

Daoyin tu - chart for leading and guiding people in exercise for improving health and treatment of pain, containing animal postures such as bear walk. This is a reconstruction of a 'Guiding and Pulling Chart' excavated from the Mawangdui Tomb 3 (sealed in 168BC) in the former kingdom of Changsha. The original is in the Hunan Provincial Museum, Changsha, China.



Scan the QR code to check the video with Tai Chi Postures.

JANUARY

Tai Chi Movement: Central Equilibrium (中定 Zong Ding). **Balance, stillness, inner alignment.** Zong Ding equals the deepest yin—winter's still center, from which the new year's energy will emerge.

Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

FEBRUARY

Tai Chi Movement: Eye Focus (Right/Left Step, 右顧 Yo Pan / 左顧 Zo Gu). **Awareness and directional clarity.** The turning steps symbolize awakening, vision, and the first stirring of spring—choosing a direction before nature bursts forth again.

Su	Mo	Tu	We	Th	Fr	Sa
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

MARCH

Tai Chi Movement: Ward Off (棚 Peng) **Rising energy and protection.** Peng expands outward like new shoots in spring, symbolizing strength with softness.

Su	Mo	Tu	We	Th	Fr	Sa
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29	30	31				

APRIL

Tai Chi Movement: Roll Back (捋 Lu) **Yielding, redirecting force.** Lu teaches flexibility and adaptation—mirroring spring winds and the fluid movement of new life.

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MAY

Tai Chi Movement: Press (擠 Ji / Gi) **Focused, forward intention.** Ji embodies directed energy and collaboration, mirroring nature's full bloom and rising heat.

Su	Mo	Tu	We	Th	Fr	Sa
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

JUNE

Tai Chi Movement: Push (按 An) **Releasing force with calm authority.** An spreads energy outward, like summer's expansive warmth and vibrant yang.

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21	22	23	24	25	26	27
28	29	30				

JULY

Tai Chi Movement: Grasp / Pluck (採 Tsai) **Drawing in what is useful.** Tsai reflects harvest energy selective, intentional, gathering nourishment from the environment.

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AUGUST

Tai Chi Movement: Split (裂 Lie) **Separating and clarifying.** Lie represents sorting, dividing, and distinguishing like late summer's refinement and preparation.

Su	Mo	Tu	We	Th	Fr	Sa
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

SEPTEMBER

Tai Chi Movement: Elbow Strike (肘 Zhou) **Close-range power, crisp intention.** Zhou embodies autumn's clarity—sharp, efficient, letting go of excess movement.

Su	Mo	Tu	We	Th	Fr	Sa
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27	28	29	30			

OCTOBER

Tai Chi Movement: Shoulder Strike (靠 Kao) **Rooted, powerful stability.** Kao expresses autumn's condensed strength and internal fortitude, like trees releasing their leaves.

Su	Mo	Tu	We	Th	Fr	Sa
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18	19	20	21	22	23	24
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NOVEMBER

Tai Chi Movement: Retreat Backward (退步 Tui Bu) **Strategic withdrawal.** Reflects early winter's inward pull—the wisdom of stepping back to conserve energy.

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

DECEMBER

Tai Chi Movement: Advance Forward (進步 Jin Bu) **Rebuilding intention and forward movement.** Symbolizes winter's quiet renewal, the hidden potential preparing for return.

Su	Mo	Tu	We	Th	Fr	Sa
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		