

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