

Tai Chi For Arthritis Forms – Part 1

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21. Close

Commencement:

Stand tall without being tense

Breathing in, bring hands up slowly

Breathing out, lower arms and bend knees slightly

Lift arms, elbows bent. Step forward with left heel

Push hands forward. Bring right foot in line with left

Open & Close

Bring hand in to front of chest

Breathing in, open hands

Breathing out, push hands closer

Single Whip

Step to right slightly forward, touching down with right heel

Shifting weight onto right leg, push hands forward, turn palms.

Extend arms outwards, looking at left hand

Waving Hands

Bring right hand toward left elbow, right foot closer to the left.

Stepping sideways with right foot, move right hand upward, left downward

Bringing left foot closer, turn upper body and arms to right

Move right hand down, left hand up

Turn upper body and arms to the left, step out with right foot, then move right hand upwards, left downwards.

Bringing left foot closer, turn upper body and arms to right

Move right hand down, left hand up

Turn upper body and arms to the left, step out with right foot, then move right hand upwards, left downwards.

Bringing left foot closer, turn upper body and arms to right

Move right hand down, left hand up

Brush Knee

Watching right hand stretch out, bring left hand toward right elbow

Stepping out towards the left, stretch right hand up slightly, push left hand down

Shift weight onto left foot, turn body to the left, move left hand across knee and right hand close to the ear

Push right hand forward and move right foot closer

Playing the Lute

Step backwards with right foot, turning both hands inwards, stretch left hand forward slightly, right hand back.

With weight on right foot and bringing left foot back, move right hand back, left hand forward so that the right palm is facing the left elbow.

Parry & Punch

Step forward with left foot, turn right palm up, left palm down

Transferring weight forward to left foot, push right hand forward and bring left hand back.

Stepping forward with right foot, turn palms over, right down, left up.

Transferring weight forward, push left hand forward and bring right hand back

Stepping forward with left foot, bring left hand in front, right hand toward hip, then make two fists

Bringing right foot half a step forward, punch forward with right fist over left wrist

Block & Close

Stepping back with right foot, separate both hands moving forward

Push the Mountain

Transferring weight to back foot, draw both hands backward

Stepping forward onto left foot, push both palms forward; right foot follows with half a step forward

Closing Movement

Stretch both hands forward

Straightening knees and breathing out, slowly lower arms