

Four laws of energy, actualize:

1. Energy follows thought
2. Thought directs energy
3. Impedance to the flow of energy causes discomfort if mild, sickness if severe.
4. Energy is concentrated where thought is focused.

Chen is old frame, Yang is big frame
Wu is medium frame, Wu (Jian) is small frame, Sun is lively paced frame

Health Benefits: Lowers blood pressure, improves the memory, digestion, balance, circulation, strengthens the bones, relieves stress, promotes longevity, cultivates qi

The Eight Points of Poison:

1. - Left Temple
2. - Mastoid Processes
3. - Throat
4. - Heart
5. - Angle of the Ribs
6. - Kidneys
7. - Pubic Bone
8. - Coccyx

Guang Ping Yang Tai Chi

(Kuo called it "Original Style")

1. Strike palm to ask Buddha
2. Step back, grab the Bird's tail
3. Single Whip
4. White Crane flapping the wings
5. Brush the knee, twist the step
6. Step back, parry, block, punch
7. Step forward, seal like close
8. Embrace Tiger, return to Mountain
9. Under elbow strike
10. Stepping back, repulsing the Monkey
11. Pressing the palm, fly up diagonally
12. Lift the palm, left and right
13. Flying pull, upper position
14. Fan Arm
15. Green dragon emerging from the water
16. Step forward, grab the Bird's tail
17. Single Whip

18. Cloud Hands
 19. Patting the Horse
 20. Separating the foot, left and right
 21. Turn around, heel kick
 22. Wind blows the lotus leaf
 23. Groin punch
 24. Turn around, double jump kick
 25. Step forward, parry, block, punch
 26. Retreat with arms guarding the body
 27. Front toe kick
 28. Turn around, heel kick
 29. Step forward, parry, block, punch
 30. Seal like closed
 31. Embrace Tiger, return to Mountain
 32. Side body strike
 33. Diagonal single whip
 34. Wild Horse separating the mane
 35. Diagonal single whip
 36. Shuttling ~ (4 corner)
 37. Turn around, grab the Bird's tail
 38. Single Whip
 39. Cloud Hands
 40. Snake creeping in the grass
 41. Golden Rooster standing up
 42. Stepping back, repulsing the Monkey
 43. Press the palms, fly up diagonally
 44. Lift the palm, left and right
 45. Flying pull, upper position
 46. Fan arm
 47. Double wind striking the ear
 48. Sky cannon
 49. Single whip
 50. Cloud hands
 51. Single whip
 52. Patting the Horse
 53. The word "ten" sweeping the lotus
 54. Downward planting punch
 55. Step forward, grab the bird's tail
 56. Single Whip
 57. Cloud Hands
 58. Snake creeping in the grass
 59. Step forward, form Seven Stars
 60. Step back, sitting on the Tiger
 61. Angle the body, twist the Moon
 62. Sweeping the Lotus foot
 63. Pull the bow and arrow, shoot the tiger
 64. Left and right, grab the Bird's tail
- End. Closing the Tai Chi