

# Mid-Island Tai Chi Club member of the Canadian Tai Chi Academy

---

<http://www.midislandtaichi.org> <https://www.facebook.com/groups/1721740381422758/> 778-744-0413

## **Yi Jin Jing- Tendon Changing Exercise**

1. Salute the Guardians of the Way
2. Shoulder Your Staff
3. Hold Up the Sky with Both Hands
4. Pluck a Star on each Side
5. Pulling Nine Cows by Their Tails
6. Push Out Claws, Spread Wings
7. Ghost Draws It's Sword
8. Three Plates Fall to the Ground
9. Black Dragon Displays It's Claws
10. Tiger Springing on It's Prey
11. Bowing Down in Salutation
12. Dragon Swings It's Tail

End exercise with Salute Guardians of the Way