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Deep Breathing Jan 17th, 2024  
Tai Chi & Qi Gong Newsletter 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 Jan 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 23th, 2024

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