

## 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                            |