

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