

Moving for Better Balance

List of Movements

Preparation

1. Wu Chi Position
2. Salutations

Standard Moves

1. Hold The Ball / Roll The Ball Over
2. Part Wild Horse's Mane
3. Single Whip
4. Waving Hands In Clouds
5. Repulse Monkey
6. Brush Knee, Twist Step
7. Fair Maiden At The Shuttles
8. Grasp The Sparrow's Tail

"Bonus" Moves

1. White Crane Spreads Wings
2. Double Wind To Ears