# CREATE BETTER NAPE

## Paul Lam, Tai Chi for Arthritis/Fall Prevention

#### Part One

- 1 Commencement
- 2 Open and Close
- 3 Single Whip (right)
- 4 Wave Hands (right)
- 5 Open and Close
- 6 Single Whip (left)
- 7 Wave Hands (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

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# CREATE BETTER NAPE

### Paul Lam, Tai Chi for Arthritis/Fall Prevention

#### Part Two

- 1 Brush Knee (right)
- 2 Leisurely Tie Coat (right)
- 3 Open and Close
- 4 Single Whip (left)
- 5 Punch Under Elbow
- 6 Repulse Monkey (left)
- 7 Repulse Monkey (right)
- 8 Brush Knee (left)
- 9 Leisurely Tie Coat (left)
- 10 Open and Close

- 11 Brush Knee (left)
- **12 Leisurely Tie Coat (left)**
- 13 Open and Close
- 14 Single Whip (right)
- 15 Punch Under Elbow
- **16 Repulse Monkey (right)**
- **17 Repulse Monkey (left)**
- **18 Brush Knee (right)**
- **19 Leisurely Tie Coat (right)**
- 20 Open and Close
- 21 Closing

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