

Tai Chi

First Stage

1. Opening of Tai Chi
2. Grasp Sparrow's Tail: Left
3. Grasp Sparrow's Tail: Right
4. Single Whip
5. Step Up and Raise Hands
6. White Crane Spreads its Wings
7. Brush Knee, Twist Step: Right
8. Play the Pei Pa
9. Brush Knee, Twist Step: Right
10. Brush Knee, Twist Step: Left
11. Brush Knee, Twist Step: Right
12. Play the Pei Pa
13. Brush Knee, Twist Step: Left
14. Strike With Fist
15. Step Up, Deflect, Parry, Punch
16. Apparent Closure

Second Stage

17. Embrace Tiger, Return to Mountain
18. Grasp Sparrow's Tail: Right
19. Single Whip
20. Fist To Elbow
21. Repulse Monkey: Right & Left
22. Repulse Monkey: Right & Left
23. Repulse Monkey: Right
24. Slanting Flying
25. Step Up and Raise Hands
26. White Crane Spreads its Wings
27. Brush Knee, Twist Step: Right
28. Needle to the Bottom of the Sea

29. Fan Through Back
30. Turn and Strike With Fist (4 times)
31. Step Up, Deflect, Parry & Punch
32. Grasp Sparrow's Tail: Right
33. Single Whip
34. Wave Hands Through Clouds (5 times)
35. Single Whip
36. High Pat on Horse
37. Right Toe Kick
38. Left Toe Kick
39. Turn and Right Heel Kick
40. Brush Knee and Twist Step: Right
41. Brush Knee and Twist Step: Left
42. Step Across and Strike
43. White Snake Sticks Out its Tongue
44. Step Up, Deflect, Parry & Punch
45. Right Heel Kick
46. Strike Tiger at Left
47. Strike Tiger at Right
48. Right Heel Kick
49. Turn to Double Temple Punch
50. Left Heel Kick
51. Turn and Right Heel Kick
52. Strike With Fist
53. Step Up, Deflect, Parry & Punch
54. Apparent Closure

Third Stage

55. Embrace Tiger Return to Mountain
56. Grasp Sparrow's Tail: Right
57. Single Whip to Side

Tai Chi

- 58. Grasp Sparrow's Tail: Left
- 59. Parting the Wild Horse's Mane: Right
- 60. Parting the Wild Horse's Mane: Left
- 61. Parting the Wild Horse's Mane: Right
- 62. Grasp Sparrow's Tail: Left
- 63. Grasp Sparrow's Tail: Right
- 64. Single Whip
- 65. Jade Lady Works Shuttles (1)
- 66. Jade Lady Works Shuttles (2)
- 67. Jade Lady Works Shuttles (3)
- 68. Jade Lady Works Shuttles (4)
- 69. Grasp Sparrow's Tail: Left
- 70. Grasp Sparrow's Tail: Right
- 71. Single Whip
- 72. Wave Hands Through Clouds (7 times)
- 73. Single Whip
- 74. Snake Creeps Low
- 75. Golden Cock Sands on Left Leg
- 76. Golden Cock Sands on Right Leg
- 77. Repulse Monkey: Right & Left
- 78. Repulse Monkey: Right & Left
- 79. Repulse Monkey: Right
- 80. Slanting Flying
- 81. Step Up and Raise Hands
- 82. White Crane Spreads its Wings
- 83. Brush Knee, Twist Step: Right
- 84. Needle to the Bottom of the Sea
- 85. Fan Through Back
- 86. Turn and Strike With Fist (4 times)
- 87. Step Up, Deflect, Parry & Punch
- 88. Grasp Sparrow's Tail: Right
- 89. Single Whip
- 90. Wave Hands Through Clouds (3 times)
- 91. Single Whip
- 92. High Pat on Horse
- 93. Cross Hands
- 94. Right Heel Kick
- 95. Strike Groin With Fist
- 96. Brush Knee and Strike
- 97. Grasp Sparrow's Tail: Right
- 98. Single Whip
- 99. Snake Creeps Low
- 100. Step Up to Seven Stars
- 101. Retreat to Ride Tiger
- 102. Turn Around and Sweep Lotus with One Leg
- 103. Draw Bow to Shoot Tiger
- 104. Strike With Fist
- 105. Step Up, Deflect, Parry & Punch
- 106. Apparent Closure
- 107. Cross Hands
- 108. Closing of Tai Chi



Activity	
Basic Skills	
Application of Basic Skills	



Benefits Health	
Functional Fitness	
Body Image	
Well-being	



Cooperation	
Communication	
Fair Play	
Leadership	
Teamwork	



Do it Daily...for life	
Effort	
Safety	
Goal Setting	
In the Community	