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Week 9 Thirdly, Break Down The 108 Moves Of The Taoist Tai Chi Set To A Number  
Of Sections. I Looked At This And Have Now Broken It Into 6 Sections, Of Which Most  
Of The 2nd And 5th Are The Same Moves. The 1st Section, 17 Moves Many Of These  
Are Repeated, Totalling 50 Feb 8th, 2024 Tai Chi & Qi Gong Newsletter Week 7 The  
Complete Taoist Tai Chi Set (he Never Wanted It To Be The Master Moy Set),

Comprises Of 108 Moves, Here Are The Names Of The First 7 Of The 108 Moves 1. Commencement Of Tai Chi ( Finishing In Brush Knee Left) 2. Left Grasp Birds Tail 3. Grasp Bird's Tail (3 Pushes) 4. Single Whip 5. Mar 9th, 2024.

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