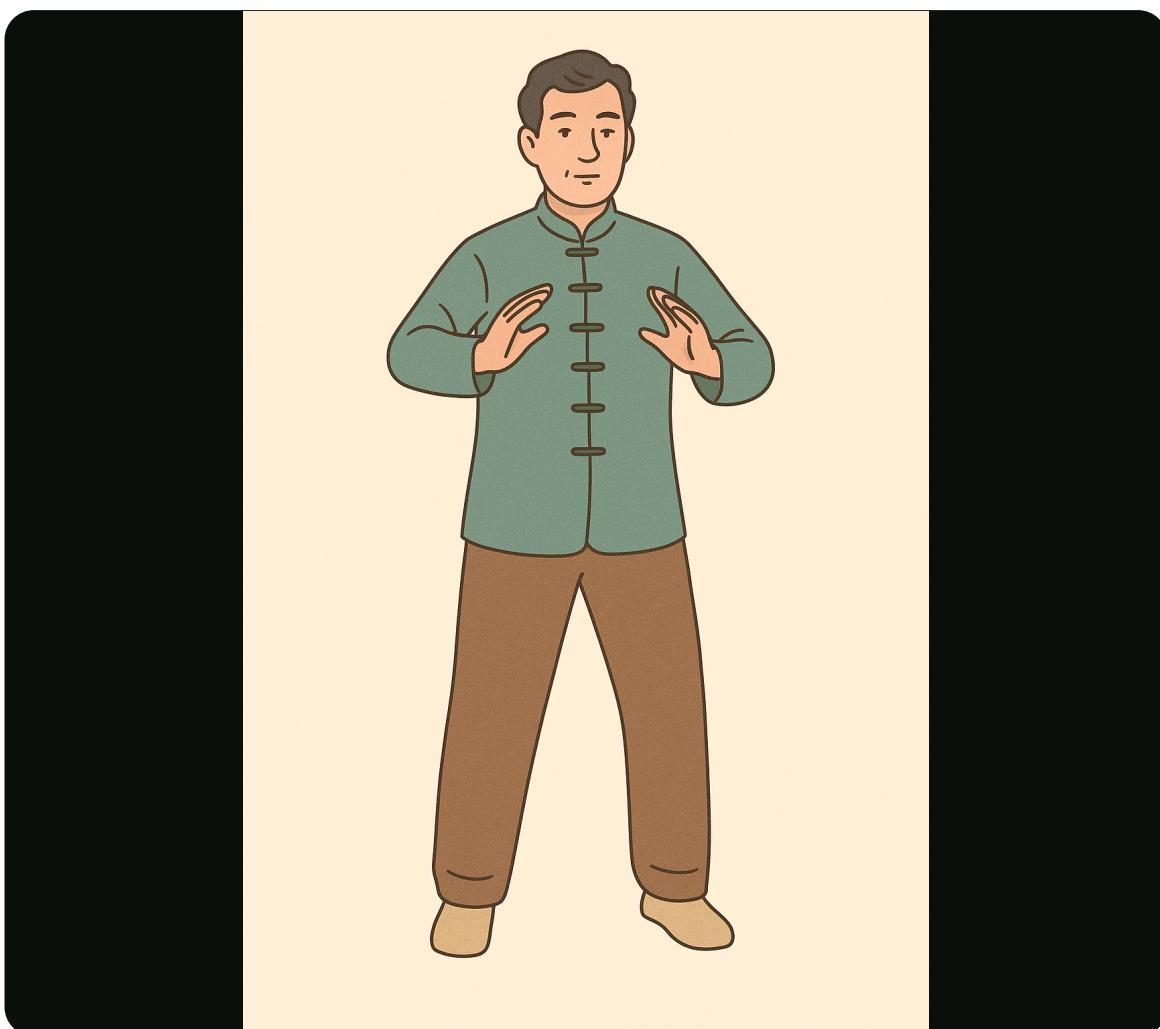


Tai Chi – Beginner

Commencing → Parting the Wild Horse's Mane → Wave Hands Like Clouds. Full-body then mid-body views.



Commencing Form — full-body stance and posture.



Commencing Form — mid-body view (arm path, breathing focus).

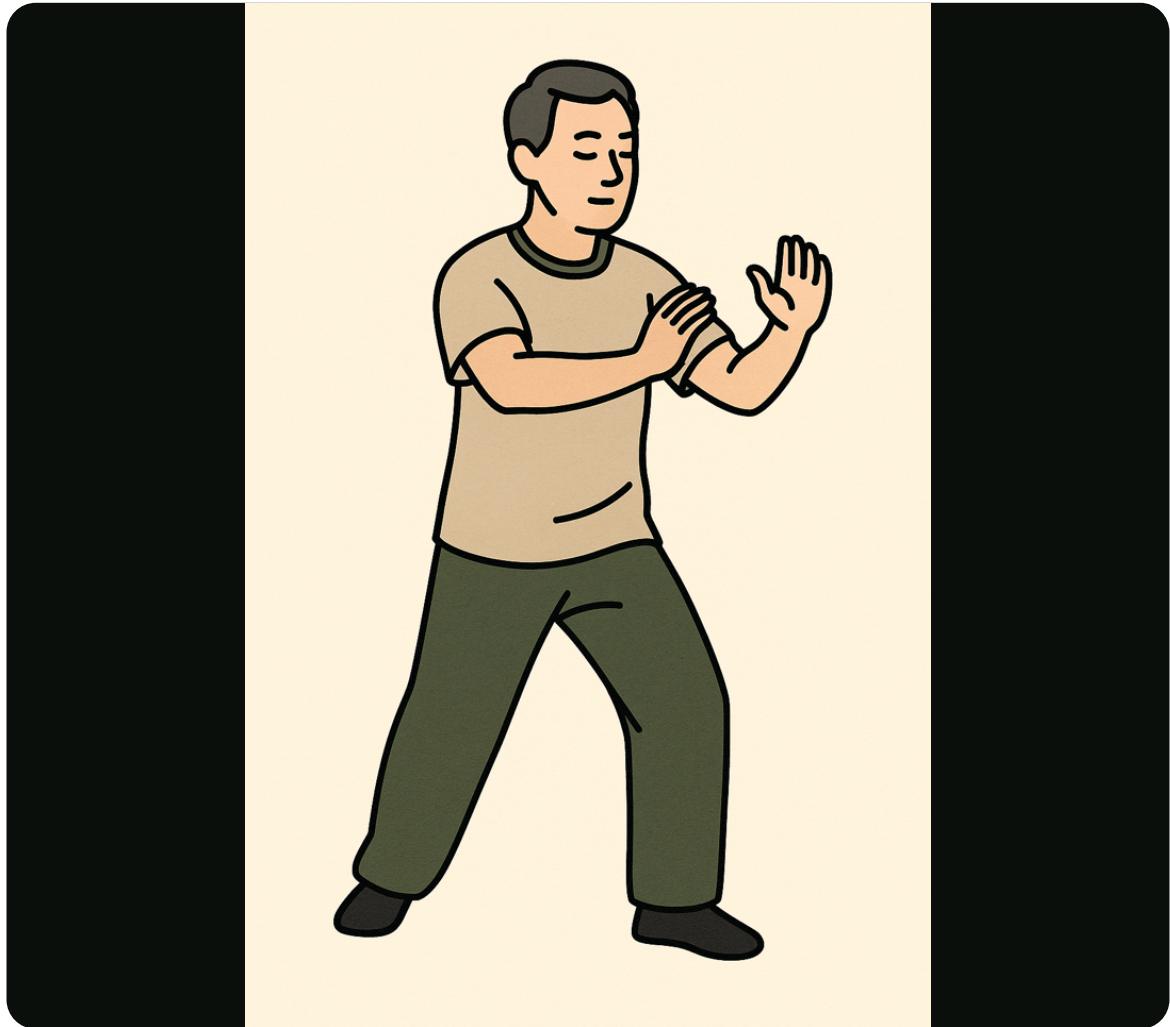


Parting the Wild Horse's Mane

Parting the Wild Horse's Mane — full-body stance and step.



Parting the Wild Horse's Mane — mid-body (hand flow, torso turn).



Wave Hands Like Clouds — stepping and weight shift.



Wave Hands Like Clouds — circular hand path and torso rotation.