

Tai Chi for Fall Prevention Part 2

online version

21. Brush Knee right
22. Tie Coat R hand
23. Open & Close
24. Single Whip back left
25. Punch Under Elbow
26. Repulse Monkey left
27. Repulse Monkey right
28. Brush Knee left (front)
29. Tie Coat L hand (front)
30. Open & Close
31. Brush Knee left
32. Tie Coat L hand
33. Open & Close
34. Single Whip back right
35. Punch Under Elbow
36. Repulse Monkey right
37. Repulse Monkey left
38. Brush Knee right (front)
39. Tie Coat R (front)
40. Open & Close
41. Closing

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Tai Chi Principles:

Outward Movement

Slow, smooth, continuous movements with gentle resistance like you are flowing through water.

Body Structure

Posture - upper body & head rise while lower body & tailbone sink, knees unlocked, shoulders, hips and heels align vertically.

Weight transfer - before each movement, slowly connect from the ground up, then weight shift for improved mobility, coordination, and stability.

Internal Movement

Song - relax, soften, open, and expand your joints, gently stretching from within.

Jing - mental awareness and focus on your breath, body, movement, and surroundings.



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