

TAI CHI PRINCIPLES FOR MASSAGE THERAPY

BY

MASTER RICHARD KOSCH

This book is respectfully dedicated to the memory of  
Grandmaster Kuo Lien Ying



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Richard Kosch  
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## About Master Rich Kosch

Richard Kosch began studying Tai Chi Chuan in 1995 and by 1999 he was already a Black Belt recognized with the title of Sifu. This began his teaching career as well as his involvement in helping to develop an effective Tai Chi Program for Massage Therapy in the mid to late 90's. He taught ***Tai Chi Principles for Massage Therapy*** for 6 years at a state approved Massage Therapy school where Tai Chi was a required curriculum subject.

Richard has competed and won awards in Push Hands Competitions, demonstrated Tai Chi Chuan at various civic organizations and has remained active in the pursuit of excellence in his own practice. In 2012 he was bestowed a 10th Degree Red Sash and title of Master in the art of Chinese Internal Martial Arts.

His awards are numerous and he can trace his Martial Arts lineage back to the legendary Kuo of Chinatown, San Francisco and beyond that to China, where he is registered with the Chinese Historical Society, and the Traditional Chinese Medicine and Chi Gong Federation, as well as having been awarded a certificate from the Academy of Tao, in China, for Tai Chi Principles for Massage Therapy.

Tai Chi Principles for Massage Therapy is also available as an e Course at [www.mindflash.com](http://www.mindflash.com)

When you have got something special,  
never forget it.

A Chinese Proverb

## HOW TO GET THE MOST OUT OF THIS COURSE

1. Read the entire Course all the way through one time.
2. Then begin with Lesson 1, which contains the foundational elements of course. It is really important to practice all of these basic elements for one month before you go on to more challenging techniques such as Grasp the Birds Tail and Cloud Hands, etc.
3. It is perfectly fine to start working with the non-complicated portions of the course such as Universal Post; Iron Palm Training and Hand Massage, table height concepts and the safety tips, all of which you can add in from from the second and subsequent weeks commensurately.

Man who says it cannot be done, should not  
interrupt the man doing it.

A Chinese Adage

# LESSON 1

## **BENEFITS**

The benefits of learning the foundational principles of Tai Chi Chuan for carrying on a Massage Therapy practice are many. Tai Chi will help to keep muscles loose by stretching the body without the building up of excessive lactic acid. It also reduces the stress of the Massage Therapist so that it isn't transferred to the client.

Tai Chi creates balance and well-being in the body of the Massage Therapist through a dynamic synergy known as the Six Harmonies;

## **A BRIEF HISTORY OF TAI CHI CHUAN**

Tai Chi Chuan is an ancient practice, which originated in 12th century China. Originally, it was developed as a form of Martial Art and translates in English as, Grand Ultimate Fist. The ancient practitioners discovered the vast network of vital meridians that are present in the body and how Tai Chi's movements have the ability to work on this vast network bringing it to a state of perfect health. Through Tai Chi's movements the energy in the body is able to move freely, giving vital energy not only to the internal organs but also strength to the tendons and ligaments, while creating perfect posture alignment. Combining meditation,

movement, and internal body dynamics, Tai Chi Chuan is part of Traditional Chinese Medicine and widely recognized as a form of Complimentary Therapy. It is no wonder why its principles work so well with Massage Therapy.

**TAI CHI STANCES**: These are foundational and transitional positions.

#### Wu Ji: Ready Position: Stance # 1

Stand with heels together, toes turned outwards in a 45 degree angle. Posture straight with shoulders relaxed and head and neck aligned with spine. Knees slightly bent. Hips slightly tipped forward, tailbone tucked in. Tongue to the roof of the mouth and breathing naturally through the nose. NOTE\* Wu Ji/Ready Stance forms the basis for beginning most stances and form segments in this course.

#### Tai Chi Inside Empty Stance #2

From the Wu Ji/Ready Stance position, shift the weight to the right leg so that the left foot is on the ball of the foot; heel up; no weight on the foot. Practice by stepping into the stance and back to Wu Ji, then perform on the right side. Repeat a few times.

#### Tai Chi Outside Empty Stance #3

From the Wu Ji/Ready Stance position, shift the weight to the right leg so that the left foot extends forward (within normal hip range), onto the ball of the left foot, then perform on the right side. Repeat a few times.

#### Tai Chi (Heel) Stance #4

From Wu Ji/Ready Stance position, shift weight to the right leg; extend the left foot forward to rest on the heel (toes up), extended within normal range. Step back to Wu Ji, perform on right leg and repeat a few times. \* This is an excellent Calf stretch.

#### Tai Chi Heel Alignment #5

*NOTE\* It is very important that the heels be aligned at all times. Practicing this movement will insure that it will come naturally to you in time. Being in alignment as you move around the massage table to work on your client will be very helpful to you.*

From the Tai Chi Heel Stance or Tai Chi Outside Empty Stance, slide your foot back to your heel. If it touches the other heel then the heels are aligned. If it doesn't meet your other heel, you must readjust your Wu Ji stance. Tai Chi Half-Step Transitional Stance # 6

NOTE\* This is a preparation for the Bow and Arrow Stance .

From the Tai Chi Stance # 5, step forward slightly, keeping the step low, with the left foot, about 1/2"- 1", which will adjust the heel to compensate the need for balance and mobility. Repeat a few times on the other side, stepping back and forth from the Half-Step.

## Tai Chi Bow and Arrow Stance # 7

From the Tai Chi Stance # 6 after a Half-Step, roll forward on the left foot, so that the left knee is bent, aligned over the toes and your weight is distributed 80% on the back foot and 20% on the front. Step back to the Tai Chi Stance and perform on the right foot. Repeat several times. \* This is a great low impact leg strengthener and will strengthen the quadracep muscles.

### **WARM UPS: Standing**

#### Warm Up # 1: Ankle Rotations

Stand with heels together, toes turned outwards in a 45 degree angle. Posture straight with shoulders relaxed and head and neck aligned with spine. Knees slightly bent. Tongue to the roof of the mouth. Shift weight to the right leg, stepping back with the left foot onto the tip of the toes. Rotate foot on top of the toes first clockwise, then counter-clockwise for about 9-18 times. Repeat with other foot.

#### Warm Up # 2: Knee Rotations

Begin with feet together, toes straight, knees bent enough for you to reach your kneecaps. Place hands on knee caps and rotate the knees keeping your feet flat

on the ground, clockwise 9-18 times, then counter-clockwise.

Optional technique: If you cannot reach your knee caps, then place your hands above the knees, but work with the idea that your goal is to cover the kneecaps with the palms of your hands for maximum benefit.

\* This exercise opens up the lubrication sacs in the knees, releasing sinovial fluid.

### Hip Rotations: Warm Up # 3

Part 1: Stand with heels together, toes turned outward about 45 degrees, knees soft. Place of hands on kidneys. Rotate hips clockwise 9-18 times, taking care not to rotate the shoulders. The movement is restricted to the hips only in a similar movement to using a hula hoop. Reverse direction. Part 2: Step out left so that feet are shoulder's width apart, toes straight ahead. Repeat process as above and reverse direction.

### Low Arm Swings: Warm Up # 4

Stand with heels together, shoulders relaxed, arms limp at your sides, head and neck straight. Begin to turn at the waist, letting arms swing back and forth. Perform 1-2 minutes.

### Shoulder Rolls: Warm Up # 5

Stand with feet shoulder's width apart, following the the "Wu Ji" concept above for posture, with tongue to the roof of the mouth. Gently roll shoulders up, back, down and front slowly and in a gentle rolling motion, 9-18 times. Reverse.

### Neck Relaxation Stretches: Warm Up # 6

Stand, heels together, head and neck facing straight ahead. Inhale, turn head slowly to the left, while eye-scanning the room, as you exhale. Inhale and return head position to the center beginning position. Exhale, while slowly eye-scanning and turning the head to the right. Inhale, returning your head to the center beginning position. This is 1 round. Repeat 3 rounds or more if needed to loosen the neck from tension.

### **WARM UPS: Floor**

#### Hip/Groin Stretch: Warm Up # 7

Keeping the spine and neck straight; breathe naturally. Sitting on the floor, place the soles of the feet together with the knees opened outward. Hold onto your feet and pull your feet in close while pushing your knees down. (use elbows to push on them). The goal is to be able to have your head meet your feet, however, take time to work towards this goal by doing a few repetitions each time until the goal is reached. This may take weeks or even months.

#### Full Open Leg Stretch: Warm Up # 8

Place feet as far apart as possible, while keeping your back straight. Breathe naturally and remain as relaxed as possible. Holding your hands together so that they can rest on the floor, carefully and slowly try to move your hands forward on the floor in front of you as your body allows and as your lower spine stretches to accommodate the pose. Although in its final stage the forehead may

be on the ground, the stretch is more about steady, slow, safe stretching progress, rather than the finished goal, which may take some time. Some people will not be able to accomplish this full stretch, but that does not reduce its effectiveness in keeping the body supple. Inhale as you prepare to go into the stretch and exhale as you stretch forward. Avoid bouncing or moving past any point of comfort. Repeat 3-4 times, relaxing in between.

#### Side Leg Stretch: Warm Up # 8 A

From the above position, stretch to the left with the goal of reaching your toes. Rotate your upper torso slightly so that it is over your left leg. Stay relaxed and breathe naturally. Don't bounce in order to achieve the position. Perform 2-3 times and then repeat on the right side.

#### Half Leg Stretch: Warm Up # B

From the above position, pull in the left leg, leaving the right leg in its outward place. Breathing naturally, stretch down the right leg, holding for a short time before releasing the pose and returning upright. Repeat 2-3 times. Repeat on opposite side.

#### Leg Stress Relief

Bring legs back out in front of you, about 8" apart and shake them out to relax the muscles and encourage good circulation. Perform for about 15-20 seconds.

Seeking balance in life through internal practice.....

Kuo Lien Ying

## LESSON 2

### **THE SIX HARMONIES:**

In terms of posture, balance and alignment to the Massage Therapist, The Six Harmonies translate to the following equation. If you have one hand forward, one foot should be forward. It doesn't matter if this is unilateral or bilateral, but both a hand and foot should be forward, which increases the alignment of the body, while performing massage therapy. If one elbow is forward, one knee should be forward, either the same or opposite. A forward shoulder should have an opposite hip properly aligned. This increases overall body alignment, good root for stability and good posture providing good balance while providing massage and thereby relieving stress to the body over time. Naturally, most of the time both hands are being used and the therapist is in one of several stances in order to perform the massage and to navigate around the client and the table. However, understanding The Six Harmonies theory, will help immensely to protect the Massage Therapist from wear and tear over the years. The study of Tai Chi Chuan is based on the concept of The Six Harmonies and therefore practicing the simple movements in this course will put them into play, particularly when the Massage Therapist focuses the mind with "intention" the energy transfer of the massage from themselves to the client. The mind harmonizes the intention, the intention harmonizes with the energy or "chi" of the client. The "chi" harmonizes with the actual physical effect of the massage. If the massage is mindlessly given, the therapist is worn out and the client doesn't receive the

full benefit.

**TAI CHI WALKING EXERCISE:**

1. From the Wu Ji Stance, shift weight to the Right leg.
2. Step out with Left foot heel into the Tai Chi (Heel) Stance.
3. Take a (Tai Chi) Half-Step. After the Half-Step, adjust the rear toes slightly forward for Six Harmony alignment).
4. Roll onto the Left foot so that the Left foot is flat, forming the Bow and Arrow Stance.
5. Roll back onto the Left heel into the Tai Chi (Heel) Stance.
6. Turn the Left foot outwards (left) as far as possibly comfortable.
7. Right foot tips onto the ball (of the Right foot); weight shifting to the Left foot.
8. Pause to balance.
9. Pick up the Right foot and step forward into the Tai Chi (Heel) Stance with the Right foot.

This completes one round of the Tai Chi Walking Exercise.

Practice walking forward until you have completed 10 steps so that both sides are being worked.

Learning how to step and maneuver on your feet will save much wear and tear on your own joints.

## LESSON 3

### **UNIVERSAL POST:**

The Ancient Poem of the Universal Post says, "The Universal Post is a mystical form of Martial Arts. It's like clouds floating in the wind from all directions." Grand Master Kuo Lien-Ying

#### **How to Perform Universal Post**

Stand with feet, hips width apart. Place your tongue onto the roof of your mouth. Breathe through the nose, both in and out, down into the belly to sink the Chi. Arms are at shoulder height, relaxed and rounded, as if you are hugging a huge tree.

Turn the right foot 45 degrees.

Shift the weight to the right foot. Bring the ball of the left foot in to the right foot.

Step the left foot out in front without over reaching the leg, remaining on the ball of the left foot.

Start by remaining in the position for 3 minutes. Repeat on the opposite side.

Increase the time until you master the pose and are able to hold it for 30 minutes

### **CLOUD HANDS:**

Adapted to be used along the client's back during massage, while shifting your weight from one foot to the other is an excellent communication between massage therapy and Tai Chi providing good balance while in motion.

## **Simple Cloud Hands**

1. From Wu Ji Stance, step left to hip's width apart.
2. Raise left arm, slightly bent at elbow so it is parallel with shoulder. Palm facing you.
3. Right arm will be at waist level, slightly bent at elbow, in front of the waist; palm down.
3. Shift weight to left leg as arms circle left, palms down.
4. Arms will circle left and downwards; Right palm will turn up as you shift the weight to the right leg performing bringing the right arm parallel to the right shoulder and the left arm slightly bent at waist level in front of the body to perform the move on the right.

To practice Simple Cloud Hands, continue to shift the weight from one leg to the other, while slowly moving the arms from side to side.

\* Make sure that when the weight is on the left leg, your arms are left and so with the right. Try to achieve very slow motion, no faster than clouds drifting. In Chapter 5 we'll cover how to apply this to massage therapy practice.

## **Self Hand Massage As it Relates to Massage Therapy Practice.**

This technique will help to alleviate stress to the musculature of the hands and stiffness in the fingers by increasing circulation.

This movement resembles "pulling off a very tight bracelet".

1. Wrap your right hand around your left wrist and pull downwards while gently squeezing the hand and fingers as you "pull off the bracelet".

2. Go back and gently squeeze and "pull off" each finger out to the fingertips.

Repeat this process about 3 times on hand. You may use a favorite massage oil to increase the benefit.

## Chi Balance

This movement strengthens the legs and opens up energy flow through the leg meridian channels.

1. From the Wu Ji Stance, turn palms so that they are facing forward.
2. Slowly lift up your heels, while inhaling; breathing through the nose; raising arms to chest level, palms up. (perform simultaneously).
3. Balance for a moment; Exhale through the nose and sink body back down again, slowly. Repeat up to 12 times.

## LESSON 4

### **GRASP THE BIRDS TAIL**

1. Begin with feet shoulder's width apart.
2. Shift the weight to the Right leg; bring Left foot to an Inside Empty Stance.
3. Bring Right hand to shoulder height; elbow bent so that the R hand (palm down) is at the center of the chest.
4. Left hand comes underneath at waist level, (palm up). Hands should be in alignment with each other. This is called "Forming the Beach Ball", and looks as if you are holding a large beach ball.

\* From the "Forming the Beach Ball" position:

5. Step Left, with the Left foot to a Tai Chi (Heel) Stance.
6. As if "throwing a Frisbee", with the (Left) bottom hand, roll forward to a Bow and Arrow Stance.
7. The Right hand follows the Left hand like two birds in formation; (Right hand will be with palm down.) touching the Left wrist lightly with the Right middle finger.
8. Arm drops down to the waist (on the Right side).
9. Your body pull backwards with the Left foot sliding back to adjust into a flat footed empty.
10. Bring both hands up to face level (palms facing outward) as if to call out to someone; hands will be aligned over the left knee.
10. Roll back into a Tai Chi (Heel) Stance. Take a half-step forward;
11. Roll forward into a Bow and Arrow Stance to "push hands" forward as if to

push someone away, at shoulder height.

Perform 10 times so that you have the feeling of moving back and forth with ease. This strengthens the legs, lower spine, and hips through good alignment. Repeat on the opposite side.

\* In Chapter 5 we will be applying this application to the massage therapy table.

### **Plum Blossom Fist Hand Exercise**

This exercise is derived from a hand position that is used in formal Tai Chi training, and it affords an excellent means of strengthening the hands and wrists of the Massage Therapist; also improves dexterity and flexibility to the fingers, as well as increasing sensitivity of the hands.

1. Standing with hips width apart, in an open Wu Ji Stance; Arms at shoulder level; elbows relaxed.
2. As quickly as possible, bring all four fingertips to the thumb (which forms a Plum Blossom Fist).
3. Open and close the fingers rapidly for 1 minute.
4. Relax arms down a your sides.

## **IRON PALM TRAINING**

Iron Palm Training is very common in Martial Arts practice for developing sensitivity and flexibility to the fingers, however, it is also very good for maintaining the health of the finger joints, helping to stave off the ravages of Arthritis. It's practice for the Massage Therapy can be invaluable.

### **How to Make an Iron Palm Bag**

Materials:

2 pieces of unbleached muslin fabric 9 x 9 inches

2 pounds of dried, uncooked whole Mung beans.

(It's very important to use only Mung beans because they give off a powder that is able to reach the subcutaneous tissue of your hands to help keep them healthy)

Instructions:

1. Sew up three sides of the bag and the fourth side of the bag half way. Make sure that you leave a sufficient seam allowance to safely contain the beans while the bag is being hit.
2. Turn the bag right side out and pour the Mung beans into the bag.
3. Fold down the edge of the open area and sew it closed.

## **How to Perform Iron Palm Training with Your Iron Palm Bag**

1. Place the Iron Palm Bag on a sturdy surface that is about the same height as your massage table.
2. Make sure that the beans in the bag are equally distributed.
3. Stand in front of the bag with your feet at hips width apart and your knees relaxed and slightly bent. Keep your arms and wrists very limp.
4. Start by raising your left hand to shoulder level and then strike the bag with your palm, using a loose, almost floppy action. (This is a Palm Strike)
5. Raise your left hand back up and strike the bag again, this time with the back of your hand, as you did in the first strike. (This is a Back Palm Strike)
6. Raise your left hand again and this time make your fingers like a Tiger's claw with your fingers stiff, stretched and ready to dig into the bag. (This is a Tiger's Claw Fist and is excellent training for strengthening your grip for deep tissue massage)
7. Reverse and perform all three techniques on the right side of the bag with the right hand.
8. Alternate from left hand to right hand until you have practice the techniques for 1 to 10 minutes. Stop if your hands feel tired.
9. Massage your hands and fingers with a good massage oil for several minutes.

## IRONING SILK

This is a wonderful exercise for the hands that compliments the Iron Palm Bag training.

When putting fresh sheets on the massage therapy table, take a few extra minutes to "iron the sheets" with your hands, stretching your fingers wide and using them like an iron.

Move your hands in outward circles and then inner circles. This technique is traditionally done by ironing a piece of crumbled paper until it is smooth again, but "ironing" your sheets for a few minutes here and there will be just as effective in maintaining hand health.

## LESSON 5

Tai Chi Principles will offer an alternate method to help avoid repetitive stress injuries. In this way, you can alternate between the traditional way in which you were taught to physically approach the massage table and apply the Tai Chi Principles as needed.

### **Using the Bow and Arrow Stance:**

Tai Chi based footwork for massage therapy utilizes the Bow and Arrow Stance from the previous chapters and is for use with the massage that requires long strokes used to massage the back and the back of legs.

When using the Bow and Arrow Stance, make sure to roll back and forth using the Tai Chi (Heel) Stance.

### **Using Cloud Hands and Cloud Hands Footwork:**

Cloud Hands is used for side to side motions when working on the back.

Efficiency of movement along the massage table can easily be achieved by using the footwork in Cloud Hands by side stepping.

Using Cloud Hands can be adapted by utilizing it's synchronistic movements and adjusting the space between hands along the body on the table instead of in the air, as they are in the segment that you learned earlier from the Tai Chi traditional form.

For instance, you may be working on a client with your feet shoulder's width

apart, but now need to move up the table or down the table. Let's say you need to move to the left.

1. Shift the weight to the Left foot direction.
2. Pick up the heel of the Right foot, bring it to the weight-shifted Left foot.
3. Change feet so the Left heel is up.
4. Then step sideways to with the Left toes returning back to a shoulder width stance, as before, so that the weight is now equally distributed and continue as usual. Repeat the same process for the opposite side to move to the other side of the table. Continue as instructed in either direction by using the lead foot.

## TAI CHI PRINCIPLES FOR MASSAGE THERAPY SELF-CARE CHECK LIST

Self-care in between clients is very important, so that you don't experience physical stress over time. Here are some points to keep in mind.

1. Sit down with your feet up any time you can in between clients, even if it is only for a minute.
2. Stay hydrated by drinking water at about 10oz every hour. This allows the body to retain the fluid for hydration. Drinking water or other liquids quickly, simply signals the body to flush them out, causing you to have to use the restroom at inconvenient times.
3. Eat a balanced diet and keep healthy snacks that can be eaten easily and simply, so that you don't get hungry and worn down during long, busy massage days.
4. Run warm water over your hands to sooth tired fingers whenever possible.
5. Follow the Wu Ji Stance whenever possible: Head and neck straight and aligned; breathe through your nose; tongue to the roof of your mouth; shoulder's relaxed; knees slightly bent; hips slightly tucked. Remember the Six Harmonies!

Using the techniques described above for personal care in between massage clients will help you stay refreshed and relieve physical stress.

### **FOOTWEAR:**

Wear shoes with a heel height of not more more than 1/2 ", as this creates a pelvic tilt, which over time, will affect knees and lower back. Shoes should absorb impact. Visit your local drug store to discover products that can be inserted into your shoes to reduce knee and low back stress, especially if that is a concern.

**The foolish old man moved the mountain.**

(Anything can be done if you work long and hard enough at it.)

A Chinese Saying

## **TABLE DYNAMICS:**

Make sure the table is adjusted to your particular height. Having a table that is too high, will experience shoulder stress and you won't have sufficient leverage to give an effective massage. If the table is too low, low back stress will be a problem along with other alignment challenges. Try to achieve waist level if possible or waist level within a few inch range. Finding a good height is important for your long term well being.

The journey of a thousand miles begins with the first step.

Chinese Wisdom

## LESSON 6

### **SELF DEFENSE TIPS FOR SAFETY:**

1. Always leave an itinerary both at home and in your car, of clients you will be visiting away from your home or work base, so that you can easily be located. Include clients addresses and phone numbers.
2. Always have your mobile phone with you. When leaving a building at night, have your mobile phone on and use an ear piece so that you can appear to be on it and ready to call for help.
3. Get references of clients you do not know.
4. Keep a small, high powered flash light with you that can be shone into someone's eyes to blind them momentarily. This will give you 3-5 seconds to get away.
5. If you have to, and can, apply the hardest pressure into the assailants eyes. Fifty two pounds of pressure on the eyes will cause a lot of damage, disarming their hold on you.
6. Take precautions to be aware of your environment; its lighting; hiding places

where you can't see who may be near.

7. Be careful when loading up your car if it is getting dark out. Watch your environment and load massage gear near the car before opening the car. When it is all there, then open the door or trunk. Load up, get in and lock your door. Never leave your car open and unattended while you make trips back and forth from building to car.

8. Gather a massage therapy co-worker or friend and practice some of the above so that these concepts are familiar to you.

Take a Reality-based self-defense class to manage fear and to learn how to function in fight or flight situations. Many are available at your local community schools as 8-10 week courses.

## WRITTEN TEST FOR CERTIFICATE

### **Lesson 1 Questions**

1. List 3 benefits of Tai Chi practice.
2. List 3 ways that the seated and standing Warm-ups have improved your practice.
3. What are two important things to do while stretching?

### **Lesson 2 Questions**

1. What joints are involved in the concept of the Six Harmonies?
2. How have you or could you apply the Six Harmonies to your Massage Therapy practice?
3. What is a benefit of the Tai Chi Walking Exercise?

### **Lesson 3 Questions**

1. How does the practice of Universal Post help to develop good posture?
2. How have you benefited from Universal Post practice?
3. What are the benefits of Self Hand Massage for your own self care?

### **Lesson 4 Questions**

1. Give one example of how Grasp the Bird's Tail can help your Massage Therapy practice?
2. In What way can practicing Iron Palm and Ironing the Silk maintain hand health?
3. What are the benefits of Plum Blossom Fist?

### **Lesson 5 Questions**

1. Explain the importance of proper table height?
2. On what body parts would you feel tress if the table is miss-adjusted?
3. How could this affect your clients massage experience?

### **Lesson 6 Questions**

1. List 3 safety tips to follow.
2. What should you always carry with you when out?
3. Explain briefly a sample plan of action for safety and self-defense.

Everything is hard in the beginning.

A Chinese Popular Advice

Tai Chi Principles for Massage Therapy

by Master Richard Kosch

**Questionnaire Cover Sheet:**

Name (As you want it to read on your certificate. Include any credential letters)

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Address:

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Phone number: 

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( ) I have enclosed a check or money order for \$10.00 for Shipping and Handling

**A road must be walked step by step.**

Things must be accomplished one step at a time.

Chinese Wisdom

INSTRUCTIONS: SUBMIT YOUR QUESTIONNAIRE FOR A  
CERTIFICATE OF COMPLETION

1. Complete the Questionnaire.
2. Complete the Questionnaire Cover Sheet
3. Include the check or money order for \$10.00 made out to Richard Kosch
4. Photocopy the certificate from inside the book.
5. Mail both to: Richard Kosch; 411 Owls Nest Court, Jackson, NJ 08527

Your certificate will be signed and include Master Rich's official red Cinnabar Chinese Chop, an insignia of authenticity.

**Good things are produced only through much effort.**

An Old Chinese Saying

# CERTIFICATE OF COMPLETION

## TAI CHI PRINCIPLES FOR MASSAGE THERAPY

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Has satisfactorily completed all of the materials in this course.

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Master Richard Kosch

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Date

One who is burning with impatience  
can never accomplish anything great.

Venerable Chinese Proverb

## Master Rich's Reading Suggestions:

Any book by Grandmaster T. T. Liang

The Tai Chi Boxing Chronicles by Kuo Lien Ying

T'ai chi Ch'uan by Da Liu

(Da Liu is credited as being the first to bring Tai Chi to the US in the 1950's).

Thank you for taking Tai Chi Principles for Massage Therapy.

Master Rich

May Your Tai Chi Journey Be Long.....

## NOTES

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