

- Horse stance, Reptile Turns Over using both arms, to the front and then to the sides
- Bow & arrow to right, Reptile Turns Over with both arms, push to the left with the left arm and straight ahead with the right, repeat on the right
- Bow & arrow to left, Reptile Turns Over, same as above pushing to the right first
- Horse stance, Reptile Turns Over using both arms, push to the front with the left arm and back with the right arm, keeping the legs and hips in place and turning at the waist, repeat to the left
- Twist stance-right and left with Reptile Turns Over to the front and the sides
- Cat Stance on right with breathing exercise, exhale out, inhale back
- Cat Stance on left, same arm movements
- Crane Strike to right
- Crane Strike to left
- First movement from Tai Chi form
- Lift the sky
- Grasp the Birds Tail to the right
- Grasp the Birds Tail to the left
- Back Hand Press to the right
- Back Hand Press to the left
- Palm Press
- Stepping into forward stances
- Moving into forward stances with grasp the birds tail
- Moving into forward stances with palm strikes
- Moving into forward stances with backhand and palm strike
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