

Basic T'ai Chi Sequences

1. Crawling Snake
2. Golden Needle at the Bottom of the Ocean
3. Pat the Wild Horse's Mane Inspect the Horse's Mouth
4. Bow and Arrow
5. Fair Lady Works the Shuttles
6. Double Gate (with shoulder roll)
7. Ride the Tiger's back (with Tee)
8. Toe Points the Way
9. Circle Leads the Way
10. Palm Wind, Inspect the Horses Mouth

Temple Exercises

1. Prayer Wheel
2. Picking the Fruit
3. Rowing or Surfing
4. Knee Rotations
5. Cross Arm
6. Flying Step
7. Shifting Step
8. Polishing the Mirror
9. Grinding the Corn
10. Leg Swings

T'ai Chi Exercises

1. Lunge and Reach
2. Twist and Reach
3. Neck Circles
4. Shoulder Rotations
5. Cross Step and Arch
6. Stretching Cat
7. Waking Cat
8. Buddah's Delight
9. Expressions
10. Low Horse and Circle Blocks (with partner)
11. Holding the Circle side to side
Inside & Outside Circle Blocks (horse stance)
12. Stomp Kick Exercise