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see Tai Chi page (left)
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Tai Ji Five Elements Form

Bird wings lift--Fountain up through chakras

Embrace Tiger--Return to Mountain

Embrace Tree--Open Heart

Balance heaven and earth

Step forward into Fire--Return for water

Circle out tree branches, complete the circle

Collect metal coins left and right

Treasure energy--Release energy the earth

Bird wings lift--Fountain up through chakras

Embrace Tiger--Return to Mountain

Take a few moments to warm up with loosening movements, rotations swinging arms. etc. Allow time to come to awareness of breath, gravity for contact with the earth, and levity which brings uprightness. Allow all movements to flow with a circular continuity.

Allow arms to float upwards like **Bird Wings**, then down, rotating palms until they nearly touch back to back passing by thighs,
Bring hands upward as a **Fountain** rising through the path of the seven chakras until they reach top and flow out,
Scoop down into the unknown below bringing hands up toward face **Embracing the Tiger**,
Release, turn palms down **Return to Mountain**.

Extend arms horizontally **embracing the Tree**, drawing it in toward yourself,
Step back and open arms (**opening heart**),
Move arms upward and downward in horizontal in opposite directions (**heaven and earth**)
Step up, forward kick, and into the **Fire**, hands reaching forward and upward,
Return, **Water Fall**, hands up and over head as water washing over.

Turn circle, right hand leading, turn around a full circle, arms extended as if tree branches,
When circle completed, reach behind with right hand for **Metal (coin)** dropped in other hand in center (tantien), repeat with left hand,
Treasure the energy,
Release into the earth, hands dropping down center and out,

Arms continue the movement raising upward as with original **Bird**, then down, rotating palms until they nearly touch back to back passing by thighs,
Bring hands upward as a **Fountain** rising through the path of the seven chakras until they reach top and flow out,
Scoop down into the unknown below bringing hands up toward face **Embracing the Tiger**,
Release, turn palms down **Return to Mountain**.

Keep in mind to play with these forms, allowing the feeling of floating, allowing the motions to slow, noticing the connection moment to moment, and the connection of the movement throughout your body.

Recommended reading :

used & new from \$2.75
Amazon.com

5 Elements

Earth

Air (metal)

Fire

Water

Wood

classic book

Embrace Tiger, (1988)

Return to Mountain

by **Al Chung-Liang Huang**