



*XIN QI SHEN DOJO
CHEN TAIJI QUAN SPHERE*

1. Wuji
2. Dantian circle – left / right - 10
3. Dantian circle back & forth - 10
4. Roll Ball dantian l – r, small circles to large - 10
5. Roll Ball dantian r- L, small circles to large - 10
6. Spiral l & r - 10
7. Stir cauldron to left - 5
8. Stir cauldron to right - 5
9. Lift overhead, roll backward down dantian squatting – lift with legs, hand over hand - 5
10. Left leg out, thrust ball left - 5
11. Left leg out, roll sphere to forearm left – 5
12. Rolling Sphere in Hands – 5
13. Six Sealing Four Closing - 5
14. Lift left leg to calf, hold ball L hip - 5
15. Lift right leg, hold ball left shoulder - 5
16. Press ball down, chest to dantian roll backward, push out from body - 5
17. Press Elbow L & R - 10
18. Right leg out, thrust ball right - 5
19. Right leg out, roll ball to forearm right - 5
20. Roll Sphere in Hands - 5
21. Lift right leg to calf, hold ball r hip - 5
22. Lift left leg, hold ball right shoulder - 5
23. Press ball down, chest to dantian roll backward, press out from body - 5
24. Toss ball in air – catch – squat – toss - 5
25. Dantian circle back & forth - 10
26. Wuji



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