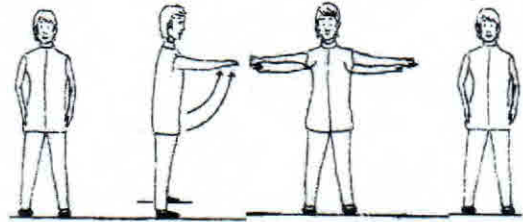


Tai Chi Exercises

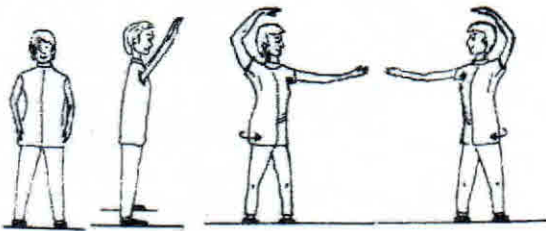
Shibashi Exercises



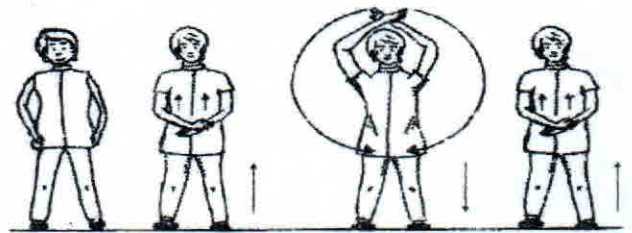
Raising the Arms/Waterfall



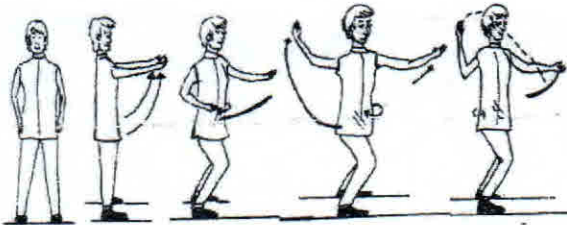
Opening the Chest/Spring & Autumn



Painting a Rainbow



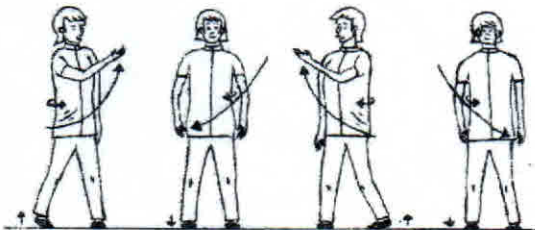
Separating the Clouds



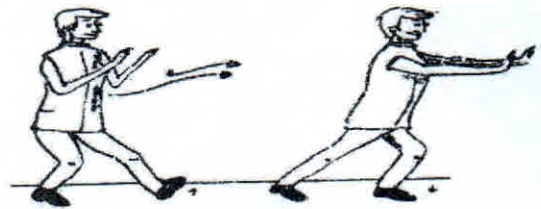
Repulse Monkey



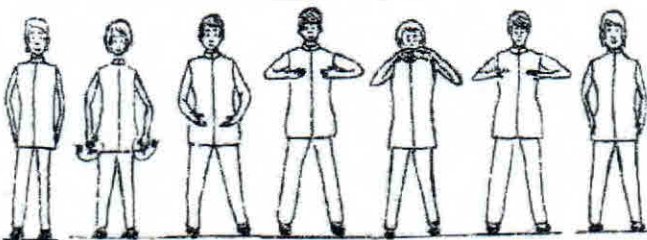
Scooping the Sea and Looking at the Horizon



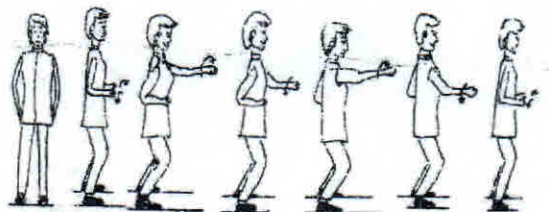
Supporting a Ball in Front of the Shoulders



Pushing the Waves



Balancing the Chi to Close.



Punching in a Horse-riding Stance