



Master Jesse Tsao's Tai Chi Ruler



1. Forward rolling
2. Forward rolling with steps
3. Large forward roll
4. Backward rolling
5. Backward rolling with steps
6. Large backward roll
7. Rocking horse
8. Ward off left & right
9. Brush knee left & right
10. Repulse monkey
11. Cloud hands
12. Holding rabbit (with squat)
13. Front vertical grip (left & right)
14. Front coiling with steps
15. Side horizontal coiling
16. Front horizontal coiling with back step
17. Cannon punch
18. Kayaking forward
19. Pick axe with stepping back
20. Presenting the ruler
21. Pestle and mortar



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22. Pointing to the star
23. Needle at the bottom of the sea
24. Taming tiger
25. Finish

Massage sequence

1. Belly (Dan Tian)
2. Back (Ming Men)
3. Side
4. Down the leg (stomach meridian)
5. Under the knee
6. Shoulder well
7. Scapula
8. Scapula point
9. Spine (open discs back & forth)
10. Down the bladder channel
11. Neck with pearl
12. Sides of the neck with the pearl
13. Down the back of the head
14. Down the sides of the head
15. Bai Hui