

Tai Chi for Balance

Make the ball

Right

Left

Right

Part the Wild Horses Mane

Left

Right

Right Ball

Single Whip

Wave Hands in Clouds

Three steps

Right Ball

Repulse Monkey

Left

Right

Brush Knees

Left

Right

Right Ball

Fair Lady Works at Shuttles

Left

Right

Right Ball

Grasp Peacock's Tail

Ward off Left

Roll Back

Press

Push

Left Ball

Ward off Right

Roll Back

Press

Push

Close

Cross Hands

