

Tai Chi



for Memory

by Dr. Paul Lam

1. **Commencement form**
2. **Open & Close 3x**
3. **Shuttles** Sun style left **(L)**
4. **Open & Close**
5. **Shuttles** Sun style right **(R)**
6. **Open & Close**
7. **Shuttles** Sun style left **(L)**
8. **Open & Close**
9. **Shuttles** Sun style right **(R)**
10. **Open & Close**
11. **Shuttles** Sun style left **(L)**
12. **Open & Close**
13. **Shuttles** Sun style right **(R)**
14. **Open & Close**
15. **Wave Hands** Yang style left **(3x L)**
16. **Open & Close**
17. **Wave Hands** Yang style right **(3x R)**
18. **Open & Close 3x**
19. **Closing Form**

Warm-ups
Dan Tian Breathing
Ring the Mind Bell GB20

Cool Down with Qi Washing