is no First Ward Off movement. In all subsequent repetitions of Grasping the Bird's Tail, you perform First Ward Off as in the Left-hand form, but with left and right hands and feet reversed.

Second Ward Off: Holding the Chi Ball

1-3. The right arm describes a circle, not going above the right ear. The left arm comes up to the position of Ward Off. The weight shifts at the same time to the left leg, which is in front. The hips turn to face forward as the arm movement is completed. The palms are holding an energy ball in front. The position is the Second Ward Off. This set continues exactly as outlined for the Left-hand form, but with the opposite hands.



Fig. 31 Second Ward Off

Rollback



Fig. 32 Rollback

Press



Fig. 33 *Press*

Push



Fig. 34 *Push*

Single Whip: South



Fig. 35 Single Whip to the South

Grasping's the Bird's Tail: East

Sink Back to Protect Chest First Ward Off

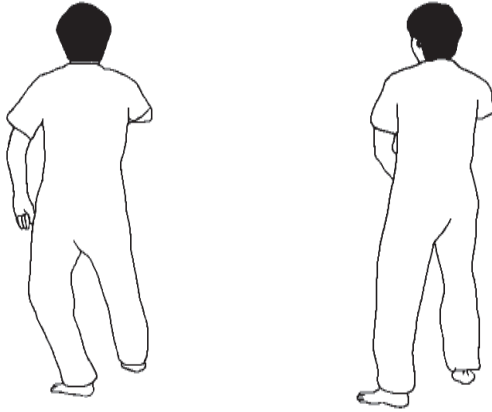


Fig. 36 First Ward Off to the South

Second Ward Off



Fig. 37 Second Ward Off to the East

Rollback



Fig. 38 Rollback

Press

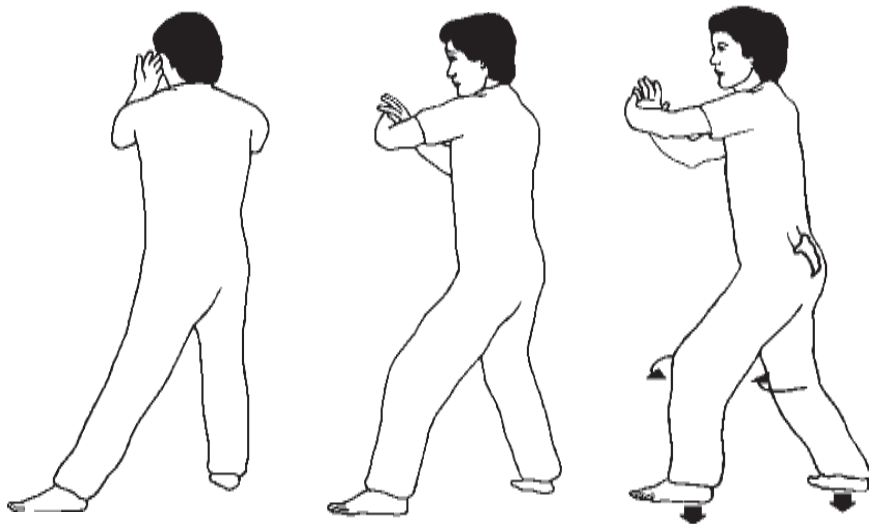


Fig. 39 Press

Sink Back



Fig. 40 Sink Back

Single Whip: West



Fig. 41 Single Whip to the West

Grasping the Bird's Tail: South



Fig. 42 Sink Back, Form the Chi Ball, Rollback, Ward Off, Press, Sink Back and Push to the South

Single Whip: North



Fig. 43 Single Whip to the North

Concluding Movements

The concluding movements close the Tai Chi form. After one has generated and absorbed all the surrounding energy, it is important to collect the energy in the Tan Tien for storage.

Cross Hands

1. Inhale as you shift the weight back to the left leg. At the same time, raise the hands above the head and in front of the body so the palms face out and up, with the fingers pointing toward each other.

2. Circle the arms out to the sides. As they pass shoulder level, exhale as you raise the right toes, step straight back with the right leg, and touch the toes down shoulder width from the left foot with the feet facing North.

3. The two hands continue to scoop down in a large circular motion to the sides. At the same time, shift all the weight to the right leg.

4. Inhale and continue scooping the arms inward until the wrists cross in front of the navel with the palms facing up, collecting all the surrounding energy through the arms into the navel. Simultaneously step in with the left leg and place the left foot next to the right foot. The knees should still be bent.

5. Shift the weight to the middle so it is equally divided between the two legs. The hands, still crossed at the wrists, continue rising in front of the body until they reach throat level.



Fig. 44 Closing the Form

Closing Tai Chi:

Hun Yuan Stance

1. Separate the two hands, palms up, to shoulder width apart.
2. Then begin to exhale as you turn the palms to face downward and slowly lower the arms.
3. As the hands approach waist level, the legs slowly straighten, returning to full standing height. Finally, bring the arms back to the sides in the same position as at the beginning of the form, in the Wu Chi stance.



Fig. 45 Completion of the Form

Stand for a minute, breathing naturally. Feel the energy you have generated through performing Tai Chi Chi Kung. Let all channels open and just allow the energy to flow freely through the entire body. Feel that there is one connected river of Chi in the body, with no obstructions or blockages anywhere. Take time to enjoy this sensation with full awareness.

Collecting Energy

At the end, as with all the practices of the Tao, collect the energy by placing both hands over the navel and mentally spiraling 36 times in a clockwise direction, followed by 24 times in a counterclockwise direction (Women spiral 36 times counterclockwise and 24 times clockwise). If you wish, you may spiral 9 times out and 9 times in.



Fig. 46 Collect the Energy at the Navel.

For More Information on this Booklet and the Original Book, “Inner Structure of Tai Chi” from Inner Traditions’ website: www.innertraditions.com or it can be ordered at a local bookstore.



Mantak Chia

Universal Healing Tao System

The Universal Healing Tao is a practical system of self-development that enables individuals to complete the harmonious evolution of their physical, mental, emotional and spiritual bodies. Through a series of ancient Chinese meditative and internal energy exercises, the practitioners learn to increase physical energy, release tension, improve health, practice self-defense and gain the ability to heal themselves and others. In the process of creating a solid foundation of health and well-being in the physical body, they also create the basis for developing their spiritual potential. By learning to tap the natural energies of the Sun, Moon, Earth, Stars and environmental forces around us, the practitioner attains the ability to develop and nurture a solid spiritual body. The ultimate goal of Taoist practice is to transcend physical boundaries through the development of the soul and the spirit within the human form.

The Universal Healing Tao practices are derived from ancient techniques rooted in the processes of nature. They have been gathered and integrated into a coherent, accessible system for well-being. Universal Healing Tao System is not a religion and does not require the belief in any set of deities or gods. The techniques work directly with the life force, 'Chi', flowing through the meridian system of the body. The aim of the Universal Healing Tao System is to restore the individual to a condition of harmony with the flow of the forces of nature. Master Chia's method of teaching is direct and practical. Years have been spent developing and perfecting techniques for passing these traditional practices to students around the world. The emphasis is always on mastering the actual practice. The system includes a complete set of practices divided into the Four Branch Healing Arts of the Universal Healing Tao System derived from the Master Chia's original Nine Inner Alchemy Levels from his Taoist Master White Cloud.

Instructor & Practitioner Status/Certification Keys

Universal Healing Tao System (UHTS) - Inner Alchemy Levels

Inner Alchemy Level I		Chi Nei Tsang	
AI	Associate Instructor (Simple Basics)	Energetic Medical Chi Kung	
BA	Inner Smile, 6 Sounds, Orbit	Level I	C1 Practitioner
I1	Iron Shirt Chi Kung I	Level II	C2 Intermediate Practitioner
AT	Associate Instructor (Simple Tai Chi)		C3 Assistant Teacher
C	Certified Instructor		CT Teacher
HL	Healing Love		KT Karsai Teacher
TY	Tao Yin	Level III	ST Senior Teacher
TT	Tan Tien Chi Kung		
T1	Tai Chi Chi Kung I		
Inner Alchemy Level II		Cosmic Healing	
S	Senior Instructor	Energetic Medical Chi Kung	
HL	Healing Love, Multi-Organic Man	Level I	H1 Practitioner
		Level II	H2 Advanced Practitioner
			H3 Assistant Teacher
			HT Teacher
		Level III	SH Senior Teacher
Inner Alchemy Level II		Immortal Tao	
F1	Fusion of Five Elements I	Inner Alchemy Levels IV-XI	
F2	Fusion of Five Elements II	IA	Inner Alchemy Instruction
F3	Fusion of Five Elements III	K1	Inner Alchemy Level IV: Lesser Kan & Li
		K2	Inner Alchemy Level V: Greater Kan & Li
		K3	Inner Alchemy Level VI: Greatest Kan & Li
		IS	Senior Inner Alchemy Instructor
		SF	Inner Alchemy Level VII: Sealing of the Five Senses
		IT	Immortal UHT Instructor
		HE	Inner Alchemy Level VIII: Congress Heaven & Earth
		HM	Inner Alchemy Level IX: Reunion Heaven & Man
Advanced Chi Kung			
I2	Iron Shirt CK II (Tendon Nei Kung)		
I3	Iron Shirt CK III (Bone Marrow Nei Kung)		
T2	Tai Chi Chi Kung II (Discharge Form)		
T3	Tai Chi Chi Kung III (Wu Style Form)		
T4	Tai Chi Chi Kung IV (Chen Style Form)		
T5	Tai Chi Chi Kung V (Sun Style Form)		
T6	Tai Chi Chi Kung VI (Sword Form)		
T7	Tai Chi Chi Kung VII (Stick Form)		
T8	Tai Chi Chi Kung VIII (36 Movements)		
T9	Tai Chi Chi Kung IX (108 Movements)		
P	Pakua Palm (Bagua Form)		
G1	Hsing I (Five Element Form)		

Next to many of the courses in the System Course Chart and in the Course Description section, you will notice a code letter in parentheses. The code letter indicates that the course is required as part of an Universal Healing Tao instructor and practitioner training. One or more courses may be required for instructor and practitioner certification for the level represented by the letter. A prospective instructor and practitioner must be experienced and competent in the practices taught in the course. An instructor and practitioner candidate must also demonstrate the ability to teach the related contents of the course to the public. For example: Cosmic Inner Smile, Wisdom Chi Kung, Cosmic Six Healing Sounds, Awaken Cosmic Healing Energy (Microcosmic Orbit), World Link Meditation and Chi Self-Massage each have the "(BA)" code letter beside them. This means that these courses are part of the Microcosmic Orbit instructor certification. New instructor candidates must be proficient in each of these courses. Previously certified instructors must update their training to include the more recent modifications in the courses offered.

Universal Healing Tao System (UHTS)

Four Branches of the Healing Arts Course Chart

Living Tao (Emotional)	Chi Nei Tsang (Physical)	Cosmic Healing (Energy)
<p style="text-align: center;">Inner Alchemy Level I</p> <p>Cosmic Inner Smile Wisdom Chi Kung Six Healing Sounds Microcosmic Orbit Meditation World Link Meditation Six Directions Opening 3 Tan Tiens Chi Self-Massage Simple Warm Up Chi Kung Iron Shirt Chi Kung I Tao Yin Tan Tien Chi Kung Tai Chi Chi Kung I (Yang)</p> <p style="text-align: center;">Inner Alchemy Level II</p> <p>Healing Love Sexual Reflexology Multi-Orgasmic Series Comic Nutrition Five Element Nutrition Taoist Healing Foods Cosmic Detox Pi Gu Chi Kung</p> <p style="text-align: center;">Inner Alchemy Level III</p> <p>Fusion of 5 Elements (FI) Cosmic Fusion (FII) Fusion 8 Physic Channels (FIII)</p> <p style="text-align: center;">Advanced Chi Kung:</p> <p>Iron Shirt Chi Kung II (Tendon Nei Kung) Iron Shirt Chi Kung III (Bone Marrow Nei Kung) Tai Chi Chi Kung II (Fa Jin) Tai Chi Chi Kung III (Wu) Tai Chi Chi Kung IV (Chen) Tai Chi Chi Kung V (Sun) Tai Chi Chi Kung VI (Sword) Tai Chi Chi Kung VII (Stick) Tai Chi VIII (36 Movements) Tai Chi IX (108 Movements) Pakua Palm (8 Directions) Hsing I (Five Elements)</p>	<p style="text-align: center;">Energetic Medical Chi Kung Level I</p> <p>Chi Nei Tsang I Golden Elixir Chi Kung</p> <p style="text-align: center;">Level II</p> <p>Chi Nei Tsang II Karsai Nei Tsang (IV)</p> <p style="text-align: center;">Advanced Chi Kung:</p> <p>Sword Finger Kung Fu</p> <p style="text-align: center;">Level III</p> <p>Chi Nei Ching (III) Life Force Massage Cranio-Sacral Chi Kung Origins of Chi Nei Tsang Chi Nei Tsang Microcurrent</p> <p style="text-align: center;">Advanced Wisdom:</p> <p>Secrets of Tao Te Ching Living in the Tao The Tao of Immortality Cosmic Astrology Inner Alchemy Astrology Taoist Shaman Taoist Emotional Recycling</p>	<p style="text-align: center;">Energetic Medical Chi Kung Level I</p> <p>Activating Empty Force Cosmic Chi Kung Six Directions Opening 3 Tan Tiens Fire Ring Chi Kung (10 Branches)</p> <p style="text-align: center;">Level II</p> <p>Connecting the Universe Color Healing</p> <p style="text-align: center;">Advanced Chi Kung:</p> <p>Chi Field Chi Kung Universal Linking (12 Heavenly Stems)</p> <p style="text-align: center;">Level III</p> <p>Taoist Cosmology Taoist Astral Healing Senior Teacher</p>
Immortal Tao (Spirit Body)		
	<p style="text-align: center;">Inner Alchemy Level IV</p> <p>Lesser Kan & Li</p> <p style="text-align: center;">Inner Alchemy Level V</p> <p>Greater Kan & Li</p> <p style="text-align: center;">Inner Alchemy Level VI</p> <p>Greatest Kan & Li</p>	<p style="text-align: center;">Inner Alchemy Level VII</p> <p>Sealing of Five Senses</p> <p style="text-align: center;">Inner Alchemy Level VIII</p> <p>Congress Heaven and Earth</p> <p style="text-align: center;">Inner Alchemy Level IX</p> <p>Reunion Heaven and Man</p>
<p><i>Courses are generally taught as part of a retreat, workshop, seminar, or ongoing class. Depending on time constraints, several courses, or fewer, may be offered within the given format. Following each course description is a list of Universal Healing Tao supporting reference materials that are available. One may order from the Universal Healing Tao Eproducts Website: www.universal-tao-eproducts.com. Beside the name of each item, there are identifying letters and numbers. The letters indicate the kind of item as follows: Book (B_), Digital Video Disk (DVD_), Poster (P_), Booklet (BL_).</i></p>		

UHT Practices - Chi Cards

The Chi Cards are designed to give short, concise reminders of what to do. Books are reduced to formulas on a few cards. The Universal Healing Tao practices are arranged in Chi Card Levels 1-6. Instead of fumbling through the books when you practice, you can now simply have a Chi Card available to help you complete the formula and proceed smoothly in your practices. You can use the Chi Cards to help clarify, purify, transform, regenerate and transcend your energy. There are twenty cards in a packet (playing card size), which are easy to read and you can carry them anywhere you go. The front side of the card is the actual formula written down step by step and on the reverse side there are visual colored illustrations of the formulas, so you can follow them visually.

Cosmic Inner Smile
Transform Stress into Vitality

Front Line - Functional Channel (Pg 43)

1. Be aware of smiling Cosmic Energy in front of you: **Breathe it into your Eyes, Smile down to Nose, Cheeks, & lift up corners of Mouth (Tongue to Palate).**
2. Smile in **Neck, Throat, Thyroid, Parathyroid & Thymus.**
3. Smile in **Heart** feeling joy & love spread out to the **Lung, Liver, Spleen, Pancreas, Kidneys & Genitals.**

Middle Line - Digestive System (Pg 49)

1. Bring smiling Energy into Eyes; then **Down to Mouth - Swallow Saliva** smiling down **Stomach, Small Intestine (Duodenum, Jejunum & Ileum), Large Intestine (Ascending - Transverse - Descending), Rectum & Anus.**

Back Line - Governor Channel (Pg 51)

1. Smile - Look up into mideyebrow to **Pituitary Gland (3")**
2. Smile (Spiral) into **Thalamus, Pineal Gland (Crystal Room), left & Right Brain to Crown & Base of Skull.**
3. Smile **down to each Vertebrae:** 7 Cervicals (Neck), 12 Thoracics (Chest), 5 Lumbar (Lower Back), & Sacrum.

All 3 Lines - Entire Body (Pg 55)

1. Smile down **Front, Middle & Back Lines;** then do all **simultaneously** feeling like a **Cooling Waterfall or Glowing Sunshine** of Cosmic Energy, **Smiles, Joy & Love.**

Collect Energy in Navel (Pg 56)

1. Smile in Navel (1") - Spiral with Mind or Hands outwardly **36x** (Diaphragm to Pubic Bone) reverse **24x** back to Navel (**Male** spiral Clockwise to Counter/Clockwise, **Female** reverse) storing the Energy safely in Navel.

CC 1 (1)

CC1 (1) © Mantak Chia

Chi Card Sets

Level 1 - Inner Smile, Healing Sounds, Chi Self Massage, Six Direction, Cosmic Orbit, Healing Love, Wisdom Chi Kung, Iron Shirt I.

Level 2 - Bone Marrow Nei Kung, Fusion I, Tai Chi Chi Kung I.

Level 3 - Fusion II, Cosmic Healing Chi Kung & Chi Nei Tsang, Universal World Link & Tree, Sun & Moon Chi Kung.

Level 4 - Tao Yin, Iron Shirt II, Fusion III, Tan Tien & Simple Chi Kung, Empty Force & Cosmic Cleansing.

Level 5 - Cosmic Healing II - Eight Body Manifestation Meditation, Chi Nei Tsang II (Twelve Winds), Elixir Chi Kung, Tai Chi Chi Kung II (Yang Discharge Fast Form).

Level 6 - Enlightenment of Lesser Kan and Li, Karsai Nei Tsang (Genital Massage), Tai Chi Chi Kung III (Wu Style Short Form).



Universal Healing Tao Center at Tao Garden Health Spa & Resort



**The first & best East-West holistic resort & health spa
in a beautiful and healthy environment**

Universal Healing Tao Center in northern Thailand is the home of Master Chia and serves as the worldwide headquarters for Universal Healing Tao activities. This integrated wellness, holistic health, and training center is situated on eighty acres surrounded by the beautiful Himalayan foothills near the historic walled city of Chiang Mai. The serene setting includes flower and herb gardens ideal for meditation, open-air pavilions for practicing Chi Kung and a health and fitness spa.

The Center offers classes year-round, as well as summer and winter retreats. It can accommodate two hundred students, and group leasing can be other resources.

Tao Garden Health Spa & Resort is the perfect place to get away from the city and other modern annoyances. It is a place where guests can pick and choose from a wide selection of disciplines ranging from detoxification and parasite cleansing program such as skin detox (Thai herbal oxygen and ozone steam), foot detox, Chi Nei Tsang (abdominal detox massage) and Karsai Nei Tsang (genital detox massage). Loosing weight program such as slimming massage and herbal steam bath. Ancient holistic treatments such as ayurvedic body care, traditional Chinese medicine, Chi Kung, meditation and yoga.

Universal Healing Tao Center

274 Moo 7, Luang Nua, Doi Saket, Chiang Mai, 50220 Thailand

Tel: +66(0)53 921-200, 495-596 Fax: +66(0)53 495-852

Email: universaltao@universal-tao.com Website: www.universal-tao.com

UHTS Eproducts www.universal-tao-eproducts.com



For information on retreats and health spa, please contact:

Tao Garden Health Spa & Resort

Tel: +66(0)53 921-200, 495-596 Fax: +66(0)53 495-852

Email: reservations@tao-garden.com Website: www.tao-garden.com



**Universal Healing Tao Center
of the Healing Tao, Tao Yoga,
Universal Healing Tao System
at Tao Garden Health Spa & Resort**

*For Worldwide of North & South America, Europe & Asia information
For Center, Courses, Books, Product, Retreat and
other Resources Contact:*

Universal Healing Tao Center

274 Moo 7, Luang Nua, Doi Saket, Chiang Mai, 50220 Thailand

Tel: +66(0)53 921-200, 495-596 Fax: +66(0)53 495-852

Email: ip@universal-tao.com

Website: www.universal-tao.com



For Retreats and Health Spa information

Tao Garden Health Spa & Resort

Email: reservations@tao-garden.com

Website: www.tao-garden.com



*For **Products Order***

Email: orders@universal-tao.com

UHTS Eproducts: www.universal-tao-eproducts.com



Tao Garden Health Spa and Resort is Mantak Chia's home, school and training center. The Resort is a perfect place to heal, relax and get away from the pressures of every day life for groups and individuals. Please look into our Web Site: www.tao-garden.com

**Tao Garden Health Spa & Resort
(Health Spa in a Healthy Environment)**

**Good Air * Good Water * Good Food
Good Chi * Good Heart * Good Mind**

The Universal Healing Tao is not and cannot be responsible for the consequences of any practice or misuse of the information in this book. If the reader undertakes any exercise without strictly following the instructions, notes, and warnings, the responsibility must lie solely with the reader.



Master Mantak Chia is the creator of the Universal Healing Tao System, Healing Tao, Tao Yoga and is the director of the Universal Healing Tao Training at Tao Garden Health Spa & Resort in the beautiful northern countryside of Chiangmai, Thailand. Since childhood he has been studying the Taoist approach to life. His mastery of this ancient knowledge, enhanced by his study of other disciplines, has resulted in the development of the Universal Healing Tao System which is now being taught throughout the world.

Tai Chi Chi Kung I

This booklet gives a clear, step-by-step instructions for learning Tai Chi Chi Kung I— a simple yet powerful early form of Yang-style Tai Chi. It also reveals the Taoist principles and deep, internal work necessary for the effective practice of any form of Tai Chi.

The Tai Chi Chi Kung I booklet is designed for Tai Chi practitioners of all levels. Stripping away the unnecessary mystery surrounding Tai Chi, Taoist Master Mantak Chia demonstrates, with the help of several colored and detailed illustrations, the relationship of the inner structure of Tai Chi to the absorption, transformation and circulation of the Three Forces or energies — the Universal Force, the Cosmic Force, and the Earth Force — that enliven us. The author shows us how to find a new and vital relationship to these forces, not only while practicing Tai Chi, but also in the midst of our everyday lives.

The Tai Chi Chi Kung I booklet is an indispensable resource for anyone who now practices or wants to learn a form of Tai Chi. Clearly written and illustrated, with a natural progression from simpler to more difficult material, the booklet provides an in-depth look at the principles and practices necessary to receive the full spectrum of physical, psychological and spiritual benefits that Tai Chi can bring.

ISBN 0-935621-39-3



9 780935 621396

Universal Healing Tao Publications

BL13

\$10 USD

www.universal-tao-eproducts.com