

## Tai Chi for Arthritis & Fall Prevention

### Part I

1. Commence
2. Open & Close
3. Single Whip R
4. Wave Hands in Clouds R
5. Open & Close
6. Single Whip L
7. Wave Hands in Clouds L
8. Open & Close
9. Brush Knee L
10. Play the Lute
11. Parry & Punch
12. Block & Close
13. Push the Mountain
14. Open & Close
15. Brush Knee R
16. Play the Lute
17. Parry & Punch
18. Block & Close
19. Push the Mountain
20. Open & Close
21. Closing

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## Tai Chi Principles:

### Outward Movement

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

### Body Structure

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

**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.

