

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

### Part One

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- 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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### 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

