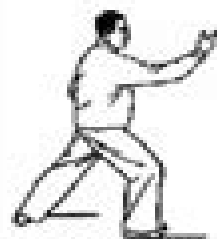


Starting.



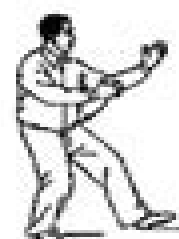
Parting The Wild Horse's Mane. 3 times.



White Crane Spreads It's Wings.



Brush Knee, Push. 3 times.



Playing The Guitar/Lute/Pipa.



Repulse Monkey. 4 times.



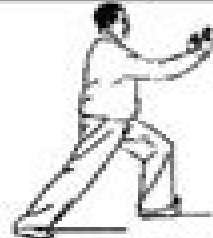
Hold The Ball, Ward Off.



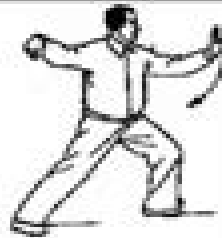
Grasp The Bird's Tail.



Press, Sit Back.



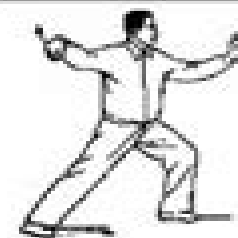
Open up and Push. Repeat the last 4 moves, going right.



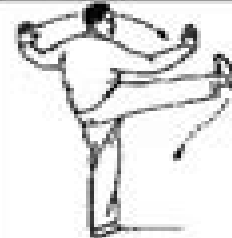
Single Whip.



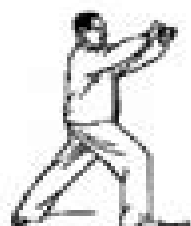
Cloud Hands, going left.



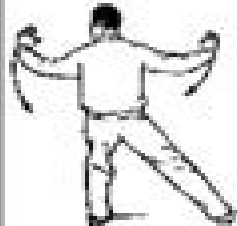
Single Whip again, High Pat on Horse.



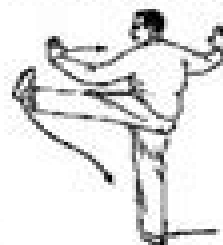
Right Heel Kick.



Carry The Tiger Over The Mountain.



Turn.



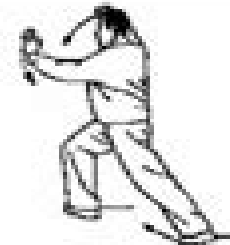
Left Heel Kick.



Snake Creeps Through The Grass.



Stand on one leg. Repeat on Right side.



Shuttle Back And Forth.



Needle At Bottom Of The Sea.



Fan Through The Back.



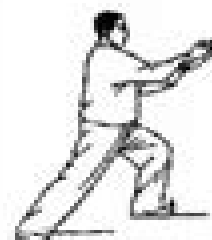
Turn.



Right Back Fist.



Parry and Punch.



Apparent Closing.



Cross Hands.



Close.

Tai Chi Arthritis Manual

F Rizvi



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