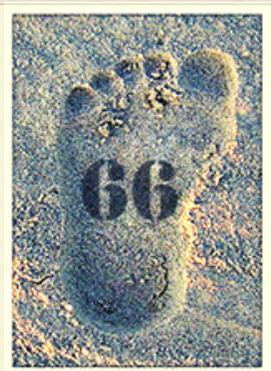


Awareness Tai Chi

LIU HE BA FA



THE ART OF SIX HARMONIES
AND EIGHT METHODS
OF THE MIND AND WILL



PART 1

1. Stop Cart And Ask Directions
2. Hold Horse At Cliff
3. Close Door And Push Moon
4. Part Clouds And See Sun
5. Hold Horse At Cliff
6. Replace Star With North Star
7. Geese Flying In Pairs
8. Close Door And Push Moon
9. Lonely Goose Leaves Flock
10. Wild Horse Chases Wind
11. River Flowing, Never Ceasing
12. Crouching Tiger Listens To Wind
13. Makes Sounds At East And Hit West
14. Green Dragon Stretches Claws
15. Completion Of The Internal Pill After Nine Circulations
16. Part Clouds And See Sun
17. Push Boat Along Water
18. Angry Horse Turns Head
19. Flowers Falling
20. Running Water In High Mountains
21. Child Delivers Letter
22. Woodcutter Carries Logs
23. Heavenly Lord Points At Star
24. Five Clouds Hold The Sun
25. Support Sky And Cover Earth
26. Swallow Skims Water
27. Morning Sunshine Fills The Ears
28. Intercept And Double Push
29. Gentle Wind Sweeps The Leaves
30. Swallow Carries Sand
31. Monkey Picks Fruit

PART 2

32. Wild Tiger Turns Head
33. Swirling The Universe
34. Wind Sways The Lotus Leaves
35. Cover Hand And Punch Forward
36. Cover Face With Pipa
37. Comet Chases The Moon
38. Swallow Flies Diagonally
39. Cinnabar Phoenix Faces Sun
40. Stirring Rivers And Seas
41. Ride Backwards On Dragon
42. Raccoon Jumps At Butterfly
43. Lift Beam And Change Pillar
44. Wind Swirls Broken Clouds
45. Hibernating Dragon Shows Body
46. Black Dragon Turns Tail
47. Sharing Autumn Scene Equally
48. Watching Flowers On Running Horses
49. Kui Xing Presents The North Star
50. Swallow Penetrates Clouds
51. Raise Hands To Form Seven Stars
52. Geese Flies Horizontally
53. Yellow Dragon Turns Body
54. Five Sages Worship Heaven
55. Hide Lotus Under Leaf
56. Phoenix Opens Wings
57. White Crane Pecks At Food
58. Moon Hangs On Pine Top
59. Pull Ox's Tail
60. Child Holds Guqin
61. Rhinoceros Looks At Moon
62. Sparrow Hawk Flies Through Forest
63. Red Dragon Stirs Water
64. Wind Moves Floating Leaves
65. Chi Ascends Mount Kun Lun
66. Contain Chi And Open All Gates