

# Intermediate Tai Chi



# Class 1

- 01 Intro 2:27
- 02 Stretches 16:43
- 03 Outside Figure 8 6:33
- 08 Tai Chi 2 Step 5:49
- 10 Form Section 3 53:23  
(Cross Hands to Carry Tiger)

**Total Workout- 40min+**

## Class 2

- 02 Stretches 16:43
- 04 Inside Figure 8 7:59
- 09 Tai Chi Box Step 8:25
- 10 Form Section 3 53:23  
(Cross Hands to Fist Under Elbow)

**Total Workout- 40min+**

## Class 3

- 02 Stretches 16:43
- 03 Outside Figure 8 6:33
- 04 Inside Figure 8 7:59
- 06 Balancing- 12:49 (Beginner DVD)
- 10 Form Section 3 53:23  
(Cross Hands to Repulse Monkey)

**Total Workout- 45min+**

## Class 4

- 02 Stretches 16:43
- 05 Vertical Figure 8 Knife Hand 6:58
- 08 Tai Chi 2 Step 5:49
- 10 Form Section 3 53:23  
(Cross Hands to Slanting Flying)

**Total Workout- 40min+**

## Class 5

- 02 Stretches 16:43
- 06 Vertical Figure 8 Ridge Hand 7:22
- 09 Tai Chi Box Step 8:25
- 10 Form Section 3 53:23  
(Cross Hands to Raise Hands)

**Total Workout- 40min+**

## Class 6

- 02 Stretches 16:43
- 05 Vertical Figure 8 Knife Hand 6:58
- 06 Vertical Figure 8 Ridge Hand 7:22
- 07 Vertical Figure 8 Combined 4:28
- 06 Balancing- 12:49 (Beginner DVD)
- 10 Form Section 3 53:23  
(Cross Hands to Stork Spreads Its Wings)

**Total Workout- 50min+**

# Class 7

- 02 Stretches 16:43
- 03 Outside Circles- 7:34 (Beginner DVD)
- 04 Inside Circles- 7:22 (Beginner DVD)
- 05 Combined Circles- 7:14 (Beginner DVD)
- 08 Tai Chi 2 Step 5:49
- 10 Form Section 3 53:23  
(Cross Hands to Left Brush Knee)

**Total Workout- 50min+**

## Class 8

- 02 Stretches 16:43
  - 03 Outside Figure 8 6:33
  - 04 Inside Figure 8 7:59
  - 09 Tai Chi Box Step 8:25
  - 10 Form Section 3 53:23
- (Cross Hands to Needle At Sea Bottom)

**Total Workout- 50min+**

## Class 9

- 02 Stretches 16:43
- 05 Vertical Figure 8 Knife Hand 6:58
- 06 Vertical Figure 8 Ridge Hand 7:22
- 07 Vertical Figure 8 Combined 4:28
- 06 Balancing- 12:49 (Beginner DVD)
- 10 Form Section 3 53:23  
(Cross Hands to Fan Through The Back)

**Total Workout- 50min+**

# Class 10

- 02 Stretches 16:43
- 03 Outside Circles- 7:34 (Beginner DVD)
- 04 Inside Circles- 7:22 (Beginner DVD)
- 05 Combined Circles- 7:14 (Beginner DVD)
- 08 Tai Chi 2 Step 5:49
- 10 Form Section 3 53:23  
(Cross Hands to White Snake Spits Out Tongue)

**Total Workout- 50min+**

# Class 11

- 02 Stretches 16:43
  - 03 Outside Figure 8 6:33
  - 04 Inside Figure 8 7:59
  - 09 Tai Chi Box Step 8:25
  - 10 Form Section 3 53:23
- (Cross Hands to Pull, Press & Push)

**Total Workout- 50min+**

# Class 12

- 02 Stretches 16:43
- 05 Vertical Figure 8 Knife Hand 6:58
- 06 Vertical Figure 8 Ridge Hand 7:22
- 07 Vertical Figure 8 Combined 4:28
- 06 Balancing- 12:49 (Beginner DVD)
- 10 Form Section 3 53:23  
(Cross Hands to Single Whip)

**Total Workout- 50min+**

## Class 13

02 Stretches 16:43

03 Outside Circles- 7:34 (Beginner DVD)

04 Inside Circles- 7:22 (Beginner DVD)

05 Combined Circles- 7:14 (Beginner DVD)

03 Outside Figure 8 6:33

04 Inside Figure 8 7:59

08 Tai Chi 2 Step 5:49

10 Form Section 3 53:23

(Cross Hands to Clouds Hands)

**Total Workout- 50min+**

## Class 14

02 Stretches 16:43

03 Outside Circles- 7:34 (Beginner DVD)

04 Inside Circles- 7:22 (Beginner DVD)

05 Combined Circles- 7:14 (Beginner DVD)

05 Vertical Figure 8 Knife Hand 6:58

06 Vertical Figure 8 Ridge Hand 7:22

07 Vertical Figure 8 Combined 4:28

09 Tai Chi Box Step 8:25

10 Form Section 3 53:23

(Commencement to Cloud Hands)

**Total Workout- 50min+**

# 54 Movement Yang Tai Chi Form

## Section 3

Cross Hands

Carry Tiger To Mountain

Fist Under Elbow

Repulse Monkey

Slanting Flying

Raise Hands

Stork Spreads Its Wings

Left Brush Knee

Twist Step & Needle At Sea Bottom

Fan Through The Back

White Snake Spits Out Tongue

Pull, Press & Push

Single Whip

Cloud Hands

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