

Tai Chi - Mini Form:

1. Begin: Raising Arms
2. Grasp Sparrow's Tail (facing forward):
 - a. ward off
 - b. roll back
 - c. press
 - d. push
3. White Crane spread wings (turning Left, 9 o'clock)
4. Brush knee (Left), push palm (Right)
5. Apparent Closing (facing forward)

6. Repeat: Raising Arms
7. Grasp Sparrow's Tail (with Left foot and arm in lead position)
8. White Crane (turning Right, 3 o'clock)
9. Brush Knee (Right) Push Palm (Left)
10. Close, Tai Chi Salute (facing forward)