Clear Tai Chi 8 Move Set







1. Rise & Fall





2. Wild Horse x3



3. Brush Knee x3



4. Strum The Lute



5. Monkey Retreats x4



6. Cloud Hands x3



7. Carry The Cauldron



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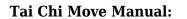


8. Grand Tai Chi



Tai Chi Move Manual

Rajesh Pahwa, Kelly E. Lyons Ph.D.



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