

Chen Style Tai Chi – 4 Corners

Preparation

Three (3) breaths

Beginning Tai Chi

1. Warrior Attendant Pounds Mortar
 2. Lazy About Tying Coat
 3. Six Sealing and Four Closing
 4. Single Whip
- Repeat (1~4) 3 more times in 3 different directions

Chen Style Tai Chi – 13 Postures

Preparation

Three (3) breaths

Beginning Tai Chi

1. Warrior Attendant Pounds Mortar
2. Lazy About Tying Coat
3. Six Sealing and Four Closing
4. Single Whip
5. Dragon on the Ground
6. Golden Rooster Stands on One Leg
7. Step Back and Whirl Arms
8. White Crane Spreads Wings
9. Walking Obliquely
10. Hidden Fist
11. Double Lotus Kick
12. Double Head Cannon
13. Warrior Attendant Pounds Mortar