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Dr PAUL LAM'S T'AI CHI FOR ARTHRITIS (TCA) & SUN STYLE INTERMEDIATE FORM (*Crystal T'ai Chi*)

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The first part of this form set is Dr Paul Lam's Modified TC Form for Arthritis (which we use as one of our basic introductory Sun forms in our classes as it is suitable for all ability, has mirrored movements and can be easily adapted for seated T'ai Chi).

In 2007 Trevor added a second level of selected additional movements extracted from the Sun 73 competition set to Dr Lam's form for those who wished to advance and progress further towards the full Sun traditional forms or the 73 competition set.

Section One (T'ai Chi for Arthritis - Part 1)

- 1 Commencement Form**
- 2 Opening and Closing Hands**
- 3 Single Whip Stepping Right Foot**
- 4 Waving Hands Like Clouds to Right (3x)**
- 5 Opening & Closing Hands**
- 6 Single Whip Stepping Left Foot**
- 7 Waving Hands Like Clouds to Left (3x)**
- 8 Opening & Closing Hands**

Section Two (T'ai Chi for Arthritis - Part 2)

- 9 Brush Knee and Twist Step to Left**
- 10 Playing the Lute (left hand forward)**
- 11 Step Forward To Deflect Downwards, Parry and Punch With Right Hand)**
- 12 Apparent Closing Up, Embracing the Tiger and Pushing the Mountain**
- 13 Toe & Heel to Front - Opening and Closing Hands**
- 14 Brush Knee and Twist Step to Right**
- 15 Playing the Lute (right hand forward)**
- 16 Step Forward To Deflect Downwards, Parry and Punch With Left Hand**
- 17 Apparent Closing Up, Embracing the Tiger and Pushing the Mountain**
- 18 Toe & Heel Turn to Front - Opening and Closing Hands**

Section Three (T'ai Chi for Arthritis - Advanced Movements 1st set)

- 19 Brush Knee & Step Up to Right to Leisurely Tie the Coat (right shoulder)**
- 20 Toe & Heel Turn to Front - Opening and Closing Hands**
- 21 Angled Single Whip Stepping Left Foot**
- 22 Punch Underneath Left Elbow**
- 23 Repulse Monkey to Rear**
- 24 Repulse Monkey to Front**
- 25 Brush Knee & Step Up to Left to Leisurely Tie the Coat (left shoulder)**
- 26 Toe & Heel Turn to Front - Opening and Closing Hands**

Section Four (T'ai Chi for Arthritis - Advanced Movements 2nd set)

- 27 Brush Knee & Step Up to Left to Leisurely Tie the Coat (left shoulder)
- 28 Toe & Heel Turn to Front - Opening and Closing Hands
- 29 Angled Single Whip Stepping Right Foot
- 30 Punch Underneath Right Elbow
- 31 Repulse Monkey to Rear
- 32 Repulse Monkey to Front
- 33 Brush Knee & Step Up to Right to Leisurely Tie the Coat (right shoulder)
- 34 Toe & Heel Turn to Front - Opening and Closing Hands

Crystal's Additional Movements From Sun 73

Section Five (Selected Sun 73 Movements - Part 1)

- 35 Brush Knee and Twist Step Left & Lowering Movement
- 36 The Golden Cock Stands On One Leg (right up, left up)
- 37 Step Left & Fan Back, Step Right & Fan Back
- 38 Flash Through Back (downwards, left and right)
- 39 Fair (Jade) Lady Working at the Shuttles (x4)
- 40 High Pat on Horse
- 41 Step Forward To Deflect Downwards, Parry and Punch With Left Hand
- 42 Apparent Closing Up, Embracing the Tiger and Pushing the Mountain
- 43 Toe & Heel Turn to Rear - Opening and Closing Hands

Section Six (Selected Sun 73 Movements - Part 2)

- 44 Brush Knee & Step Up to Left to Leisurely Tie the Coat (left shoulder)
- 45 Opening and Closing Hands (you will be facing front right-hand side)
- 46 Single Whip Stepping Right Foot
- 47 Parting Wild Horse's Mane
- 48 Leisurely Tying Coat (right shoulder)
- 49 Toe & Heel Turn to Front - Opening and Closing Hands

Section Seven (Selected Sun 73 Movements - Part 3)

- 50 Front Toe Kick Right
- 51 Front Toe Kick Left
- 52 Opening and Closing Hands
- 53 Parting Hands & White Crane (Big Bird) Spreading Wings
- 54 Opening and Closing Hands
- 55 Yin & Yang Merging Into One
- 56 Close the Form