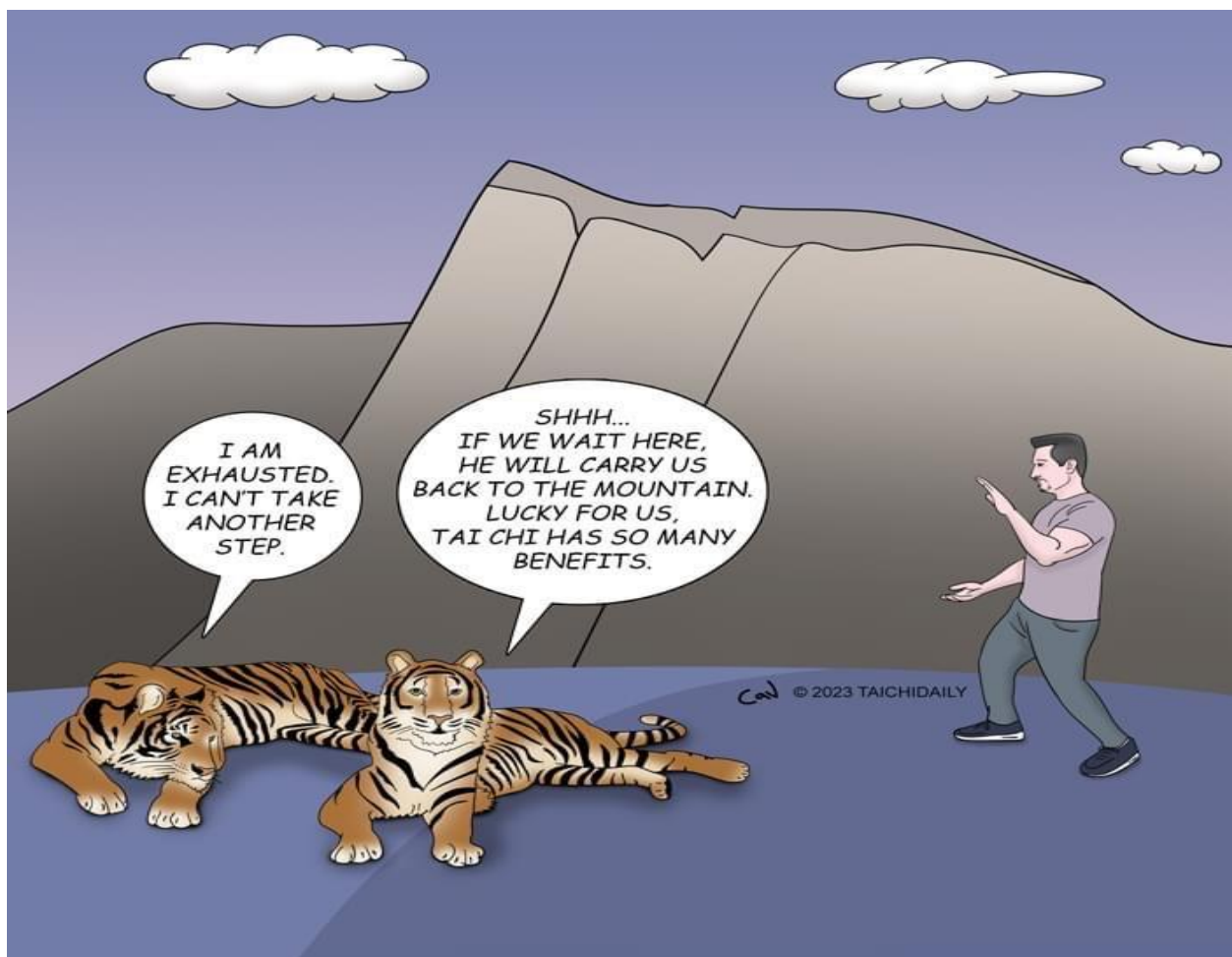




Linda's T'ai Chi Ch'uan Weekly Hand-out May 14, 2023

Carry Tiger to Mountain



I do apologize to my beginning students who have yet to learn the opening posture for Sets 1 and 2. Those of you who have learned the posture, "Carry Tiger to Mountain"

will find this funny and clever. Thank you once again to one of my advanced students who among others send me great ideas for my weekly hand-out.

So, to keep everyone in on the joke, I will teach the posture, "Carry Tiger to Mountain" in all of my classes this week including the beginning classes. The second part of this posture is brush knee that we do in Set 1. You will only have to learn the first part of the posture. The challenge in this posture is that we will face the 5:00 position on our T'ai Chi clock. So, as we perform Carry Tiger to Mountain, we will pivot to the right corner

You will see. It is a fun posture to learn and to perform

Peace,

Linda