

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

Liying Dong



Tai Chi Arthritis Manual:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Tai Chi Arthritis Manual**

In a world inundated with screens and the cacophony of instant communication, the profound energy and mental resonance of verbal beauty often disappear into obscurity, eclipsed by the constant onslaught of noise and distractions. Yet, situated within the musical pages of **Tai Chi Arthritis Manual**, a interesting perform of fictional elegance that impulses with raw emotions, lies an wonderful trip waiting to be embarked upon. Published by a virtuoso wordsmith, this mesmerizing opus courses visitors on a mental odyssey, lightly revealing the latent possible and profound affect embedded within the elaborate internet of language. Within the heart-wrenching expanse with this evocative analysis, we can embark upon an introspective exploration of the book is key subjects, dissect their interesting writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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