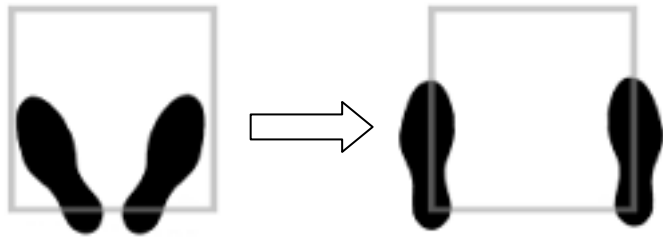


Week 1

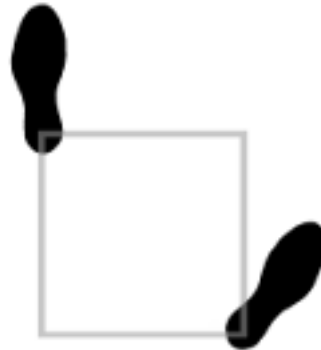
Wuji Position (T'ai Chi Standing Posture)



Salutations



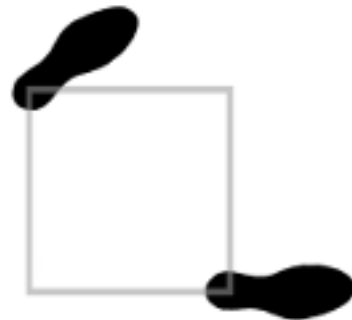
Ward Off Left



Ward Off Right

Roll Backs (Left and Right)

Press, Roll, Separate and Push



Gather Water



Single Whip

