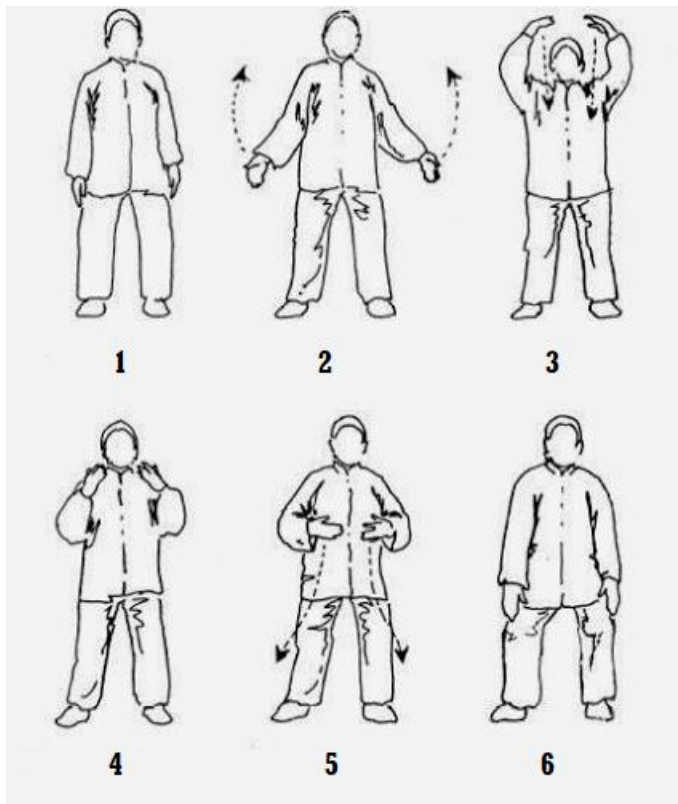


The Way Tai Chi System- "Simple 15-step Form"

Class 1

1- Salutation: Greetings to all Creation.



2- Play the Lute into a cat stance

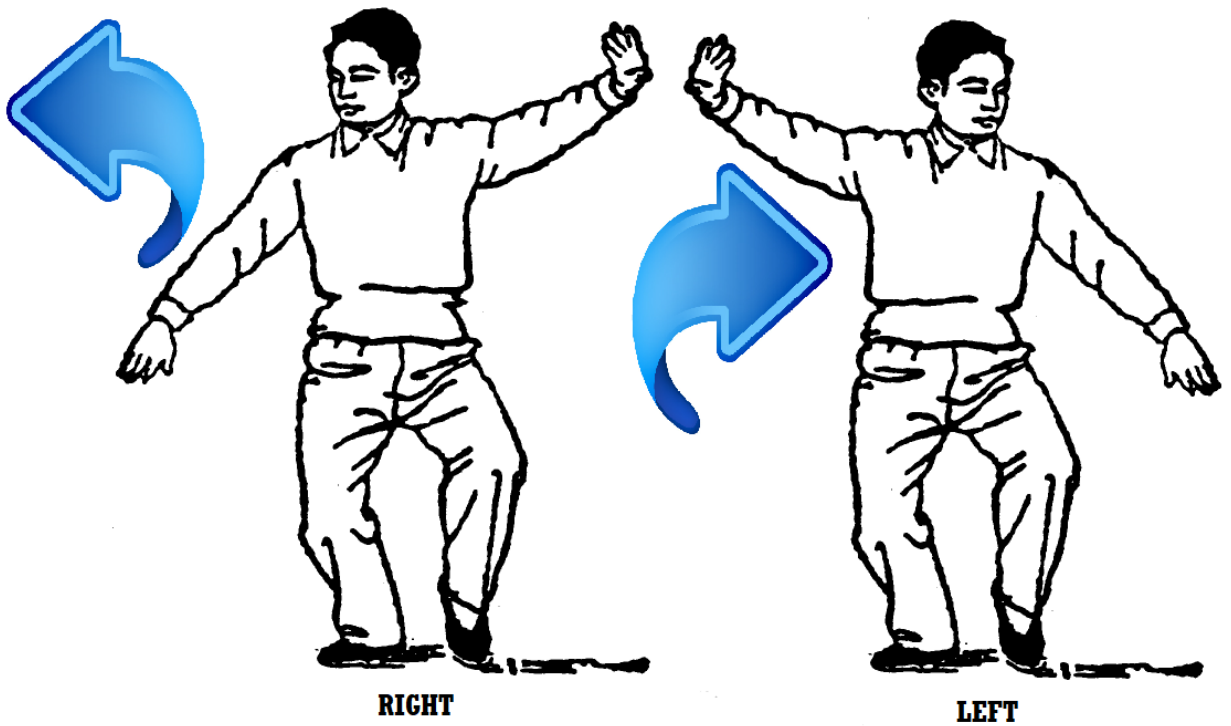


3 Needle to the sea bottom



Class2

4 Crane spreads its wings right then left



Class 3

5 Brush Knee Push X3



Brush Knee Right



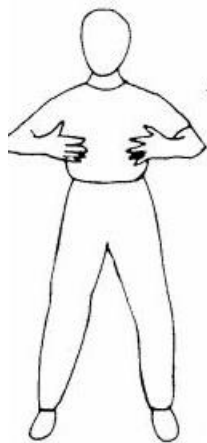
Brush Knee Left



Brush Knee Right

Class 4

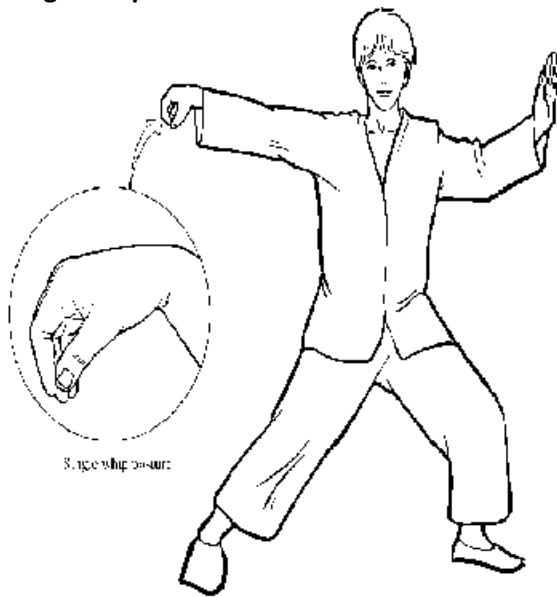
6- Hug the tree



6 Hold the ball; right over left



7 Single whip



Class 5

9 Cloud hands X4 to the left



The Way Tai Chi System- "Simple 15-step Form"

Class 6

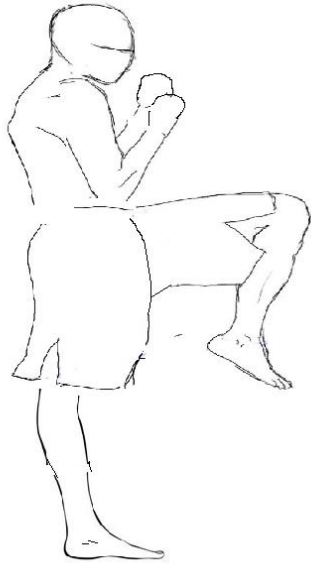
10 Golden Goose stands on one leg



11 Followed by Left Heel Kick



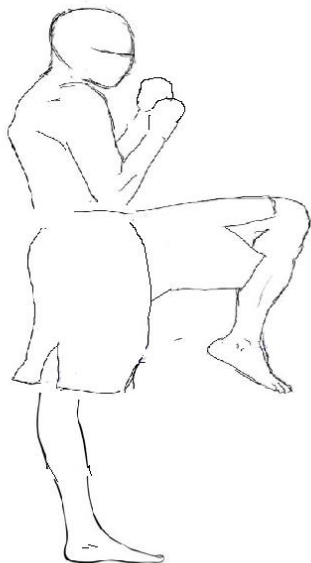
12 Flamingo



13 Mule Kick



14 Flamingo



15 Finish: Settle the Chi

