

Mid-Island Tai Chi Club

member of the Canadian Tai Chi Academy

<http://www.midislandtaichi.org> <https://www.facebook.com/groups/1721740381422758/> 778-744-0413

The Mini Set

The Bow (optional)

1. Opening of Tai Chi
2. Left Grasp Bird's Tail
3. Grasp Bird's Tail
4. Whip to One Side
5. Step Up and Raise Hands
6. White Stork Spreads Wings
7. Left Brush Knee
8. Strum the Pei Pa
9. Left Brush Knee and Twist Step
10. Right Brush Knee and Twist Step
11. Left Brush Knee
12. Strum the Pei Pa
13. Left Brush Knee and Twist Step
14. Chop with Fist
15. Step Up, Deflect, Parry and Punch
16. Appear to Close Entrance
17. Cross Hands

The Bow (optional)