太極 永恆

Sifu Lenny Aaron

Tai Chi Forever's Curriculum

1) Qigong & Warm-Ups_____氣功熱身

2) Yang 24 Form_____楊家太極拳24式

3) Wu Style Slow Form_____吳家太極拳108式架子

4) Wu Style Fast Form_____吳家太極拳108式貫串

5) Wu Style 2 Person Form_____吳家雙人太極意範

6) Flower Walking_____靈手活步

7) Stance Training_____氣功馬步練習

8) Fan Form_____雲扇

WWW.TAICHIFOREVER.COM COPYRIGHT 2018 ALL RIGHTS RESERVED