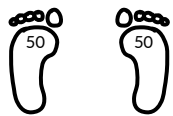
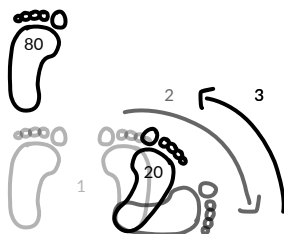


Tai Chi 8 Form

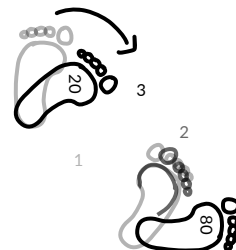
- Feet positions -



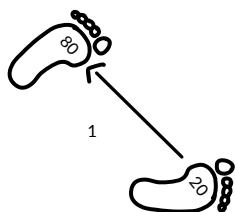
1. Beginning



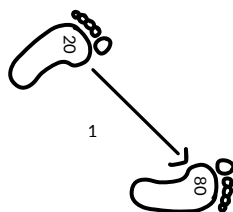
2. Ward off left



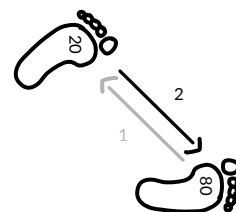
3. Ward off right



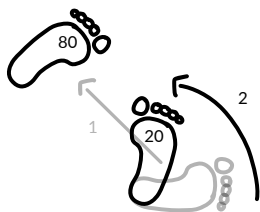
4. Pull



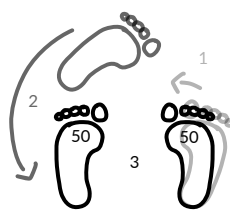
5. Press



6. Push



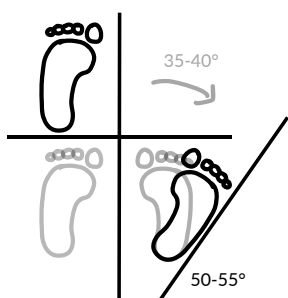
7. Opening up



8. Crossing hands



... listening inside



Bow stance

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