

Office Tai Chi

<u>Posture</u>	<u>Direction</u>	<u>Breathing</u>
Beginning	Left Step	Inhale-Exhale
Up-Down		Inhale up, Exhale down
Repulse the Monkey	Right - Left	Inhale back, Exhale at push
Brush knee & push	Left - Right	Inhale, Exhale at push
Part Wild Horse's Mane	Left - Right	Inhale, Exhale at fan
Wave Hands Like Clouds	Left – Right - Left	Inhale back, Exhale forward
Golden Rooster Stands on one leg	Right - Left	Inhale up, Exhale down
Separation Kicks	Right - Left	Inhale up, Exhale at kick
Grasp Sparrow's Tail	Left - Right	Inhale, Exhale, Inhale, Exhale
Closing	Cross arms, Right step	Inhale-Exhale
Ending	Left Step	Inhale-Exhale

<u>Posture</u>	<u>Direction</u>	<u>Long Form Name</u>
Beginning	Left Step	Inhale-Exhale
Up-Down		Up-Down
Repulse the Monkey	Right - Left	Repulse the Monkey
Brush knee & push	Left - Right	Brush knee & push
Part Wild Horse's Mane	Left - Right	World, Fan
Wave Hands Like Clouds	Left – Right - Left	Cloud Hands
Golden Rooster Stands on one leg	Right - Left	Right Rooster, Left Rooster
Separation Kicks	Right - Left	Right, Left Heel Kick
Grasp Sparrow's Tail	Left - Right	Butterfly, Push Butterfly
Closing	Cross arms, Right step	Wipe and Push
Ending	Left Step	Inhale-Exhale Inhale-Exhale

Posture
Beginning

Pictures (One side only)



Up-Down



Repulse the Monkey



Brush knee & push



Part Wild Horse's Mane



Wave Hands Like
Clouds



Golden Rooster Stands
on one leg



Posture
Separation Kicks

Pictures (One side only)



Grasp Sparrow's Tail



Closing



Ending

