

Tai Chi for Arthritis List of Postures (Part I)

1. Commencement

2. Open and Close

3. Single Whip (right)

4. Wave Hands in Clouds (right)

5. Open and Close

6. Single Whip (left)

7. Wave Hands in Clouds (left)

8. Open and Close

9. Brush Knee (left)

10. Play the Lute

11. Parry and Punch

12. Block and Close

13. Push the Mountain

14. Open and Close

15. Brush Knee (right)

16. Play the Lute

17. Parry and Punch

18. Block and Close

19. Push the Mountain

20. Open and Close

Tai Chi for Arthritis List of Postures (Part II)

21. Brush Knee (right)

22. Leisurely Tie Coat (right)

23. Open/Close

24. Single Whip (left, back)

25. Punch Under Elbow

26. Repulse Monkey (to the back)

27. Repulse Monkey (to the front)

28. Brush Knee (left)

29. Leisurely Tie Coat (left)

30. Open/Close

31. Brush Knee (left)

32. Leisurely Tie Coat (left)

33. Open/Close

34. Single Whip (right, back)

35. Punch Under Elbow

36. Repulse Monkey (to the back)

37. Repulse Monkey (to the front)

38. Brush Knee (right)

39. Leisurely Tie Coat (right)

40. Open/Close