



## Tai Chi for Energy (TCE) Form

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  
Stamping Ground (L)  
Form 15 - *Sun* - Open and Close  
Form 16 - Closing

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