

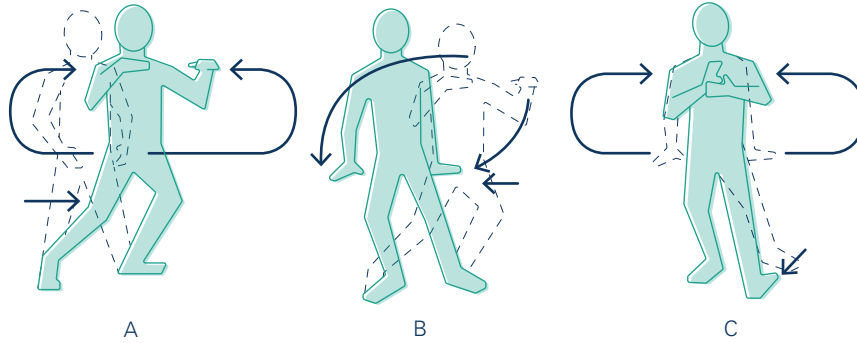
# Tai Chi Movement Guide

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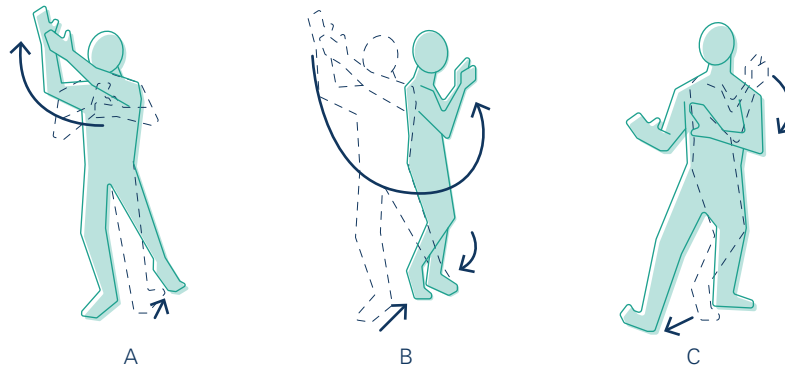
Study this guide to become familiar with and practice basic tai chi forms. It can help you prepare for your first tai chi class, or make it easier to practice on your own at home.

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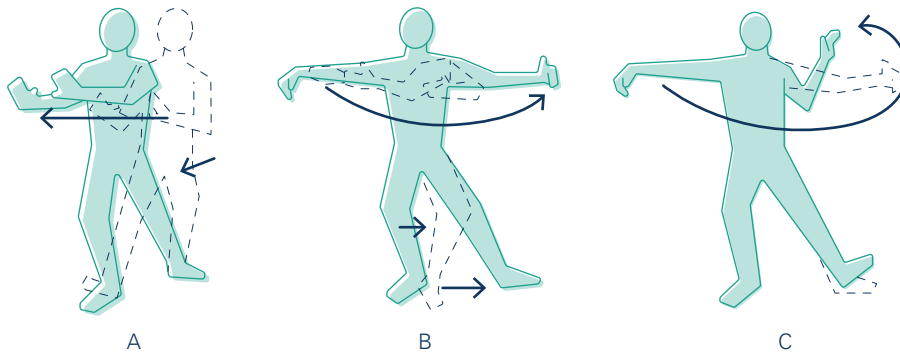
## FORM 1 STRIKE PALM



## FORM 2 GRASP THE BIRD'S TAIL



## FORM 3 SINGLE WHIP



## FORM 4 WHITE CRANE COOLS ITS WINGS

