

THE POWER OF TAI CHI – FORM SHEET

HEAVEN AND EARTH

REPULSE THE MONKEY

BRUSH KNEE

PART THE WILD HORSES MANE

WAVE HANDS LIKE CLOUDS (3 times)

POINT THE WAY

GOLDEN BIRD STANDS ON LEFT THEN RIGHT LEG

JADE LADY

CENTRE HANDS PRESS PALMS

CLOSE THE TEMPLE DOOR

GATHER

CLOSE OFF