

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