



Dr PAUL LAM'S T'AI CHI FOR ARTHRITIS (TCA)

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This form set is Dr Paul Lam's Modified TC Form for Arthritis which we use as one of our basic introductory Sun forms in our classes as it is suitable for all ability, has mirrored movements and can be easily adapted for seated T'ai Chi. Trevor has known and worked with Dr Lam since 2001 and assisted him as an instructor at workshops in the UK.

The complete set is split into 4 sections

Section One (T'ai Chi for Arthritis - Basic Part 1)

- 1 Commencement Form**
- 2 Opening and Closing Hands**
- 3 Single Whip Stepping Right Foot**
- 4 Waving Hands Like Clouds to Right (3x)**
- 5 Opening & Closing Hands**
- 6 Single Whip Stepping Left Foot**
- 7 Waving Hands Like Clouds to Left (3x)**
- 8 Opening & Closing Hands**

Section Two (T'ai Chi for Arthritis - Basic Part 2)

- 9 Brush Knee and Twist Step to Left**
- 10 Playing the Lute (left hand forward)**
- 11 Step Forward To Deflect Downwards, Parry and Punch With Right Hand)**
- 12 Apparent Closing Up, Embracing the Tiger and Pushing the Mountain**
- 13 Toe & Heel to Front - Opening and Closing Hands**
- 14 Brush Knee and Twist Step to Right**
- 15 Playing the Lute (right hand forward)**
- 16 Step Forward To Deflect Downwards, Parry and Punch With Left Hand**
- 17 Apparent Closing Up, Embracing the Tiger and Pushing the Mountain**
- 18 Toe & Heel Turn to Front - Opening and Closing Hands**

Section Three (T'ai Chi for Arthritis - Advanced Movements 1st set)

- 19 Brush Knee & Step Up to Right to Leisurely Tie the Coat (right shoulder)**
- 20 Toe & Heel Turn to Front - Opening and Closing Hands**
- 21 Angled Single Whip Stepping Left Foot**
- 22 Punch Underneath Left Elbow**
- 23 Repulse Monkey to Rear**
- 24 Repulse Monkey to Front**
- 25 Brush Knee & Step Up to Left to Leisurely Tie the Coat (left shoulder)**
- 26 Toe & Heel Turn to Front - Opening and Closing Hands**

Section Four (T'ai Chi for Arthritis - Advanced Movements 2nd set)

- 27 Brush Knee & Step Up to Left to Leisurely Tie the Coat (left shoulder)**
- 28 Toe & Heel Turn to Front - Opening and Closing Hands**
- 29 Angled Single Whip Stepping Right Foot**
- 30 Punch Underneath Right Elbow**
- 31 Repulse Monkey to Rear**
- 32 Repulse Monkey to Front**
- 33 Brush Knee & Step Up to Right to Leisurely Tie the Coat (right shoulder)**
- 34 Toe & Heel Turn to Front - Opening and Closing Hands**

Additional Closing Movements added by us.

These are taken from the traditional & competition Sun forms and can be added at the end of your form no matter how many steps you have currently mastered. To me 'Parting Hands' gives you a sense of pride in your achievement to date and 'Yin & Yang Merging' provides a sense of the power created in your form which you then release as you close the form and return to normality.

- 1 Opening and Closing Hands**
- 2 Parting Hands & White Crane (Big Bird) Spreading Wings**
- 3 Opening and Closing Hands**
- 4 Yin & Yang Merging Into One**
- 5 Close the Form**