

Tai Chi for Arthritis

by Dr. Paul Lam



1. Commencement

2. Open & Close

3. Single Whip (R)

4. Wave Hands (R)

5. Open & Close

6. Single Whip (L)

7. Wave Hands (L)

8. Open & Close

9. Brush Knee (L)

10. Playing the Lute (L)

11. Parry and Punch

12. Block & Close

13. (Embracing the Tiger) & Push the Mountain

14. Open & Close

15. Brush Knee (R)

16. Playing the Lute (R)

17. Parry and Punch

18. Block & Close

19. (Embracing the Tiger) & Push the Mountain

20. Open & Close

21. Brush Knee (R)

22. Leisurely Tie Coat (R)

23. Open & Close

24. Single Whip (back L)

25. (transition move) & Punch Under Elbow

26. Repulse Monkey (brush knee L) to back

27. Repulse Monkey (brush knee R) to front

28. Brush Knee (L)

29. Leisurely Tie Coat (L)

30. Open & Close

31. Brush Knee (L)

32. Leisurely Tie Coat (L)

33. Open & Close

34. Single Whip (back R)

35. (transition move) & Punch Under Elbow

36. Repulse Monkey (brush knee R) to back

37. Repulse Monkey (to brush knee L) to front

38. Brush Knee (R)

39. Leisurely Tie Coat (R)

40. Open & Close

41. Closing

Core Movements
both sides

Extension Movements
both sides

New Movements
both sides