

# The Complete Set of T'ai Chi Exercises

1. T'ai Chi Solo Form (Left & Right Styles, with All Applications)
2. Push Hands (Single & Double Hand, Fixed & Active Steps, Horizontal & Vertical)
3. Ta Lu (3 Ta Lu's – Wang, Cheng, & Yang Style)
4. T'ai Chi Two-Person San Shou (Both Sides)
5. T'ai Chi Straight Sword (Left & Right)
6. T'ai Chi Sword Fencing
7. T'ai Chi Knife (Left & Right)
8. T'ai Chi Knife Fencing
9. T'ai Chi Spear (All Solo Drills, Left & Right)
10. T'ai Chi Thirteen Spear Two Person
11. T'ai Chi Double Knife
12. T'ai Chi Fast Form
13. Yang Family Ch'i Kung

## Additional T'ai Chi Exercises

1. T'ai Chi Cane (Left & Right)
2. T'ai Chi Two-Peron Cane
3. Tamo Sword
4. Man Chiang Heng
5. T'ai Chi Fan
6. Wu Tang 13 Sword