

Blended Yang-Sun Taijiquan Form for Seniors
(Fair Lady Taiji Form)

Step Out to Open

Raise Arms

Wave Hands in Clouds to Left (3x)

Open and Close

Fair Lady Works the Shuttles to Left Diagonal

Fair Lady Works the Shuttles to Right Diagonal

Open and Close

Separate Hands and Extend Left Foot (Kick to Left Diagonal)

Separate Hands and Extend Right Foot (Kick to Right Diagonal)

Open and Close

Wave Hands in Clouds to Right (3x)

Open and Close

Part the Wild Horse's Mane to Left (3x)

Ward-Off Left

Roll-Back to Right and Press Left

Separate Hands and Push

Part the Wild Horse's Mane to Right (3x)

Ward-Off Right

Roll-Back to Left and Press Right

Separate Hands and Push

Open and Close

Step in and Close