

MetroWest T'ai Chi

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T'ai Chi for Better Balance List of Movements

Blended Set

Preparation

1. Wu Chi Position
2. Salutations

Blended Set of Movements

(Standard Movements and Balance Movements Intermixed)

1. Hold The Ball
2. Part Wild Horse's Mane
3. Right Scissors, Left Scissors
4. Single Whip
5. Cradle Kicks
6. Waving Hands in Clouds
7. Snake Creeps Down / Golden Rooster on One Leg
8. Repulse Monkey
9. White Crane Spreads Wings
10. Brush Knee and Press
11. Double Wind to Ears
12. Fair Maiden at the Shuttles
13. Brush Elbows
14. Grasp The Sparrow's Tail

Completion

1. Closing
2. Cover the DanTian