

YANG STYLE TAI CHI

37 Moves

17 Sept 2021

- Breathe-in arms up, breathe-out arms down, bend your knees.
- Shift your weight to the Left, turn out right leg
- **HOLD THE BALL** (1) **SHOW YOUR SLEEVE** (2) to the Front
- Transfer all your weight
- **HOLD THE BALL, SHOW HALF YOUR SLEEVE** (3) to the Right
- Bring both arms back, push the wrist, open, **PUSH THE WAVES** (4)
- Bring it back to centre, **DRAGON CLAW** (5), Read the book, push it out
- Transfer all your weight, pick up back leg, **Fight Position** (6) to the Front
- Turn-in Right leg, transfer, scoop, hit with right shoulder, **CRANE SHOWING OF IT'S WINGS** (7) (facing Left)