

# Tai Chi Fundamentals® Adapted Program

## Section One

- Beginning
- Ward off Left
- Press Left
- Push Left
- Forward Transition
- Ward off Right
- Press Right
- Push Right

## Section Two

- Cloud Hands, Arms
- Cloud Hands, Stepping
- Golden Pheasant Stands on Left Leg
- Golden Pheasant Stands on Right Leg
- Separate Arms and Kick Right
- Separate Arms and Kick Left

## Section Three

- Transition to Ward off Left
- Press Left
- Push Left
- Forward Transition
- Ward off Right
- Press Right
- Push Right
- Cross Hands
- Closing