

Tai Chi For Rehabilitation Forms List

Key:

Yellow = Open/Close Form

Red = Newly Added Moves

1. Ready
2. Commencement
3. Open and Close (3x)
4. Wave Hands (left)
5. Open and Close
6. Harmonizing Yin and Yang (left)
7. Open and Close
8. Leisurely Tying the Robe (right arm leads)
9. Open and Close
10. Leisurely Tying the Robe (left arm leads)
11. Open and Close
12. Harmonizing Yin and Yang (right)
13. Open and Close
14. Wave Hands (right)
15. Open and Close (3x)
16. Closing (Extend Arms to Front and Lower slowly, shift to right foot and step left leg in)

Cycle back to first Open and Close for a continuous practice.