

The True Course™ Chart

Your whole program, at a glance. Print it, fold it, put it where you'll see it.

THE SESSION SHAPE — TEN MINUTES

Settle

1 minute

Warm the Body

2–3 minutes

Today's Movements

5–6 minutes

Close and Calm

1 minute

THE TRUE COURSE™ FORM — IN ORDER

1. Opening the Day

Arms float up on the breath in. Elbows sink first, hands press down on the breath out.

2. Holding the Ball

One hand above, one below, a soft round space between them. Shoulders down.

3. Wave Hands Like Clouds

Hands trade places as the waist turns. Slow, continuous, no stopping at the ends.

4. Parting the Wild Horse's Mane

The ball opens on a diagonal — one hand rises away, one settles down.

5. White Crane Spreads Its Wings

Tall and light. One hand lifts above, the other opens low and away.

6. Brush Knee

One hand sweeps across and down past the knee, the other pushes forward. One breath.

7. Single Whip

One arm opens wide to the side, the other gathers small. Wide and small together.

8. Gathering the Qi

Both hands scoop wide and low, rise, and settle down the center. Put it away.

THE THREE LEVELS

Gentle — smallest range, supported.

Steady — the standard form.

Strong — fuller range, longer holds.

Mixing levels within one session is expected, not a compromise.

THE RULE THAT OUTRANKS
EVERYTHING

**If it hurts,
stop.**

The 31 Movements

The complete library, grouped as they appear in the book.

GROUP A — WARM-UPS

(waking the body up)

- A1 Shoulder Rolls
- A2 Arm Circles
- A3 Wrist and Ankle Circles
- A4 Gentle Neck Turns
- A5 Seated Spinal Wave
- A6 Awaken the Breath

GROUP B — FOUNDATIONS

(everything is built from these)

- B1 Sitting Mountain
- B2 Opening the Day
- B3 Raising the Hands
- B4 Holding the Ball
- B5 Pushing the Wave
- B6 Seated Weight Shifts

GROUP C — FLOW

(the classics, built to link)

- C1 Wave Hands Like Clouds
- C2 Parting the Wild Horse's Mane
- C3 White Crane Spreads Its Wings
- C4 Brush Knee
- C5 Repulse the Monkey
- C6 Grasp the Sparrow's Tail
- C7 Single Whip

GROUP D — BALANCE AND STRENGTH

(the work that steadies you)

- D1 Golden Rooster Lifts
- D2 Heel Raises and Toe Taps
- D3 Seated Leg Extension
- D4 Seated Twists
- D5 Side Stretches
- D6 Drawing the Bow
- D7 Holding Up the Sky
- D8 Wise Owl Gazes Backward

GROUP E — CALM AND CLOSE

(how to finish)

- E1 Calming Breaths
- E2 Gathering the Qi
- E3 Hands to Heart
- E4 Seated Body Scan

IF YOUR BODY HAS RULES

Some conditions change how a few of these movements should be done. The book gathers every one of those cautions **by condition** in the back, so you can read your own rules in one place instead of hunting through thirty-one movements. Read that page before Day 1.

EVERY SESSION, WHATEVER THE DAY

Warm up from Group A. Practice the day's movements. Close with Group E. The close is where the practice settles into you — it takes about a minute, and skipping it is the most common mistake people make.