

Tai Chi For Balance and Fall Prevention Forms List

Key:

Blue= Core Movements

Yellow = Open/Close Form

Red = Advanced Moves

Orange = Opening Moves in Part II (done on both sides)

Green = Part II moves

1. Ready
2. Commencement
3. Open and Close
4. Single Whip (right)
5. Wave Hands (right)
6. Open and Close
7. Single Whip (left)
8. Wave Hands (left)
9. Open and Close

Core Movements

10. Brush Knee (left)
11. Play the Lute
12. Parry and Punch
13. Apparent Closing
14. Tiger Pushes the Mountain
15. Open and Close

Wing Left

16. Brush Knee (right)
17. Play the Lute
18. Parry and Punch
19. Apparent Closing
20. Tiger Pushes the Mountain
21. Open and Close

Wing Right

Tai Chi for Balance and Fall Prevention Part 2

First 2 moves to the right

22. Brush Knee (Right)
23. Leisurely Tie Coat (Right)
24. **Open and Close**
25. **Side Single Whip (left)**
26. **Fist under Elbow (left)**
27. **Repulse the Monkey (to your back)**
28. **Repulse the Monkey (to your front)**
29. **Brush Knee (left)**
30. **Leisurely Tie Coat (left)**
31. **Open and Close**

Mirror of the first part

First 2 moves to the left

32. Brush Knee (left)
33. Leisurely Tie Coat (left)
34. **Open and Close**
35. **Side Single Whip (right)**
36. **Fist under Elbow (right)**
37. **Repulse the Monkey (to your back)**
38. **Repulse the Monkey (to your front)**
39. **Brush Knee (right)**
40. **Leisurely Tie the Coat (right)**
41. **Open and Close**
42. Closing