

Tai Chi



for

ENERGY

1&2

by Dr Paul Lam

1. Commencement Form *Chen*
2. Golden Guard Stamping Ground *Chen* (R)
3. Open & Close
4. Single Whip *Sun* (L)
5. Wave Hands *Sun* (L)
6. Open & Close
7. Punch with Covered Fist *Chen* (R)
8. Open & Close
9. Punch with Covered Fist *Chen* (L)
10. Open & Close
11. Single Whip *Sun* (R)
12. Wave Hands *Sun* (R)
13. Open and Close
14. Six Blocking and Four Closing *Chen* (R)
15. Single Whip *Chen* (L)
16. Open and Close
17. Single Whip *Sun* (L)
18. Wave Hands *Sun* (L)
19. Open and Close
20. Six Blocking and Four Closing *Chen* (R)
21. Single Whip *Chen* (L)
22. Double Punches *Chen* (L)
23. Open and Close
24. Six Blocking and Four Closing *Chen* (L)
25. Single Whip *Chen* (R)
26. Double Punches *Chen* (R)
27. Open and Close
28. Single Whip *Sun* (R)
29. Wave Hands *Sun* (R)
30. Open and Close
31. Six Blocking and Four Closing *Chen* (L)
32. Single Whip *Chen* (R)
33. Open and Close
34. Golden Guard Stamping Ground *Chen* (L)
35. Open and Close
36. Closing Form