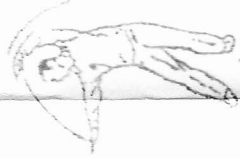
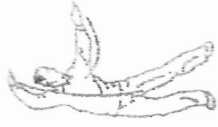
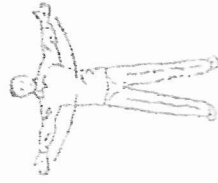
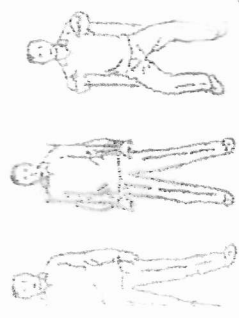


To Begin:

Shake whole body

open chest



Painting Rainbow

Separating Clouds



Rolling Arms

Rowing Boat



arms up and down slowly then close and horse riding stance down.

arms up, open, then close and down.

bend supporting knee, toes pointing out.

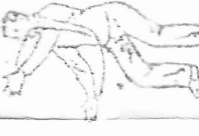
hands cross over then open out.

One hand at ear level, palm forward, other arm forward lifting arms backwards palm level.

sitting position hands flat on table, lifting arms backwards

Snooty Waiver

Gazing at the moon



Cloud Hands

Scooping the Sea



Pushing Waves

Alternate arms up and down, flat hands each side.

Alternate hands up and down.

one hand up bringing it down as other arm goes up.

Crossing hands low opening up high

Forward and back one knee bent and then straight.

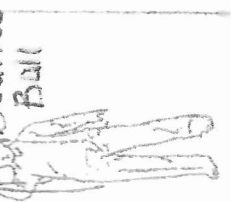
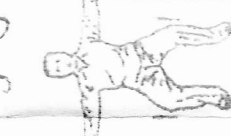
Dove spreads wings

Punch the Air

Wild Geese Flying

Spring the Wheel

Bounce Ball



Arms forward - one knee bent then outstretched

Horse riding stance alternate fists forward.

Drop hands slightly as arms go up.

Bend over with arms up. Bring down and up other side.

Opposite arm and knee up and down.

Closing Down arms up, hands facing in, then bring them down.

Tai Chi

6/11/12