

T'ai Chi for Healthy Aging

List of Movements

Preparation

1. Wu Chi Position
2. Salutations

Standard Movements

1. Hold The Ball
2. Part Wild Horse's Mane
3. Single Whip
4. Wave Hands Like Clouds
5. Repulse Monkey
6. Brush Knee
7. Fair Lady at the Shuttles
8. Grasp Swallows Tail

"Bonus Movements"

1. White Crane Spreads Wings
2. Double Wind to Ears
3. Brush Elbows

Videos

www.metrowesttaichi.com/resources/tcbb/tcha-videos/