

Asian Arts Introductory Tai Chi

Yang Style - Set 1

1. 起始 Commencing
2. 野马分鬃 Part the Wild Horse's Mane (L, R,L)
3. 白鹤亮翅 White Crane Spreads Its Wings
4. 野马分鬃 Part the Wild Horse's Mane (R, L)
5. 穿梭 Fair Lady Works at Shuttles (R, L)
6. 揽雀尾 Grasp the Sparrow's Tail
7. 收势 Closing