

## T'ai Chi Practice Journal

<p>8/2/20</p>	<p>Practiced <del>Ape/Human/Pos</del> Ape/Human/open</p> <p>Upper back is sore + limited opening my chest. Very tight. But felt very rooted in Ape Posture. Rooting feeling stayed as I walked around</p>	<p>Soreness</p> <p>Rooting</p>
<p>8/3/20</p>	<p>- Ape/Human/open Chest and Back are more open today. Posture is more upright. Ape Rooting felt great, as if feet sunk into Earth</p> <p>- Dragon Stepping At first felt awkward, but then felt like I was gliding almost like skating</p>	<p>Posture</p> <p>Rooting Mud</p> <p>gliding</p>
<p>8/4/20</p>	<p>- Basic Hula Dancing couldn't get my hips to sway + grass skirt kept smacking me in the face. But my arms felt like waves on the water.</p> <p>(Just seeing if you're paying attention)</p>	<p>grass in face</p> <p>water arms</p>