

# Beginner Tai Chi



# Class 1

- 01 Intro- 2:55
- 02 Stretches- 16:43
- 03 Outside Circles- 7:34
- 06 Balancing- 12:49

**Total Workout- 40min**

## Class 2

02 Stretches- 16:43

04 Inside Circles- 7:22

07 Stepping & Walking- 5:36

09 Form Section 1- 18:29

(Commencement & Grasp Birds Tail Left)

**Total Workout- 30+min**

## Class 3

02 Stretches- 16:43

05 Combined Circles- 7:14

08 Tai Chi Two Step- 5:59

09 Form Section 1- 18:29

(Commencement to Grasp Birds Tail Right)

**Total Workout- 30+min**

## Class 4

- 02 Stretches- 16:43
- 03 Outside Circles- 7:34
- 04 Inside Circles- 7:22
- 05 Combined Circles- 7:14
- 06 Balancing- 12:49
- 08 Tai Chi Two Step- 5:59
- 09 Form Section 1- 18:29

(Commencement to Pull, Press & Push)

**Total Workout- 57+min**

## Class 5

- 02 Stretches- 16:43
- 03 Outside Circles- 7:34
- 04 Inside Circles- 7:22
- 05 Combined Circles- 7:14
- 06 Balancing- 12:49
- 08 Tai Chi Two Step- 5:59
- 09 Form Section 1- 18:29

(Commencement to Single Whip)

**Total Workout- 57+min**

## Class 6

- 02 Stretches- 16:43
- 03 Outside Circles- 7:34
- 04 Inside Circles- 7:22
- 05 Combined Circles- 7:14
- 06 Balancing- 12:49
- 08 Tai Chi Two Step- 5:59
- 09 Form Section 1- 18:29

(Raise Hands)

**Total Workout- 57+min**

## Class 7

- 02 Stretches- 16:43
- 03 Outside Circles- 7:34
- 04 Inside Circles- 7:22
- 05 Combined Circles- 7:14
- 06 Balancing- 12:49
- 08 Tai Chi Two Step- 5:59
- 10 Form Section 2- 22:14

(Raise Hands & Storke Spreads Its Wings)

**Total Workout- 57+min**



## Class 8

- 02 Stretches- 16:43
- 03 Outside Circles- 7:34
- 04 Inside Circles- 7:22
- 05 Combined Circles- 7:14
- 06 Balancing- 12:49
- 08 Tai Chi Two Step- 5:59
- 10 Form Section 2- 22:14

(Raise Hands to Left Brush Knee)

**Total Workout- 57+min**

## Class 9

- 02 Stretches- 16:43
- 03 Outside Circles- 7:34
- 04 Inside Circles- 7:22
- 05 Combined Circles- 7:14
- 06 Balancing- 12:49
- 08 Tai Chi Two Step- 5:59
- 10 Form Section 2- 22:14

(Raise Hands to Twist Step & Play The Fiddle)

**Total Workout- 57+min**

## Class 10

- 02 Stretches- 16:43
- 03 Outside Circles- 7:34
- 04 Inside Circles- 7:22
- 05 Combined Circles- 7:14
- 06 Balancing- 12:49
- 08 Tai Chi Two Step- 5:59
- 10 Form Section 2- 22:14

(Raise Hands to 2<sup>nd</sup> Left Brush Knee)

**Total Workout- 57+min**

## Class 11

- 02 Stretches- 16:43
- 03 Outside Circles- 7:34
- 04 Inside Circles- 7:22
- 05 Combined Circles- 7:14
- 06 Balancing- 12:49
- 08 Tai Chi Two Step- 5:59
- 10 Form Section 2- 22:14

(Raise Hands to Step Forward, Perry and Punch)

**Total Workout- 57+min**

## Class 12

- 02 Stretches- 16:43
- 03 Outside Circles- 7:34
- 04 Inside Circles- 7:22
- 05 Combined Circles- 7:14
- 06 Balancing- 12:49
- 08 Tai Chi Two Step- 5:59
- 10 Form Section 2- 22:14

(Raise Hands to Apparent Close up)

**Total Workout- 57+min**

## Class 13

- 02 Stretches- 16:43
  - 03 Outside Circles- 7:34
  - 04 Inside Circles- 7:22
  - 05 Combined Circles- 7:14
  - 06 Balancing- 12:49
  - 08 Tai Chi Two Step- 5:59
  - 09 Form Section 1- 18:29
  - 10 Form Section 2- 22:14
- Total Workout- 57+min

## Class 14

- 02 Stretches- 16:43
- 03 Outside Circles- 7:34
- 04 Inside Circles- 7:22
- 05 Combined Circles- 7:14
- 06 Balancing- 12:49
- 08 Tai Chi Two Step- 5:59
- 09 Form Section 1- 18:29
- 10 Form Section 2- 22:14

**Total Workout- 57+min**

## 54 Movement Yang Tai Chi Form

### Section 1

Commencement Of Tai Chi

Grasp Birds Tail Left

Grasp Birds Tail Right

Pull, Press & Push

Single Whip

### Section 2

Raise Hands

Stork Spreads Its Wings

Left Brush Knee

Twist Step & Play The Fiddle

Left Brush Knee

Step Forward, Perry & Punch

Apparent Close Up