

Movements of Paul Lam's Diabetes Taijiquan

Basic Movements

1. Commencement movement.
2. Opening and closing hands
3. Waving hands in the cloud x 3 left
4. Opening and closing hands
5. Fair lady working at the Shuttle
6. Opening and closing hands
7. Toes kicks left and right
8. Opening and closing
9. Waving hands in the cloud
10. Opening and closing hands
11. Closing movement

Advanced Movements

1. Waving hands in the cloud x3
2. Opening and closing hands
3. Stroking bird's tail left
4. Opening and closing hands
5. Stroking bird's tail right
6. Opening and closing hands
7. Waving hands in the cloud x3
8. Opening and closing hands
9. Closing movement