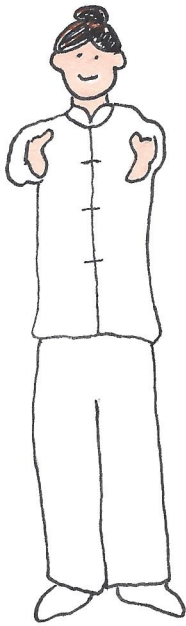


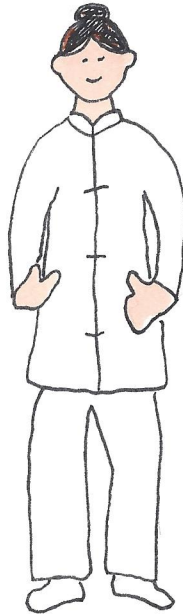
Tai Chi

Commencement Move



Stand erect with soft knees.

While breathing in, bring both hands up slowly.



While breathing out, lower arms and bend knees slightly.



Lift arms with elbows flexed.

Step forward with the left heel.



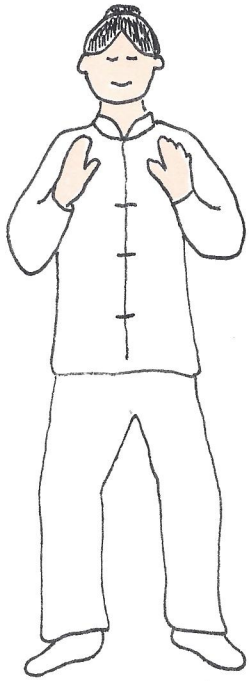
Push hands forward.

Bring right foot in line with left.

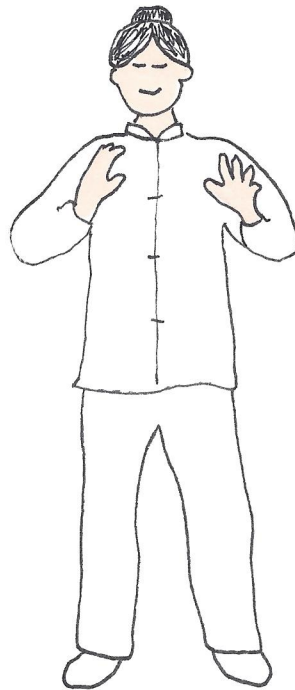
Go to www.taichiproductions.com for details.
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Tai Chi

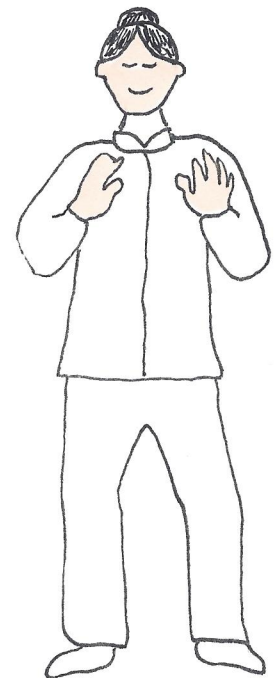
Open and Close



Step to the right and slightly forward,
Touching down with the right heel.



Shifting weight onto the right leg, push hands
forward while turning palms away from body.



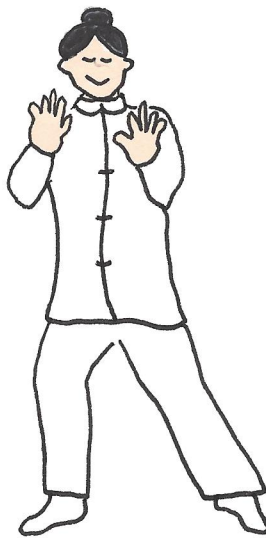
Extend arms outward with gaze following
the left hand as it moves laterally.

Tai Chi

Single Whip



Step slightly forward to the
Right, landing heel first.



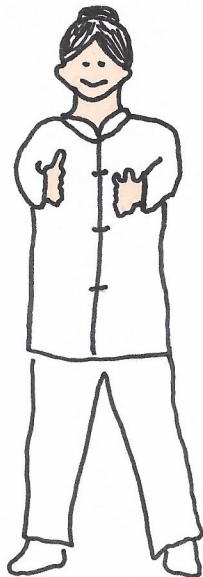
Shift weight to right
Leg and push palms forward



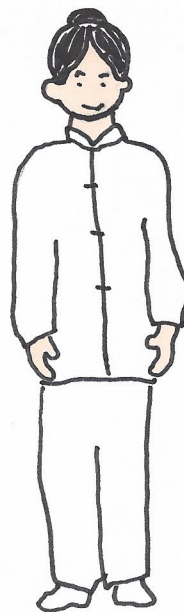
With extended arms
Look at left hand move
To the left.

Tai Chi

Closing Movement



Stretch both hands forward
outstretched at shoulder level.



Straightening knees and breathing out,
Slowly lower arms to your sides.

Stepwise Progressive Teaching Method

Name of participant: _____

Tasks for participant	Performed well <input type="checkbox"/>
9. Step1. "Watch me" - the entire movement	<input type="checkbox"/>
10. Step 2. "Follow me" - Part 1	<input type="checkbox"/>
11. Step 3. "Show me" - Part 1	<input type="checkbox"/>
12. Step 4. "Follow me" - Parts 1 and 2	<input type="checkbox"/>
13. Step 5. "Show me" - Parts 1 and 2	<input type="checkbox"/>
14. Step 6. "Follow me" - Part 1, 2 and 3	<input type="checkbox"/>
15. Step 7. "Show me" - Part 1, 2 and 3	<input type="checkbox"/>
16. Step 8. "Let us practice together" - the entire movement	<input type="checkbox"/>