Principles of Tai Chi

Do your movements slowly, smoothly and continuously

Imagine you’re moving against a gentle resistance

Maintain an upright posture

Be conscious of weight transfers

Loosen your joints

Relax your mind
The Core Movements on Both Sides (1-6)

Commencement
Open and Close
Single Whip (right)
Wave Hands (right)
Open and Close
Single Whip (left)
Wave Hands (left)
Open and Close
Closing
The Extension Movements on Both Sides (7-12)

- Brush Knee (left)
- Play the Lute
- Parry and Punch
- Block and Close
- Push the Mountain
- Open and Close
- Brush Knee (right)
- Play the Lute
- Parry and Punch
- Block and Close
- Push the Mountain
- Open and Close
- Closing
Warm Up Exercises

Neck
Shoulder
Spine
Hip
Knee
Ankle

Cool Down Exercises

Punching Thigh
Tense and Relax
Raise Hands
Advanced Movements

Brush knee (right)
Leisurely Tie Coat
Open and Close
Single Whip (left)
Punch under elbow
Repulse Monkey (left)
Repulse Monkey (right)
Brush knee (left)
Leisurely Tie Coat
Open and Close
Closing