

# MetroWest T'ai Chi

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## **T'ai Chi for Better Balance 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. Waving Hands in Clouds
5. Repulse Monkey
6. Brush Knee and Press
7. Fair Maiden at the Shuttles
8. Grasp The Sparrow's Tail

### **"Bonus Movements / Balance Movements"**

1. Right Scissors, Left Scissors
2. Cradle Kicks
3. Snake Creeps Down / Golden Rooster on One Leg
4. White Crane Spreads Wings
5. Double Wind to Ears
6. Brush Elbows

### **Completion**

1. Closing
2. Cover the DanTian