

Tai Chi for Diabetes Information

Tai Chi for Diabetes Form List

1. Commencing Form
2. Opening and Closing Hands
3. Waving hands in the clouds x 3 Left
4. Opening and Closing Hands
5. Fair Lady Working at Shuttle (Block) L&R
6. Opening and Closing Hands
7. Toe Kick – Left & R
8. Opening and Closing Hands
9. Waving hands in the clouds x 3 Right
10. Waving hands in the clouds x 3 Left
11. Opening and Closing Hands
12. Stroking bird's tail – Left
13. Opening and Closing Hands
14. Stroking bird's tail - Right
15. Opening and Closing Hands
16. Waving hands in the clouds x 3 Right
17. Opening and Closing Hands
18. Closing Form

Some Useful Videos

Coach “Jane” or <https://www.youtube.com/watch?v=M3kuves63U8>

Gladys Tang or <https://www.youtube.com/watch?v=gkwLhml3mnA>