

T'ai Chi Chih® consists of 19 movements and one pose, in this order:

- . Rocking Motion
- . Bird Flaps Its Wings
- . Around the Platter
- . Around the Platter Variation
- . Bass Drum
- . Daughter on the Mountaintop
- . Daughter in the Valley
- . Carry the Ball to the Side
- . Push Pull
- . Pulling in the Energy
- . Pulling Taffy
- . Pulling Taffy, Variation #1, Anchor
- . Pulling Taffy, Variation #2, Wrist Circles
- . Pulling Taffy, Variation #3, Perpetual Motion
- . Working the Pulley
- . Light at the Top of the Head / Light at the Temple
- . Joyous Breath
- . Passing Clouds
- .
- . Six Healing Sounds (and the corresponding organ): HO (heart), HU (spleen), SZU (liver), HSU (lungs), HSI (3 heaters: below the navel, in the abdomen & between the eyes) CHUI (kidneys)
- . Cosmic Consciousness Pose