

Tai Chi for Osteoporosis

By Dr Paul Lam



1. **Commencing Movement (Yang)**
2. Opening & closing hands
3. **Waving Hands in the Clouds (Sun) (3X-L)**
4. Opening & closing hands
5. **Brush Knee (Yang) (L,R,L,R)**
6. Opening & closing hands
7. **Heel Kick (L) and (R)**
8. Opening & closing hands
9. **Repulse Monkey (Yang) (L,R,L,R)**
10. Opening & closing hands
11. **Waving Hands in the Clouds (Sun) (3X-R)**
12. Opening & closing hands
13. **Closing Movement**

Qigong for Osteoporosis

1. Respect Nature
2. Do Nothing by Force
3. Try another time
4. Focus on posture

