

Tai Chi for Arthritis Forms

Part I Lessons 1 - 6

- Form 1 Commencement
- Form 2 Open and Close
- Form 3 Single Whip (right)
- Form 4 Wave Hands (right)
- Form 5 Open and Close
- Form 6 Single Whip (left)
- Form 7 Wave Hands (left)
- Form 8 Open and Close
- Form 9 Closing

Lessons 7 - 12

- Form 9 Brush Knee (left)
- Form 10 Play the Lute
- Form 11 Parry and Punch
- Form 12 Block and Close
- Form 13 Push the Mountain
- Form 14 Open and Close
- Form 15 Brush Knee (right)
- Form 16 Play the Lute
- Form 17 Parry and Punch
- Form 18 Block and Close
- Form 19 Push the Mountain
- Form 20 Open and Close
- Form 21 Closing

Part II Lessons 1 - 21

- Form 1 Brush Knee (right)
- Form 2 Leisurely Tie Coat
- Form 3 Open and Close
- Form 4 Single Whip (left)
- Form 5 Punch Under Elbow
- Form 6 Repulse Monkey (left)
- Form 7 Repulse Monkey (right)
- Form 8 Brush Knee (left)
- Form 9 Leisurely Tie Coat
- Form 10 Open and Close
- Form 11 Brush Knee Left
- Form 12 Leisurely Tie Coat
- Form 13 Open and Close
- Form 14 Single Whip (right)
- Form 15 Punch Under Elbow
- Form 16 Repulse Monkey (right)
- Form 17 Repulse Monkey (left)
- Form 18 Brush Knee (right)
- Form 19 Leisurely Tie Coat
- Form 20 Open and Close
- Form 21 Closing