

Beginning T'ai Chi Ch'uan



Course Plan: Yang Family Short Form—1st Third

Postures

Warm Ups

Preparation & Beginning

Ward Off left and right

Roll Back, Press, & Push postures

Single Whip

Lift Hands

Shoulder Strike

Stork Spreads Wings

Brush Knee

Play Guitar

Deflect Downward, Parry, & Punch

Apparent Closure

Cross Hands

Close