

Tai Chi for Arthritis by Dr Paul Lam

Basic Six Movements

1 Commencement



2 Open and close



3 Single whip



4 Waving hands



5 Open and close



6 Closing



Advanced Six Movements

6 Brush knees



7 Playing the lute



8 Parry & punch



9 Block & close



10 Push the mountain



11 Open & close



12 Closing



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Tai Chi Arthritis Manual

JL Elias

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