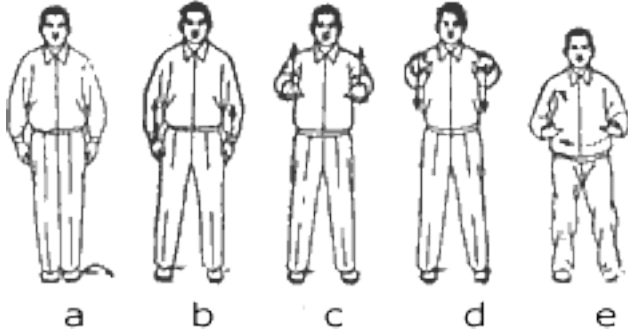


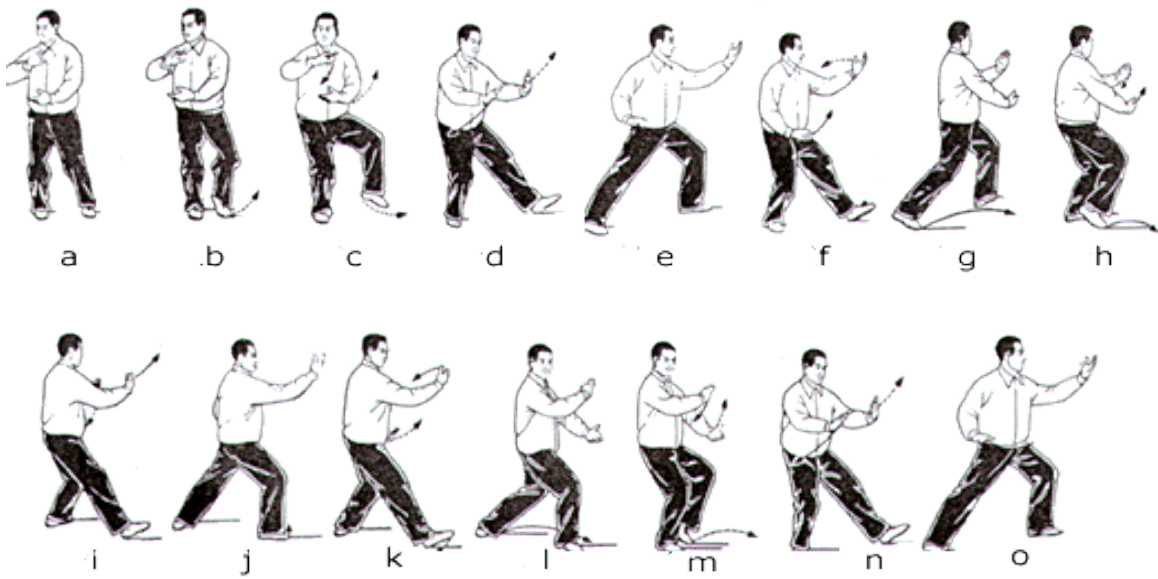
Tai Chi 16 form [note: incomplete on pics]

[These directions assume we begin facing East.]

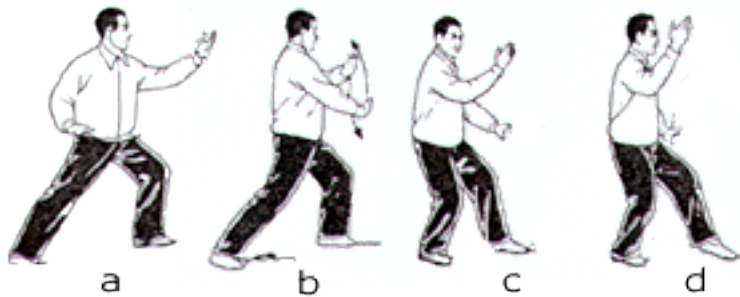
1. Opening Posture



2. Part White Horse's Mane, diagonally LRL (L to NE, R to SE, L to NE)



3. White Crane Flashes Wing (facing E)

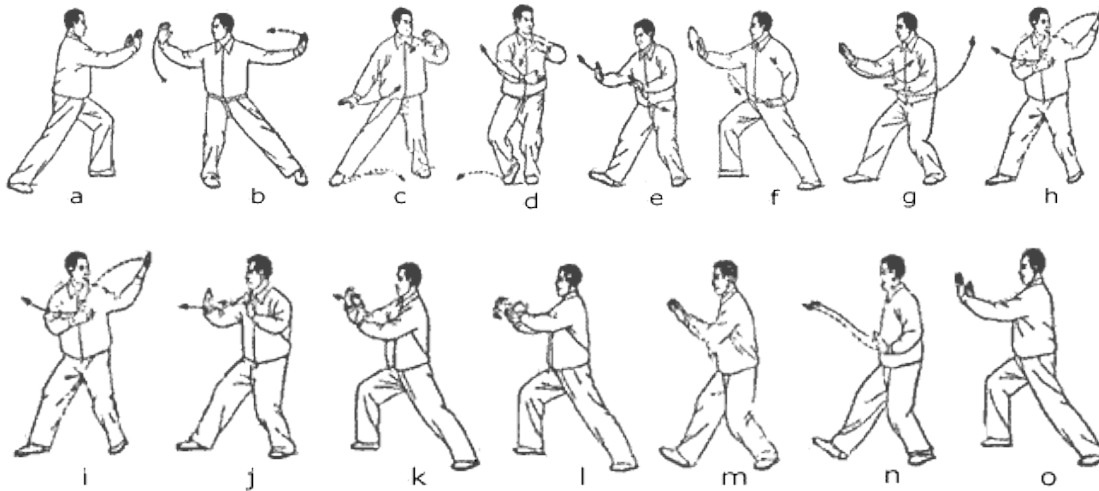


4. Push Hands Forward (left bo stance, facing E)

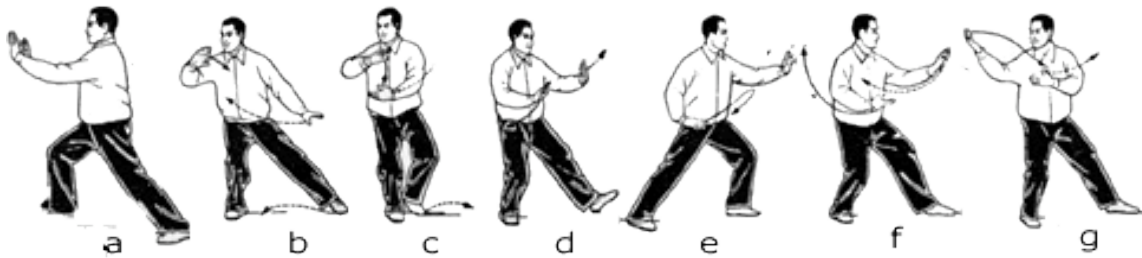


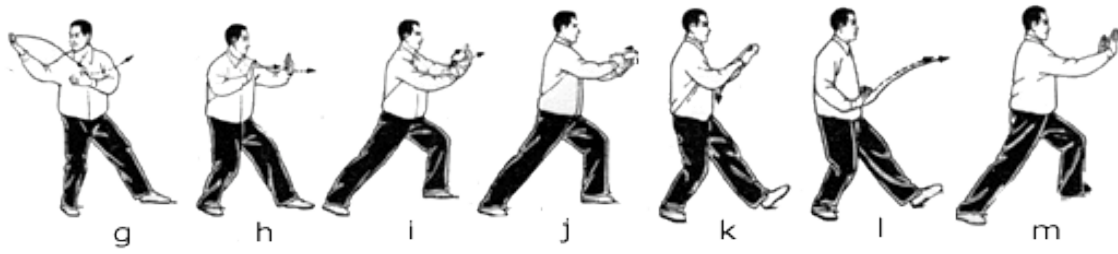
5. to right (S), Grasp the Bird's Tail

ward off
roll back
press
push

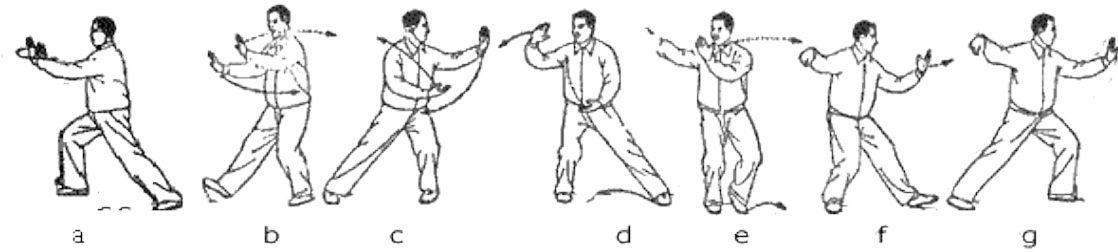


6. to left (N), Grasp the Bird's Tail

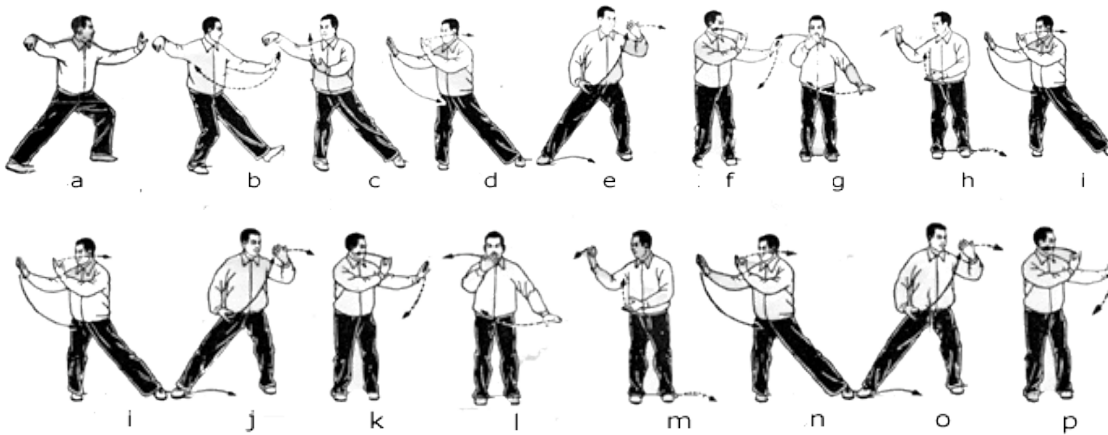




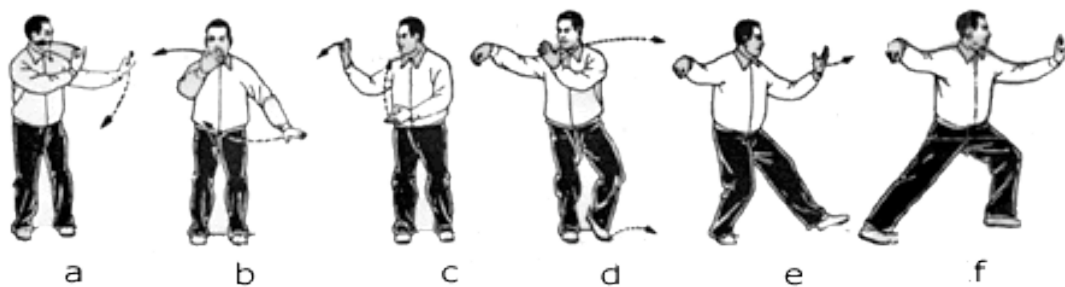
7. Single Whip (to N)



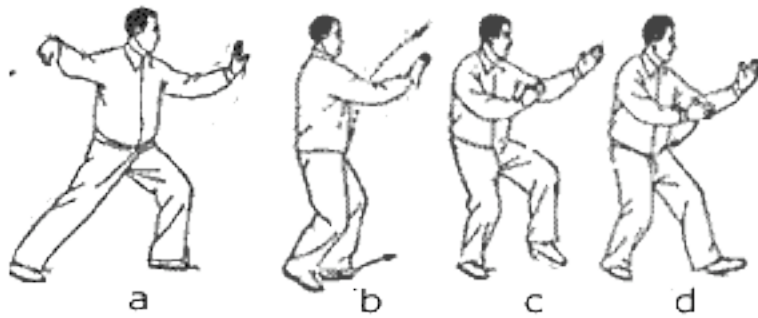
8. to left, Wave Hands like Clouds (3 steps with left foot, to N)



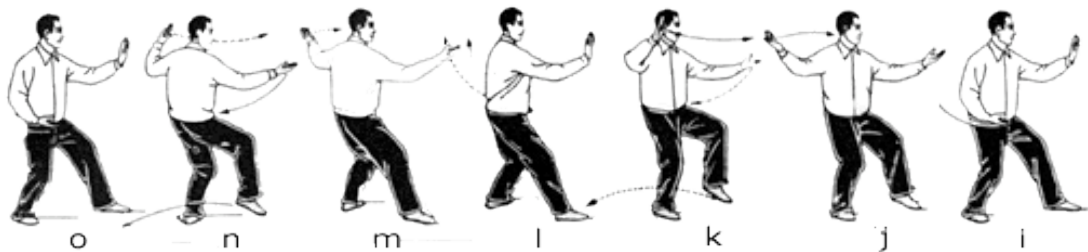
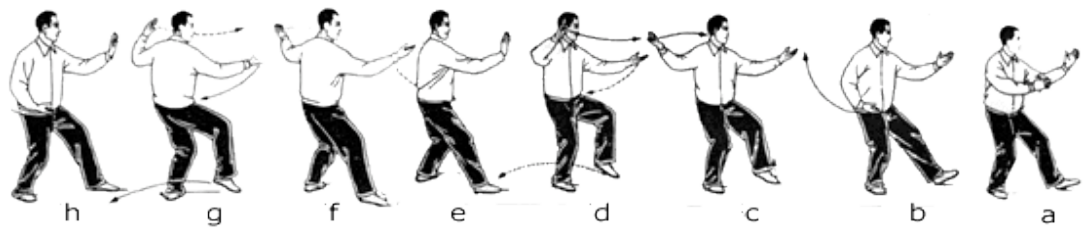
9. Single Whip



10. Play Lute



11. Repulse Monkey (LRL, facing N while moving S)



12. facing same direction (N), Single Whip



13. Needle at Sea Bottom

14. Fan Strikes Through Back

15. Gather to Cross Hands (facing E)

16. Closing Posture