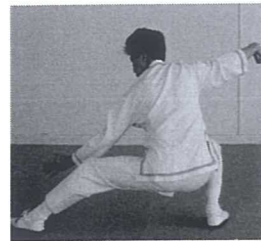




5.01 Cloud Hand
Weight even on both feet



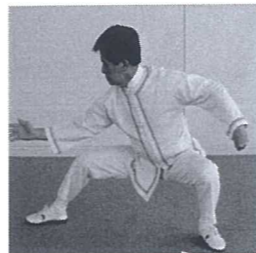
5.02 Cloud Hands
Weight even on both feet



5.03 Snake Creeps Down
Weight on right foot



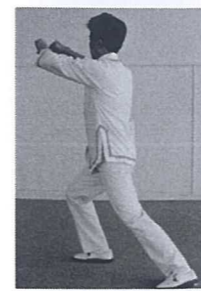
5.04 Golden Cock R
Weight on left foot



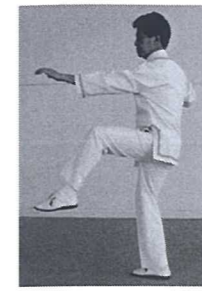
5.05 Snake Creeps Down
Weight on right foot



5.06 Golden Cock L
Weight on right foot



5.07 Step to Punch Ears
Weight on right foot



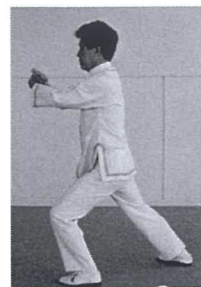
5.08 Separate to Kick L
Weight on right foot



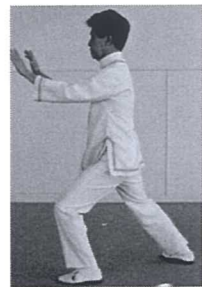
5.09 Hit Tiger L
Weight on left foot



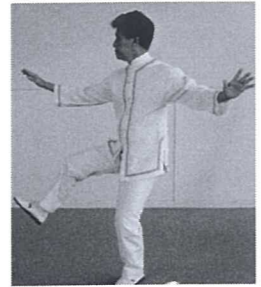
5.10 Ward Off
Weight on right foot



5.11 Press Forward
Weight on left foot



5.12 Push to Close Door
Weight on left foot



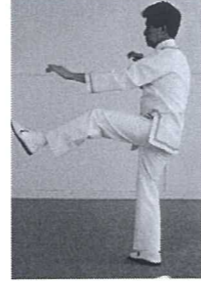
5.13 Separate to Kick R
Weight on left foot



5.14 Hit Tiger R
Weight on right foot



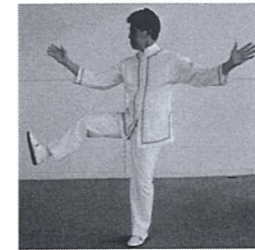
5.15 Prepare for Lotus Kick
Weight on right foot



5.16 Lotus Kick
Weight on right foot



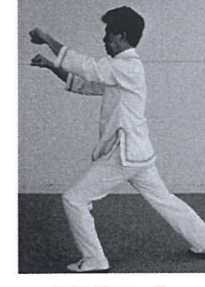
5.17 Bend Bow Shoot Tiger
Weight on left foot



5.18 Cross Kick R
Weight on left foot



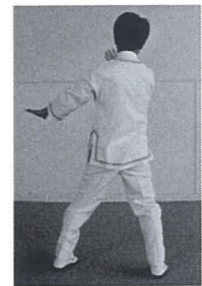
5.19 Cross Kick L
Weight on right foot



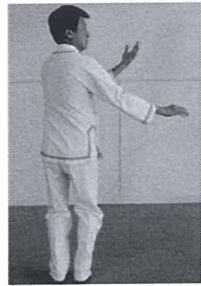
5.20 Fist to Ears
Weight on left foot



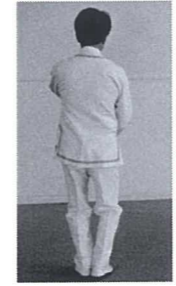
6.01 Single Whip
Weight on right foot



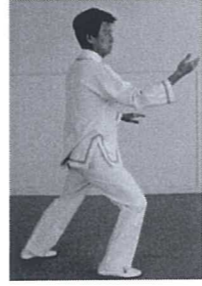
6.02 Waving Hands in the Clouds
Weight on left foot



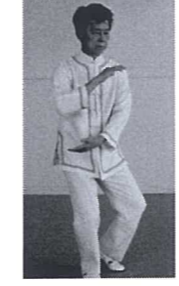
6.03 Waving Hands in the Clouds (X6)



6.04 Holding the Ball L
Weight on left foot



6.05 Stroking Birds Tail L
Weight on right foot



6.06 Holding the Ball R
Weight on right foot



6.07 Stroking Birds Tail R
Weight on left foot



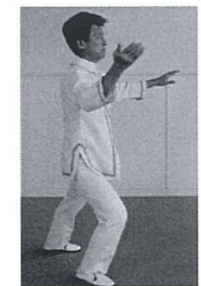
6.08 Hight Pat the Horse
Weight on right foot



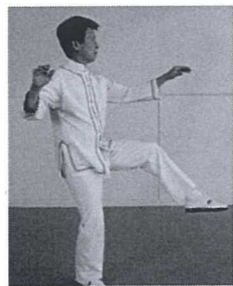
6.09 Jab with Left Hand
Weight on right foot



6.10 Sweeping Kick
Weight on left foot



6.11 Grinding Corn
Weight on right foot



6.12 Sweeping Kick
Weight on right foot



6.13 Brush Knee L
Weight on left foot



6.14 Brush Knee R
Weight on right foot



6.15 Punch Under the Elbow
Weight on right foot



6.16 Repulse Monkey
(L,R,L)



6.17 Turn to Chop with L
Weight even on both feet



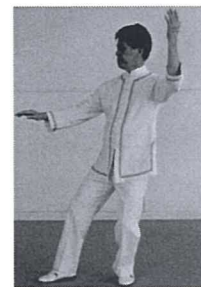
6.18 Sweeping Arms to Strike
Weight even on both feet



6.19 Parry
Weight on left foot



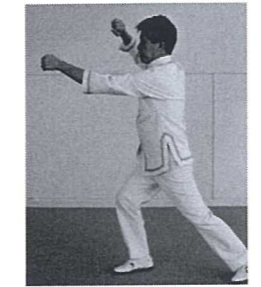
6.20 Groin Punch
Weight on right foot



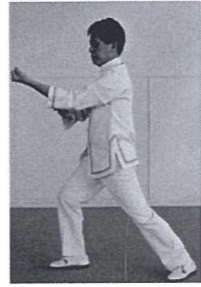
6.21 White Crane Spreads Wings
Weight on left feet



6.22 Lotus Kick
Weight on left foot



6.23 Bend Bow to Shoot Tiger
Weight on right foot



6.24 Downward Strike
Weight on right foot



6.25 Kick and Jab
Weight on right foot



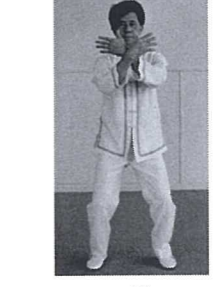
6.26 Parry
Weight on left foot



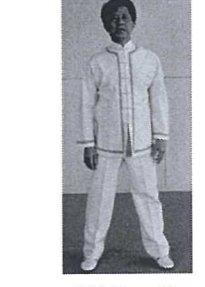
6.27 Punch to the Heart
Weight on right foot



6.28 Push to Close the Door
Weight on Right Foot



6.29 Close
Weight even on both feet



6.30 Ease Up
Weight even on both feet

CELESTIAL TAI CHI COLLEGE OF AUSTRALIA



ESSENTIAL PRINCIPLES FOR PRACTICE OF TAI CHI:

1. Keep head and neck erect, without strain
2. Keep all facial muscles relaxed. Breathe rhythmically.
3. Make all movements continuous, ie one movement should flow into the next.
4. Elbows should be kept down, wrists and fingers relaxed, hands slightly curved.
5. Never lift foot to proceed to next stage until balance is established on other foot.