

Easy Tai Chi Exercise Sequence – video and book version

Adapted from traditional Yang Style Tai Chi Chuan by John Chow of Tao of Tai Chi Chuan Institute.

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Section 1

- 1) Ready Posture
- 2) Tai Chi Begins
- 3) Grasp Bird's Tail, Ward Off (1 hand)
- 4) Grasp Bird's Tail, Ward Off (2 hands)
- 5) Grasp Bird's Tail, Pull Back
- 6) Grasp Bird's Tail, Press/Squeeze
- 7) Grasp Bird's Tail, Push
- 8) Grasp Birds Tail
- 9) Single Whip
- 10) Raise Hands
- 11) Shoulder Strike

Section 2

- 12) White Stork Cools Wings (Yang)
- 13) Brush Knee
- 14) Play Guitar
- 15) Parry, Block and Punch
- 16) Withdraw and Push (single)
- 17) Cross Hands
- 18) Carry Tiger up Mountain
- 19) Punch Under the Elbow
- 20) Step Back to Repulse Monkey (Yang)
- 21) Slant Flying (Yang)

Section 3

- 22) Cloud Hands
- 23) Needle at Bottom of the Sea
- 24) Push/Flash Through the Back
- 25) Needle at Bottom of Sea, Push Thru Back
- 26) Back Fist Strike
- 27) High Pat on horse
- 28) Parting the Foot
- 29) Stomping Kick
- 30) Punch Downward
- 31) Kick
- 32) Strike Tiger
- 33) Kick and Strike Tiger
- 34) Double Fist to Ears
- 35) Kick and Double Fists to Ears

Section 4

- 36) Kick, turn around and Stomping Kick 1
- 37) Kick, turn around and Stomping Kick 2
- 38) Part Wild Horse's Mane
- 39) Jade Lady at the Shuttle (Yang)
- 40) Snake Creeps Down
- 41) Golden Rooster Stands on One Leg
- 42) Snake Creeps Down, Golden Rooster (Yang)
- 43) White Snake Darts Out Tongue
- 44) Step Up to Form 7 Stars
- 45) Step Back to Ride Tiger (Yang)
- 46) Lotus Kick
- 47) Pull Bow to Shoot Tiger
- 48) Completion of Tai Chi

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