

Tai Chi for Arthritis 2 (TCA2) Form

Part 2

Form 21 – Brush Knee (right)
Form 22 – Leisurely Tie Coat
Form 23 - Open and Close
Form 24 - Single Whip (left)
Form 25 – Punch Under Elbow
Form 26 – Repulse Monkey (left)
Form 27 - Repulse Monkey (right)
Form 28 - Brush Knee (left)
Form 29 - Leisurely Tie Coat
Form 30 - Open and Close

Reverse Part 2

Form 31 - Brush Knee (left)
Form 32 - Leisurely Tie Coat
Form 33 - Open and Close
Form 34 - Single Whip (right)
Form 35 - Punch Under Elbow
Form 36 - Repulse Monkey (right)
Form 37 - Repulse Monkey (left)
Form 38 - Brush Knee (right)
Form 39 - Leisurely Tie Coat
Form 40 - Open and Close
Form 41 - Closing

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Form 34 - Single Whip (right)
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Tai Chi for Arthritis (TCA) Form

Core Movements

Form 1 - Commencement
Form 2 - Open and Close
Form 3 - Single Whip (right)
Form 4 - Wave Hands in Clouds
Form 5 - Open and Close
Form 6 - Single Whip (left)
Form 7 - Wave Hands in Clouds
Form 8 - Open and Close

Extension Movements

Form 9 - Brush Knee (left)
Form 10 - Play the Lute
Form 11 - Parry, parry, punch
Form 12 - Embrace the Tiger
Form 13 - Push the Mountain
Form 14 - Open and Close
Form 15 - Brush Knee (right)
Form 16 - Play the Lute
Form 17- Parry, parry, punch
Form 18 - Embrace the Tiger
Form 19 - Push the Mountain
Form 20 - Open and Close
Form 21 - Closing

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