

TAI CHI FOR HEALTH

TAI CHI FOR REHAB

1. Commencement form
2. Open and Close 3x
3. Wave Hands Left
4. Open and Close
5. Harmonising Yin and Yang. Left
6. Open and Close
7. Harmonising Yin and Yang Right
8. Open and Close
9. Wave Hands Right
10. Open and Close
11. Leisurely Tying Coat Chen style Right
12. Open and Close
13. Leisurely Tying Coat Chen style Left
14. Open Close 3x
15. Closing Form

TAI CHI FOR MEMORY

1. Dan Tian Breathing
2. Ring the Mind Bell 3Xs
3. Qi washing
4. Commencing form
5. Open and close 3x
6. Fair Lady Working at the Shuttles Left and Right 3x
7. Waving Hands Yang style Left and Right
8. Open and Close
9. Closing Form

TAI CHI FOR LIFE

1. Commencing form
2. Open and Close
3. Fair Lady Working at the Shuttles Left and Right
4. Open and Close 3Xs
5. Balancing Four Corners
6. Open and Close
7. Tai Chi Kicks
8. Open and Close
9. Closing Form