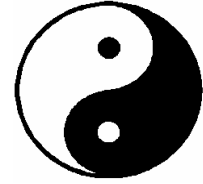


Clear's

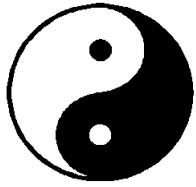
Tai Chi™



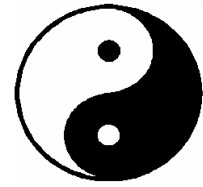
Basic Skills

Test Requirements

1. Wu Chi
2. Electrical Energy Ball
3. Tai Chi Walking
4. Clear's Tai Chi Big 8 Form
5. Clear's Tai Chi 13 Form
6. Breath Coordination with Moves
7. Fluid from beginning to end
8. Electric Energy Ball "Life Force" Tai Chi Set
9. Hold Bowl / Embrace the Tree
10. Wu Tang Rocking Energy Ball
 - Matched to breath -in is pulling -out is compressing
 - Emphasizing electric & magnetic energy
11. "Pulsing" Electric & Magnetic Energy "switching" Tai Chi Set
12. Marrow Washing -Laying Down Method
13. Underwater Method
14. Push Hands
 - i. Clear's Internal version
 - ii. Soft Uncle Bill version
 - iii. Find their Center & Hide Your Center
15. Sinking weight from Leg to Leg
 - i. Above Ground
 - ii. Under Ground
16. Pendulum Swinging
17. Balance (Standing on 1 Leg with eyes closed for 30 seconds)
18. Swimming Dragon "Waving Moss" Method
19. Rehabilitation Method (& Old Man Method)
20. Stretching Method (Gentle & Soft -Immediate Health Benefits & Push Hands)
(After completing form: Finish with Breathe, Tense, Hold & Release)
21. 1 Basic Self Defense Application for each move



Clear's
Tai Chi™



Basic Skills Program

Study Guide

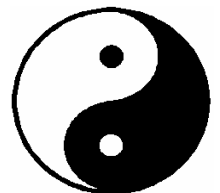
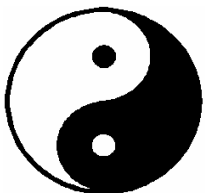
We recommend that you Study the Basic Skills videos in the following order:

- 1. Chi Energy Book & DVD**
- 2. 8 & 13 Move Clear's Tai Chi Sets**
- 3. Basic Self Defense Applications**
(Learn at least 1 basic Application per move)
- 4. Basic Skills** - per the Test Requirements
- 5. Push Hands & Sticky Hands**
- 6. Nei Kung**

Clear's **Tai Chi**™

Wu Chi

- 1. Hang From an Invisible Thread**
- 2. Shoulders Hang & Relaxed**
- 3. All Joints Slightly Bent & Relaxed**
- 4. Eyes Relaxed & Look Slightly Down**
- 5. Relax & Drop Down Lower Back**
- 6. Spine is Pulled Straight by Gravity**
- 7. Point Index Fingers Straight**
- 8. Breathe In & Out From Belly**
- 9. Tongue Lightly Touches Roof of The Mouth Behind Front Teeth**
- 10. Weight is slightly to the Front of Center over the Feet**

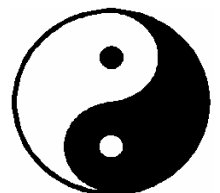
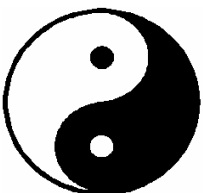


Clear's
Tai Chi™



Big 8 Form™

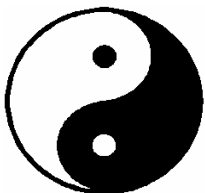
1. Opening
(Place Hands on Jade Table)
2. Wild Horse Tosses Mane
3. Brush Knee
4. Strum the Lute
5. Monkey Retreats
6. Cloud Hands
7. Carry the Cauldron
8. Grand Tai Chi



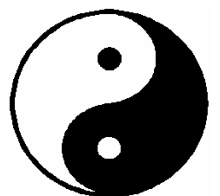
Clear's

Tai Chi 13TM

1. Opening
2. Rise & Fall
3. Wild Horse Tosses Mane
4. White Crane Spreads Wings
5. Brush Knee
6. Play the Lute
7. Monkey Retreats
8. Cloud Hands
9. Needle at Sea Bottom
10. Fan through the Back
11. Roll Back & Push
12. Carry the Cauldron
13. Grand Tai Chi



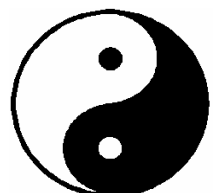
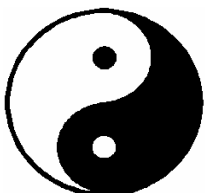
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Nei Kung

Wu Chi Principles from beginning to end

1. Stepping Out to Right
2. Shifting & Sinking from Side to Side
3. Up and Down While Drawing In Energy
 - A. From Heaven
 - B. From Earth
4. La Chi – Fa Gung & Wu Tang Energy Ball
5. Circulate In and Down (Wu Tang #2)
6. Cloud Hands
7. Carry the Cauldron
8. Grand Tai Chi Condensing the Energy



Push Hands

1. Both People Place Both Hands Below the Neck and Above the Waist
2. Relax and Sink your Root/Energy
3. Try to Feel the Other Person's Root/Energy
4. Slowly Push -When you think you have found their root/energy
-If you are correct they will either easily move or they will have to adjust their position and change their root/energy so that they are not easily moved
5. Keep your Root/Energy Down and Hidden so that the other person can not find it
6. If the other person finds your root/energy then try to adjust (sink more and let the body turn a little) so that they can not move you - Use the Ahhhhhhh Method
7. Continue to Play this game until you can easily hide your root/energy so well that an opponent can not find it and until you can easily find someone else's root/energy

The Benefits of This Exercise Are Many and Profound:

- A. Builds your Internal Structure & Health
- B. Helps you to Quiet Your Mind
- C. Creates Iron Body -Ability to Withstand Hits
- D. Develops the Ability to Feel your own Energy
- E. Develops the Ability to Feel Energy Inside Others
- F. Develops the Ability to Feel an Attackers Intent
 - i. *Including Feel Intent of Incoming Strike*
- G. Develops the Ability to Hide Intent
- H. Develops the Ability to Move Much Faster
- I. Develops your ability to Hit Very Forcefully
- J. Enhances Mind Body and Spirit Abilities and is a prerequisite for more Advanced Training
- K. *Do the Tai Chi Set with the same energies as Push Hands Sensitive Inside Yourself, Heavy Below & Light up Top, Quiet, Listening, Swimming through Energy*

Push Hands

Clear's Internal Push Hands Basics

1. Listen for Partners Heart Beat
2. Feel Partners Energy Sink & Move Inside their Body
3. Sink your own Energy by dissolving
4. Sink & Dissolve while you push
5. Feel opponents root depth and stiffness
6. Troubleshoot partners lack of depth & stiffness
7. Dropping the Root Deeper Game
8. Must be able to quickly drop your root lower than their root with ease
9. Try Different Hand Positions
 - 1st (Strongest) Position should be under armpits
 - Hands on waist
 - One hand on waist & one under armpit
 - One hand on waist & one on shoulder
 - Hands on shoulders
 - Hands on elbows
 - Hands on forearms
 - Hands on back
 - Any Position while stronger but lesser skilled opponent has a stronger position
10. Use 4 oz. to Move 1000 pounds
11. Sense opponents root depth by placing a hand on them
12. Sense when opponent is about to push and push them first
13. Feel the direction of the opponent's body energy through contact with their arm
14. Eventually tell where stiffness or root imbalance is in subject's body by sight