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5. Grasp Sparrow's Tail—Ward Off Right
6. Grasp Sparrow's Tail—Roll Back
7. Grasp Sparrow's Tail—Press
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9. Single Whip
10. Lifting the Arm
11. Shoulder Strike
12. Crane Spreads Wings
13. Brush Knee—Twist Step
14. Play the Pi Pa (Guitar)
15. Brush Knee—Twist Step
16. Step Forward, Deflect Downward, Parry, & Punch
17. Withdraw and Push
18. Crossing Hands
19. Embrace Tiger—Return to Mountain
20. Roll Back
21. Press
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24. Fist Under Elbow
25. Step Back & Repulse Monkey 1
26. Step Back & Repulse Monkey 2
27. Step Back & Repulse Monkey 3
28. Diagonal Flying
29. Wave Hands Like Clouds 1
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32. Single Whip
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35. Golden Pheasant Stands on Right Leg
36. Separate Right Foot
37. Separate Left Foot
38. Turn and Kick with Heel
39. Brush Left Knee—Twist Step
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42. Boxing the Ears
43. Roll Back
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51. Ward Off Left
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58. Step Forward—Seven Star Dipper
59. Step Back to Ride the Tiger
60. Sweep the Lotus
61. Bend the Bow
62. Step Forward, Deflect Downward,
Parry, and Punch
63. Withdraw and Push
64. Cross Hands
65. Closing



T'ai Chi Reminders



Greg Knollmeyer

Music by Jesse Morgan • Produced by Community Records

Using T'ai Chi Reminders

This recording is to assist t'ai chi students as they practice movements they are learning. Each track on this recording is a separate movement so that you can easily find the section of the form you want to practice. Remember that most CD players have a repeat function that allows you to repeat one track continuously. If you want to practice a movement several times in a row, find the track and turn on the repeat function. The pace of movement is slightly slower than normal practice due to the instructional nature of the CD.

Why Audio?

The practice of t'ai chi allows you to develop coordination and sensitivity in your body. These reminders help your body remember how to move in a relaxed manner and perform the taiji movements. Also, audio instruction allows you to keep your focus on your own awareness. While videos can offer a great point of reference; you cannot truly practice while watching a video. When the eyes focus outside the body, the mind usually focuses outside the body.

Greg Knollmeyer

Taiji has been a central focus in Greg's life for more than a decade. He has studied with world renowned teachers such as Master Wasantha Young, Grandmaster William C. C. Chen and Benjamin Pang Jeng Lo as well as some of their senior students. He has taught t'ai chi at The Peaceful Dragon School where he earned his teaching certificates as well as at a number of hospitals, businesses, and community centers.

Additionally, Greg is a healer and a certified yoga teacher. He brings an incredible knowledge of energy, healing, breathing, and body mechanics to his teaching. To learn more, visit www.SpiralChiCenter.com.

Community Records

Jesse Morgan is a true artist who is passionate about local music. He developed Community Records to support area musicians with original work. To learn more, visit www.CommunityRecordsMusic.com.

