



# Therapeutic Tai Chi

created by Master Chen - Wudang Chen  
Chi for Longevity, Inc.

Respectfully adapted by Jan Stittleburg

## 1. Preparation

## 2. Regulating Breath and Qi

3. Turning the Wheel of the Tao
4. Part the Wild Horse's Mane
5. Play the Lute
6. Brush Knee
7. Repulse Monkey
8. Three Changing Palms - open palm stab
9. White Snake Sticks out Tongue
10. Cross Hands
3. Step Back and Roll
4. Grasp Sparrows Tail Left
5. Grasp Sparrows Tail Right
6. Diagonal Single Whip - Yang style
7. Single Whip on Horse Stance - Wudang style
8. Wave Hands Like Clouds
9. White Crane Spreads its Wings
10. Parry and Punch
11. Withdraw and Push
12. Collecting Qi

[www.wudangchen.com](http://www.wudangchen.com)

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