

Circle Of Self
By Ruth Dilley and Ruth Anne Wood
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Act II

Scene 6 – Tai Chi

(The almost invisible character with an outstretched hand uses the force to reveal the next painted backdrop across the stage starting Down Stage Right. It is of a wooden dock overlooking a misty lake. There is a Tai Chi class on the beach and Inyah and half a dozen other students are following the instructor doing part A of the Tai Chi Short Form. The improv group in Inyah's imagination start to act out the steps, but are pushed like a heavy wind off stage until the chatter in her mind quiets and the improv group go spinning rapidly off stage as Inyah is fully in the moment. The numbers are not said outloud just used as a reference for choreography.)

INSTRUCTOR: *(Calmly and peacefully calls out the moves.)*

1. Commencing, Preparation, Beginning
2. Part the Wild Horse's Mane LEFT and RIGHT
3. White Crane Spreads Its Wings Stork/Crane Cools Its Wings
4. Brush Knee and Step Forward Brush Knee and Twist Step, LEFT and RIGHT
5. Playing the Lute Strum the Lute, Play Guitar
6. Reverse Reeling Forearm Step Back and Repulse Monkey, LEFT and RIGHT
7. Left Grasp Sparrow's Tail, Grasp the Bird's Tail
 - Ward Off
 - Rollback
 - Press
 - Push
 - Right Grasp Sparrow's Tail
 - Single Whip
 - Wave Hands Like Clouds, Cloud Hands, Cloud Built Hands, Wave Hands in Clouds
8. Single Whip
9. High Pat on Horse, Step Up to Examine Horse
10. Right Heel Kick, Separate Right Foot, Kick with Right Foot
11. Strike to Ears with Both Fists
12. Turn Body and Left Heel Kick
13. Left Lower Body and Stand on One Leg
14. Single Whip Squatting Down, Snake Creeps Down
 - Golden Bird Standing Alone
 - Right Lower Body and Stand on One Leg Golden Rooster Stands on One Leg,

15. Shuttle Back and Forth, Fair Lady Works with Shuttles, (Walking Wood), Four Corners, RIGHT and LEFT
16. Needle at Sea Bottom
17. Fan Through Back, Fan Penetrates Back
18. Turn Body, Deflect, Parry, and Punch
19. Appears Closed, Withdraw and Push, as if Closing a Door
20. Cross Hands
21. Closing

(IMPROV GROUP in Inyah's mind tries once to sneak behind Inyah but her concentration on just the moves keeps them at bay.)

(One improv guy sees the almost invisible character with an outstretched hand using the force to reveal the next painted backdrop across the stage starting Down Stage Right, and tries to be in the way and distracting, but is pushed by the strong force energy of the raised palm out of the path of the next scene on the timeline.)

(Lights dim as the curtain moves across the stage.)

(Coming tomorrow)

Scene 7