

Tai Chi For Energy - Part 1

Lesson Form #Description

1	1	Commencement
2	2	Golden Guard Stamping Ground - Right
3	3	Open and Close
	4	Sun Style Single Whip - Left
4	5	Waving Hands - Left
	6	Open and Close
5	7	Punch With Covered Fist - Right
	8	Open and Close
6	9	Punch With Covered Fist - Left
	10	Open and Close
7	11	Sun Style Single Whip - Right
	12	Waving Hands - Right
	13	Open and Close (If performing Part 2 - It begins here)
8	14	Golden Guard Stamping Ground - Left
	15	Open and Close
	16	Closing Form