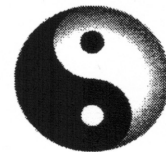




# The Soft Circle Method of Taiji HERITAGE Tai Chi & Kung Fu


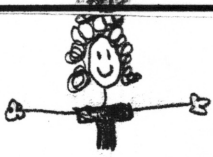













## FOUNDATION MOVEMENTS NEIGONGS, CHI GONGS & WAVE HANDS LIKE CLOUDS

### NEIGONGS – Creating Internal Strength

#### NEIGONGS:

- Keep wrists straight except as noted
- Hands are in a loose fist unless otherwise noted. Thumbs should be outside the fist; The fist should be firm but not too tight
- If you find yourself getting too warm or agitated, do the movements with an open hand instead of a fist
- Belly breathe while connecting to each position for approximately 8 calm breaths
- Remember to relax and enjoy!

<b>1. PALMS DOWN</b> Hands are open with the heels of the hands pressing down lightly		<b>8. ARMS OUT TO SIDES</b> Arms straight out to sides; elbows slightly bent	
<b>2. HANDS IN FRONT</b> Hands are open in front of body, fingertips pointing towards each other		<b>9. HUGGING A TREE</b> Round arms in front; wrists are also curved	
<b>3. THUMBS AT SIDES</b> Hands in loose fists for the rest of the movements unless otherwise noted. Arms at sides; palms facing back; thumbs at hips pointing up		<b>10. PALMS OUT</b> Raise Arms in the Hugging a Tree position & Rotate palms outward	
<b>4. ARMS DOWN</b> Arms low in front with the palms facing each other		<b>11. HE-MAN TO THE SIDE</b> Arms at sides; bent at elbows; palms facing forward	
<b>5. ARMS UP - Shoulder High</b> Raise the arms to shoulder height		<b>12. LOWER HE-MAN</b> Hugging a Tree in a lower position	
<b>6. ARMS OVERHEAD</b> Raise arms overhead		<b>13. PRESENTING</b> Extend arms palms up; thumbs curved.	
<b>7. BEHIND THE EARS</b> Bend arms with fists at ear level near the head; fists facing forward		<b>FINISH;</b> <ul style="list-style-type: none"><li>• PALMS DOWN</li><li>• PALMS TO SIDES</li></ul> <b>Relax &amp; breathe</b>	