

ANIMAL FROLICS

TIGER Element: Metal Organ: Lungs Sound: Sie (Splitting)

1. Feet Apart - Fists at Dan Tien - Raise and extend arms as hands form claws - widen eyes and bring front teeth together.
Begin to step forward with RF and then LF, clawing with each movement.
(Clawing)
2. Heels together - Form claws - rotate arms like windmill over head with opposite hand and foot forward; widen eyes and bring front teeth together.
Extend back outward and step forward with RF and then LF, clawing with each movement.
(Windmill)

BEAR Element: Water Organ: Kidneys Sound: Chuae (Drilling)

1. Feet Apart - Extend arms in front of body with palms facing outward.
Push palms out and then relax hands.
2. Horse Stance - Turn to left as RH blocks to front and left arm rounds at side with fist hand. Continue to other side.

DEER Element: Wood Organ: Liver Sound: Hsu (Crushing)

1. Feet Apart - Make fists at Dan Tien. Bring fists overhead in front of body and settle elbows down in front of chest and palms face outward in front of chest. Begin to step forward with RF and then LF, and continue arm movements.
(Antlers)
2. Heels together - Make fists at Dan Tien - bring overhead in front of body and bring left knee into Golden Rooster - step down with LF into High Lotus to left and coil down (arms raised near head); uncoil, bring arms down to Dan Tien and step forward with back foot. Repeat.
(Resting Deer)

CRANE Element: Fire Organ: Heart Sound: Kor (Pounding)

1. Feet Apart - palms up at Dan Tien.
Raise arms up to heart level and down again several times.
(Cooling Wings)
2. Heels together - Palms back to back at Dan Tien
Step out with RF into flat outside empty as arms and shoulders pull back to sides of body; return palms back to back and repeat, changing feet.
(Spreading Wings)
3. Heels together - Step into Tai Chi as palms rise up from Dan Tien
Roll into Bow and Arrow as arms open (fingertips in toward body)
Shift back to Tai Chi as arms drop down to Dan Tien
Turn front foot 45° into High Lotus, step forward, repeat.
(Soaring Wings) - Walking

MONKEY Element: Earth Organ: Stomach Sound: Fu (Crossing)

1. Heels together - Make fists at Dan Tien - Roll up and extend palms in front of neck/chest as if to offer fruit and then roll hands back and downward to Dan Tien. Begin to step forward with RF into Tai Chi and then LF into Tai Chi.
(Offering the Fruit)