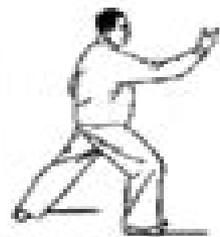




Starting



Parting The Wild Horse's Mane.
3 times.



White Crane Spreads It's Wings.



Brush Knee, Push
3 times.



Playing The Guitar/Lute/Pipa



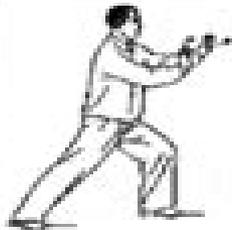
Reptile Monkey
4 times.



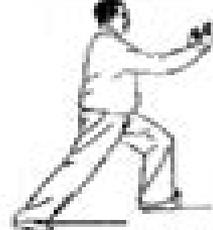
Hold The Ball,
Ward Off



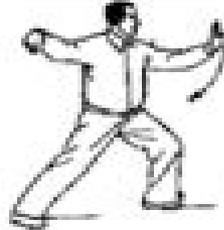
Grasp The Bird's Tail



Press,
Sit Back.



Open up and Push
Repeat the last 4 moves, going right.



Single Whip.



Cloud Hands,
going left



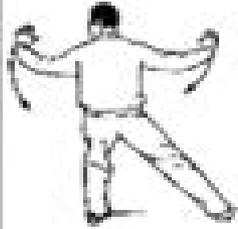
Single Whip again,
High Pat on Horse.



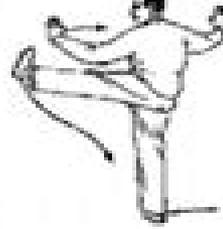
Right Heel Kick.



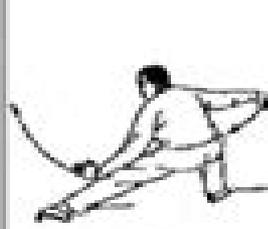
Carry The Tiger Over The Mountain



Turn.



Left Heel Kick.



Snake Creeps Through The Grass.



Stand on one leg
Repeat on Right side



Shuttle Back And Forth.



Needle At Bottom Of The Sea



Fan Through The Back.



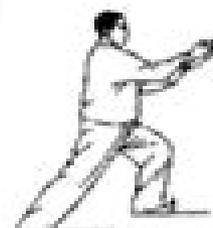
Turn.



Right Back Fist.



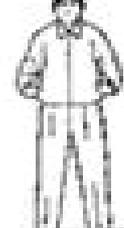
Parry and Punch.



Apparent Closing.



Cross Hands.



Close.

Guide To Tai Chi

Minjie Lin



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