



Taiji Qigong 18 Forms

1. Opening the Form (Awakening the Qi)
2. Rolling Open and Expanding the Chest
3. Waving the Rainbow
4. Separating the Clouds
5. Weaving Through the Ears
6. Rowing in the Lake
7. Playing With the Golden Ball
8. Turning to the Moon
9. Pushing Palms
10. Wave Hands Like Clouds in Riding Position
11. Looking to the Sea, Watching the Sky
12. Rearing on the Heels
13. Opening Arms Like A Bird
14. Charging the Fists
15. Soaring High
16. Rotating the Wheels
17. Soothing the Breeze
18. Closing the Form (Quieting the Qi)