A black and white tile

Description automatically generated

**The Tai Chi Crossword.**

**Across**

1. See 8 across

7. Part of the eye that are also in my garden (6)

8 & 1 Across. Number of moves in set. (3,7,3,5)

9. How weight is spread in bubbling spring (4)

10. Non British beer maker has large jug (4)

12. 28 days in their month (5)

14. Not quite as repulsive as their cousins! (3)

15. Grab their tale! (5)

16. How to keep monkey at a distance? (7)

19. Lots of moves but should seem like…

20. Type of line you suspend from! (7)

22. For example in Tai Chi, 45 and 90 (5)

23. Fenland home of the ship (3 )

24. Type of step – left or right. (5)

27. Ernie’s chum! (4)

29. Phew, how much done at move 54 (4)

32. What completing set does to you (10)

33. Sounds like what you play on a guitar, harmony! (6)

34. What gets pumping in a set. (3,5)

**Down**

1. You are never this if you do Tai Chi! (5)

2. What our good wishes to other practitioners travels in! (5)

3. …but not forgotten! (4)

4. Turning one of the treasures (3,2)

5. Heel to head should be in this! (4)

6. Again and again, what your instructor does to teach! (7)

7. Some Dan Yus are always a good one! (4)

11. Barons are below and dukes are above (5)

12. Long bike ride in UK – acronym. (5)

13. Do it again, Sam (6)

14. If 6 down doesn’t work then they have to do this! (6)

15. Start with one of these (3)

16. What a set does to our mood (5)

17. Done the set? A Stella performance, you’ve earned one of these! (5)

18. She started it all! (3)

21. Forward motion in the set. (7)

25. Alternative thing to do to off the monkeys (4)

26. You may break into this…(5)

27. Soars above the white crane (5)

28. We practice our Treasures and don’t just keep them here! (5)

30. It stays below the knee! (4)

31. Idea that’s gained traction, perhaps it is doubly about them! (4)