

Hi, This is Sue, welcome to Tai Chi level 2, Tai Chi 12. In this class we are going to learn Tai Chi 12, then relaxation exercise, tai chi meditation.

Presentation front 12

1. Tai Chi 12 front presentation (3 minutes)

Section one

- 1.1. Starting form
- 1.2. Part horse mane (3)
- 1.3. Crane spreads wings (4)

Section two

- 1.4. Push hands in 4 direction with mail step (4)
- 1.5. Strum Guitar (3)
- 1.6. punch (3)

Section Three

- 1.7. Rooster on one leg balance (4)
- 1.8. Single whip (1)
- 1.9. floating cloud right (3)
- 1.10. single whip (1)
- 1.11. floating cloud left (3)
- 1.12. closing form

for each section, front presentation, teaching, back presentation-follow me.

Presentation front whole 12

Presentation back whole 12

2. Presentation relaxation

- 2.1. hand push
- 2.2. crane spreads wings
- 2.3. punch
- 2.4. balance 1
- 2.5. tick
- 2.6. balance 2
- 2.7. high pat on horse
- 2.8. single whip
- 2.9. deep breathing
- 2.10. tai chi meditation, position sit down

3. Teaching

4. Follow me

description of tai chi 12.

Completed Tai Chi level 2, Tai Chi 12, you should be able to reach to the totally relaxed stage. Your soul leads your movement with nature breathing. When performing Tai Chi, listen to your own body, let your body naturally go, you are feeling better, looking better, thinking better, you are thinking better, you feeling better, looking better, thinking better. Then you are having better circulation with nature, therefore leads you to a happy living.

Open your energy centre of your body; rely on your self to further deep understanding of your body. You have the power yourself to make a special well being to your body, mind and spirit.

Ask yourself who you are? What do you do? You are the most important; your health is the most important. Your happiness is the base of your living. Your living could affect your happiness. Your life is the most beautiful part with nature, you deserve happy living, and you are building up your self every day to have happy living.

Thank you for being with me.