

Taiji (Tai Chi) Agenda

Feb. 27, 2024

Racquetball Court

- Warm up
- Qi Gong
- Taiji basic moves
- Taiji 24
- Taiji sword basic moves
- Taiji sword 32
- Taiji Kung Fu Fan
- Cool down



Extendable Taiji sword



Foldable Taiji Fan