



TAI CHI 8 FORM – FORM SHEET

HEAVEN AND EARTH

REPULSE THE MONKEY (X2)

BRUSH KNEE (X2)

PART THE WILD HORSE'S MANE (X2)

WAVE HANDS LIKE CLOUDS

GOLDEN BIRD STANDS ON LEFT THEN RIGHT LEG

KICK WITH RIGHT HEEL, THEN LEFT

STROKE THE BIRD'S TAIL

CROSS HANDS AND CLOSE OFF