



Linda's T'ai Chi

### List of Videos

You can find these videos on my webpage under "For Students"

1	Tung Family Set Open Hands, Close hands, Fist under Elbow
2	Sun Follows the Moon, Retreat and Seal to Ending Posture
3	Section 2 Pivot, Strike the Tiger
4	Section 1 First 5 Postures
5	Section 1
6	Section 2 up to High Pat on Horse
7	Tung Family Set up to Single whip
8	Tung Family Hands Fall Like Leaves
9	Section 3 high Pat on Horse to Ride the Tiger
10	Breathing Exercises
11	End of Section 2 high Pat on Horse to End
12	Section 3
13	Tung Family Set Clifton Gore
14	Fan from the Back
15	5 Breaths
16	Shibashi
17	Tiger Mountain Qigong
18	Sabre
19	Chair Tai Chi
20	Fan from the Back
21	All Sets- Sets 1, 2, and 3