

Tai Chi for Energy 2

Tai Chi for Energy movements:

1. Commencing form
2. Chen Style Golden Guard Stamping Ground - *right*
3. Sun Style Open and Close Hands
4. Sun Style Single Whip - *left*
5. Sun Style Wave Hands - *left*
6. Sun Style Open and Close Hands
7. Chen Style Punch with Covered Fist - *right*
8. Sun Style Open and Close Hands
9. Chen Style Punch with Covered Fist - *left*
10. Sun Style Open and Close Hands
11. Sun Style Single Whip - *right*
12. Sun Style Wave Hands - *right*
13. Sun Style Open and Close Hands

Tai Chi for Energy 2 movements:

14. Chen Style Six Blocking and Four Closing - *right*
15. Chen Style Single Whip - *left*
16. Sun Style Open and Close Hands
17. Sun Style Single Whip – *left*
18. Sun Style Wave Hands – *left*
19. Sun Style Open and Close Hands
20. Chen Style Six Blocking and Four Closing – *right*
21. Chen Style Single Whip – *left*
22. Chen Style Double Punches – *left*
23. Sun Style Open and Close Hands
24. Chen Style Six Blocking and Four Closing – *left*
25. Chen Style Single Whip – *right*
26. Chen Style Double Punches – *right*
27. Sun Style Open and Close Hands
28. Sun Style Single Whip – *right*
29. Sun Style Wave Hands – *right*
30. Sun Style Open and Close Hands
31. Chen Style Six Blocking and Four Closing – *left*
32. Chen Style Single Whip – *right*
33. Sun Style Open and Close Hands
34. Chen Style Golden Guard Stamping Ground – *left*
35. Sun Style Open and Close Hands
36. Closing Form