

VIDEOS

Tai Chi 7.5 Form

https://youtu.be/X1_8p9usmA0

Tai Chi 7.5 Form – rear view

<https://youtu.be/EMKWtWwxhcw>

Grand Opening

<https://youtu.be/7YVsXtOfd98>

Open/Close Your Chest

<https://youtu.be/1cMIDdSapMk>

Pebble on the Pond

<https://youtu.be/paRy2WgFA-A>

Pebble on the Pond with a side view

<https://youtu.be/nFAI2eJE6EM>

Wheel

<https://youtu.be/MdYpj7gfWn8>

Double Arm Spiral Forward & Back

<https://youtu.be/mkZnYH2Hv1M>

