Tai	Chi for	Energy 2
	(TCE2)	Form

Form 15 - Sun - Open and Close
Form 16 - Chen - Six Blocking and
Four Closing (R)
Form 17- Chen - Single Whip (L)
Form 18 - Sun - Open and Close
Form 19 - Sun - Single Whip (L)

Form 20 - Sun - Wave Hands (L) Form 21 - Sun - Open and Close

Form 22 – *Chen* – Six Blocking and Four Closing (R)

Form 23 - Chen - Single Whip (L)

Form 24 - Chen - Double Punches (L)

Form 25 - Sun - Open and Close

Form 26 – *Chen* – Six Blocking and Four Closing (L)

Form 27 - Chen - Single Whip (R)

Form 28 - *Chen* – Double Punches (R)

Form 29 - Sun - Open and Close

Form 30 - Sun -Single Whip (right)

Form 31 - Sun – Wave Hands in the Clouds (R)

Form 32 - Sun - Open and Close

Form 33 – *Chen* – Six Blocking and Four Closing (L)

Form 34 - Chen - Single Whip (R)

Form 35 - Sun - Open and Close

Form 36 - Chen - Golden Guard

Stamping Ground (L)

Form 37 - Sun - Open and Close

Form 38 – Closing Form

Tai Chi for Energy 2 (TCE2) Form

Form 15 - Sun - Open and Close
Form 16 - Chen - Six Blocking and
Four Closing (R)

Form 17- Chen - Single Whip (L)

Form 18 - Sun - Open and Close

Form 19 - Sun – Single Whip (L)

Form 20 - Sun – Wave Hands (L)

Form 21 – Sun - Open and Close

Form 22 – *Chen* – Six Blocking and Four Closing (R)

Form 23 - Chen - Single Whip (L)

Form 24 - Chen - Double Punches (L)

Form 25 - Sun - Open and Close

Form 26 – *Chen* – Six Blocking and Four Closing (L)

Form 27 - Chen – Single Whip (R)

Form 28 - *Chen* – Double Punches (R)

Form 29 - Sun - Open and Close

Form 30 - Sun -Single Whip (right)

Form 31 - Sun – Wave Hands in the Clouds (R)

Form 32 - Sun - Open and Close

Form 33 – *Chen* – Six Blocking and Four Closing (L)

Form 34 - Chen - Single Whip (R)

Form 35 - Sun - Open and Close

Form 36 - Chen - Golden Guard

Stamping Ground (L)

Form 37 - Sun - Open and Close

Form 38 - Closing Form

Tai Chi for Energy 2 (TCE2) Form

Form 15 - Sun - Open and Close

Form 16 – Chen – Six Blocking and Four Closing (R)

Form 17- Chen - Single Whip (L)

Form 18 - Sun - Open and Close

Form 19 - Sun – Single Whip (L)

Form 20 - Sun - Wave Hands (L)

Form 21 - Sun - Open and Close

Form 22 – *Chen* – Six Blocking and Four Closing (R)

Form 23 - Chen - Single Whip (L)

Form 24 - Chen - Double Punches (L)

Form 25 - Sun - Open and Close

Form 26 – Chen – Six Blocking and Four Closing (L)

Form 27 - Chen - Single Whip (R)

Form 28 - Chen – Double Punches (R)

Form 29 - Sun - Open and Close

Form 30 - Sun -Single Whip (right)

Form 31 - Sun – Wave Hands in the Clouds (R)

Form 32 - Sun - Open and Close

Form 33 – *Chen* – Six Blocking and Four Closing (L)

Form 34 - Chen - Single Whip (R)

Form 35 - Sun - Open and Close

Form 36 - *Chen* - Golden Guard Stamping Ground (L)

Form 37 - Sun - Open and Close

Form 38 - Closing Form

Tai Chi for Energy 2 (TCE2) Form

Form 15 - Sun - Open and Close

Form 16 – Chen – Six Blocking and Four Closing (R)

Form 17- Chen – Single Whip (L)

Form 18 - Sun - Open and Close

Form 19 - Sun - Single Whip (L)

Form 20 - Sun - Wave Hands (L)

Form 21 – Sun - Open and Close

Form 22 – *Chen* – Six Blocking and Four Closing (R)

Form 23 - Chen - Single Whip (L)

Form 24 - Chen - Double Punches (L)

Form 25 - Sun - Open and Close

Form 26 – Chen – Six Blocking and Four Closing (L)

Form 27 - Chen - Single Whip (R)

Form 28 - Chen – Double Punches (R)

Form 29 - Sun - Open and Close

Form 30 - Sun - Single Whip (right)

Form 31 - Sun – Wave Hands in the Clouds (R)

Form 32 - Sun - Open and Close

Form 33 – *Chen* – Six Blocking and Four Closing (L)

Form 34 - Chen - Single Whip (R)

Form 35 - Sun - Open and Close

Form 36 - Chen - Golden Guard

Stamping Ground (L)

Form 37 - Sun - Open and Close

Form 38 – Closing Form

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(TCE) FOIIII	(TCE) FOITH	(ICE) FOIII
Form 1 - Commencement	Form 1 - Commencement	Form 1 - Commencement
Form 2 - <i>Chen</i> - Golden Guard Stamping Ground (R)	Form 2 - <i>Chen</i> - Golden Guard Stamping Ground (R)	Form 2 - <i>Chen</i> - Golden Guard Stamping Ground (R)
Form 3 – Sun - Open and Close	Form 3 – Sun - Open and Close	Form 3 – Sun - Open and Close
Form 4 – Sun - Single Whip (L)	Form 4 – Sun - Single Whip (L)	Form 4 – Sun - Single Whip (L)
Form 5 – <i>Sun</i> - Wave Hands in Clouds	Form 5 – <i>Sun</i> - Wave Hands in Clouds	Form 5 – <i>Sun</i> - Wave Hands in Clouds
Form 6 - Sun - Open and Close	Form 6 - Sun - Open and Close	Form 6 - Sun - Open and Close
Form 7 – <i>Chen</i> – Punch with Covered Fist (R)	Form 7 – <i>Chen</i> – Punch with Covered Fist (R)	Form 7 – <i>Chen</i> – Punch with Covered Fist (R)
Form 8 – Sun - Open and Close	Form 8 – Sun - Open and Close	Form 8 – Sun - Open and Close
Form 9 - <i>Chen</i> – Punch with Covered Fist (L)	Form 9 - <i>Chen</i> – Punch with Covered Fist (L)	Form 9 - <i>Chen</i> – Punch with Covered Fist (L)
Form 10 - Sun - Open and Close	Form 10 - Sun - Open and Close	Form 10 - Sun - Open and Close
Form 11 - Sun -Single Whip (R)	Form 11 - Sun -Single Whip (R)	Form 11 - Sun -Single Whip (R)
Form 12 - Sun – Wave Hands in the Clouds (R)	Form 12 - <i>Sun</i> – Wave Hands in the Clouds (R)	Form 12 - <i>Sun</i> – Wave Hands in the Clouds (R)
Form 13 - Sun - Open and Close	Form 13 - Sun - Open and Close	Form 13 - Sun - Open and Close
Form 14 - <i>Chen</i> - Golden Guard Stamping Ground (L)	Form 14 - <i>Chen</i> - Golden Guard Stamping Ground (L)	Form 14 - <i>Chen</i> - Golden Guard Stamping Ground (L)
	Form 1 - Commencement Form 2 - Chen - Golden Guard Stamping Ground (R) Form 3 - Sun - Open and Close Form 4 - Sun - Single Whip (L) Form 5 - Sun - Wave Hands in Clouds Form 6 - Sun - Open and Close Form 7 - Chen - Punch with Covered Fist (R) Form 8 - Sun - Open and Close Form 9 - Chen - Punch with Covered Fist (L) Form 10 - Sun - Open and Close Form 11 - Sun - Single Whip (R) Form 12 - Sun - Wave Hands in the Clouds (R) Form 13 - Sun - Open and Close Form 14 - Chen - Golden Guard	Form 1 - Commencement Form 2 - Chen - Golden Guard Stamping Ground (R) Form 3 - Sun - Open and Close Form 4 - Sun - Single Whip (L) Form 5 - Sun - Wave Hands in Clouds Form 7 - Chen - Punch with Covered Fist (R) Form 9 - Chen - Punch with Covered Fist (L) Form 10 - Sun - Open and Close Form 11 - Sun - Open and Close Form 12 - Sun - Open and Close Form 13 - Sun - Open and Close Form 15 - Sun - Open and Close Form 16 - Sun - Open and Close Form 17 - Chen - Punch with Covered Fist (R) Form 18 - Sun - Open and Close Form 10 - Sun - Open and Close Form 11 - Sun - Open and Close Form 12 - Sun - Wave Hands in the Clouds (R) Form 13 - Sun - Open and Close Form 13 - Sun - Open and Close Form 14 - Chen - Golden Guard

Tai Chi for Energy

(TCF) Form

Form 15 - Sun - Open and Close

Form 16 - Closing

Tai Chi for Energy

(TCF) Form

Form 15 - Sun - Open and Close

Form 16 - Closing

Tai Chi for Energy

(TCF) Form

Form 15 - Sun - Open and Close

Form 16 - Closing

Tai Chi for Energy

(TCF) Form

Form 15 - Sun - Open and Close

Form 16 - Closing

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