



THE MAGICKAL PASSES

WESTERN TAI-CHI

TENSEGRITY SERIES V

TAPPING INTO ESSENCE

The Rod for Heightening Awareness

This pass is one whole dance, wherein both genders offer gestures to the other as pure energy bodies while simultaneously coming to terms with the expression of both genders in each one of us. In other words, the goal of this set of passes is for each gender to be able to understand both their masculinity and their femininity expressed as pure essence and apart from the perception arranged and demanded by social consensus. Carl Jung referred to these energies as the anima (female) and animus (male); both being a part of the psychic subconscious of their correlating, opposite genders—the animus in the female and anima in the male.

- Step 1. Begin w/the rod under the right arm and breathe in; exhale as the knees are bent (slightly), with the feeling of rooting oneself into the ground.
- Step 2. Move the rod to the left arm and plant it in the ground; slightly in front of the left side of the body; separating the legs and push the rod forward; again, with the feeling of rooting oneself into the ground. Straighten the knees and pull the rod back to its original, vertical position.
- Step 3. Swing pole up, pointing it away from the right shoulder; left hand at the hip and right hand at about shoulder height.
- Step 4. Tap the shoulder twice taking two steps forward (one for each tap)
- Step 5. Jab the pole back backwards to the right, then to the left; taking a step each time.
- Step 6. Pivot towards the left (facing the opposite direction from the starting point) and tap at the forehead height in front of you.
- Step 7. Hold the pole parallel to the ground, strike down; then raise it above the head twisting to the left and strike down; then raise the pole back above the head, twist to the right and strike down.
- Step 8. Take 2 small steps forward, doing a rowing motion with the pole.
- Step 9. Holding the pole perpendicular to the left, swing it to the right; then bringing the pole to a horizontal position, brush the right vital center.
- Step 10. The left foot steps straight back and the pole touches the ground in front of the left foot and spin to the left 180 degrees to the left; tracing a semi-circle on the ground.
- Step 11. Jab the pole forward twice with the left hand leading and right hand at the right hip, taking a shuffling step with the left foot leading for each jab. Transfer the pole to the left hip, with the left hand at the hip and the right hand leading and take two identical shuffle steps with the right foot leading for each jab.
- Step 12. Plant the pole vertically in front of the right foot and bend the right knee to the ground.
- Step 13. Stand up, move the hands to the center of pole; holding the pole vertically, strike up and forward.
- Step 14. Spin the pole on its axis taking two small steps forward and strike up again.
- Step 15. Step forward with the right foot, bring the pole horizontal to the chest and strike forward.

Step 16. Take a step back to the left, turning the body 90 degrees to the left and place the pole out, in front of the hips; shoulders square and bringing the feet next to each other.

Step 17. Gently tap the left hip with the pole and then the right hip.

Step 18. Inhale and make 3 circles in front of the body with the pole still held horizontally.

Step 19. Exhale and start with the pole overhead; hands apart on the pole...drop to shoulder level, bringing the hands slightly inwards; then drop again to pelvic level and bring hands to center of the pole.

Step 20. Inhale and bring the pole overhead pushing the hands back out on the pole.

Step 21. Bring the pole down and brush on the lower abdomen; then on the left and right vital centers.

Step 22. Right foot steps behind and to the left of the left foot and from that position pivot and turn to face the opposite direction.

Step 23. Holding the pole diagonally, right hand above the left strike at the heart level in front of you. Then reverse hands changing to the opposite diagonal and strike again.

Step 24. Holding the feet in their position turn 90 degrees to face the left; holding the left hand at the left hip and the right at the right shoulder level, tap to the left.

Step 25. Repeat the last motion but to the right.

Step 26. Place the tip of the pole to the left of the left foot and draw a 180 degree arc on the ground to the right.

Step 27. Take 6 small steps in the direction you're now facing; holding the hands in the center, do the rowing motion while taking these step with the focus on the wrists.

Step 28. Step to the left, facing left with the left foot in front and strike at chest level; holding the pole in a horizontal position.

Step 29. Inhale and twist to the left and exhale and return to facing the direction in which the 6 steps were taken and then step forward with the right foot and continue twisting the torso to the right.

Step 30. Return to center between the left and right directions holding the feet parallel and placing the pole under the left armpit.

Step 31. Move the pole vertically holding towards the top of the pole; left over right and plant the pole in front of the body.