

Tai Chi for LIFE

by Dr. Paul Lam



1. Commencement form

2. Open & Close 3x

3. Shuttles Yang style left (L)

Open & Close

Shuttles Yang style right (R)

4. Open & Close

5. Balancing 4 Corners

Hold Ball (R) step side L,

Hold Ball (L) step side R,

Hold Ball (R) step side L ... hands to center

Open & Close

Hold Ball (R) step forward L,

Hold Ball (L) step forward R,

Hold Ball (R) step forward L ... hands to center

Open & Close

Hold Ball (R) step back L,

Hold Ball (L) step back R,

Hold Ball (R) step back L ... hands to center

6. Open & Close

7. Toe Kick (L) Open & Close Toe Kick (R)

8. Open & Close 3x

9. Closing Form

Note: Increase forms practise ... 3, 6, or 9x

e.g.

- Shuttles set 3x

- Balancing 4 Corners

Step side, forward, back 3, 6, 9x

- Kicks set 3x