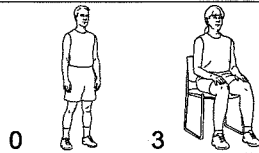
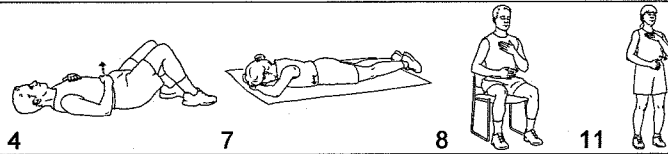


# Tai Chi Kit

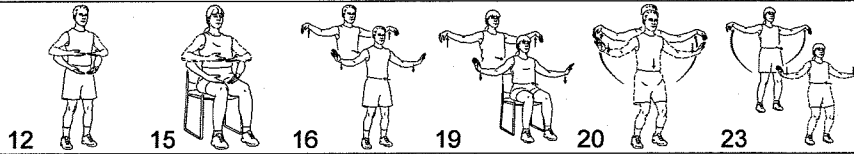
## Breathing: Start Positions



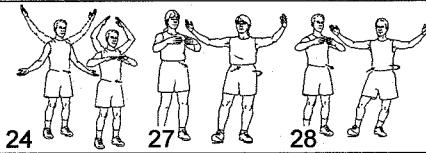
## Breathing: Stationary



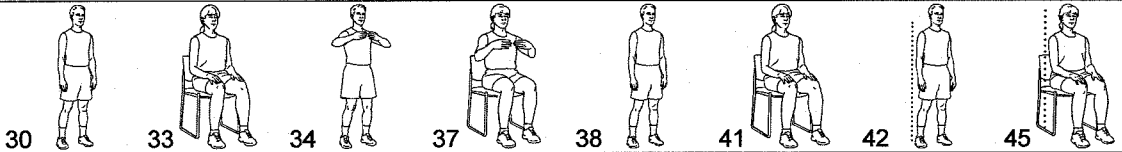
## Breathing: Movement



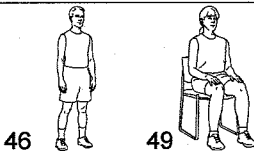
## Breathing: Advanced Movement



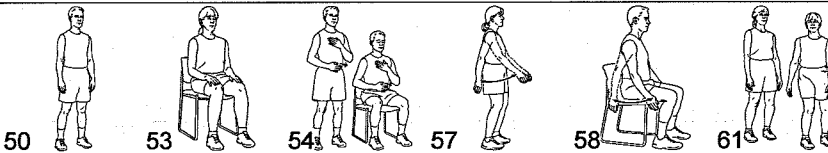
## Posture Awareness



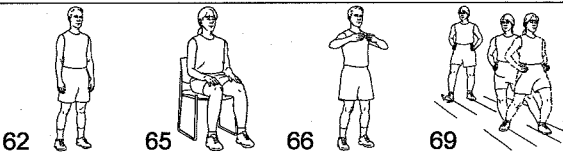
## Relaxation: Start Position



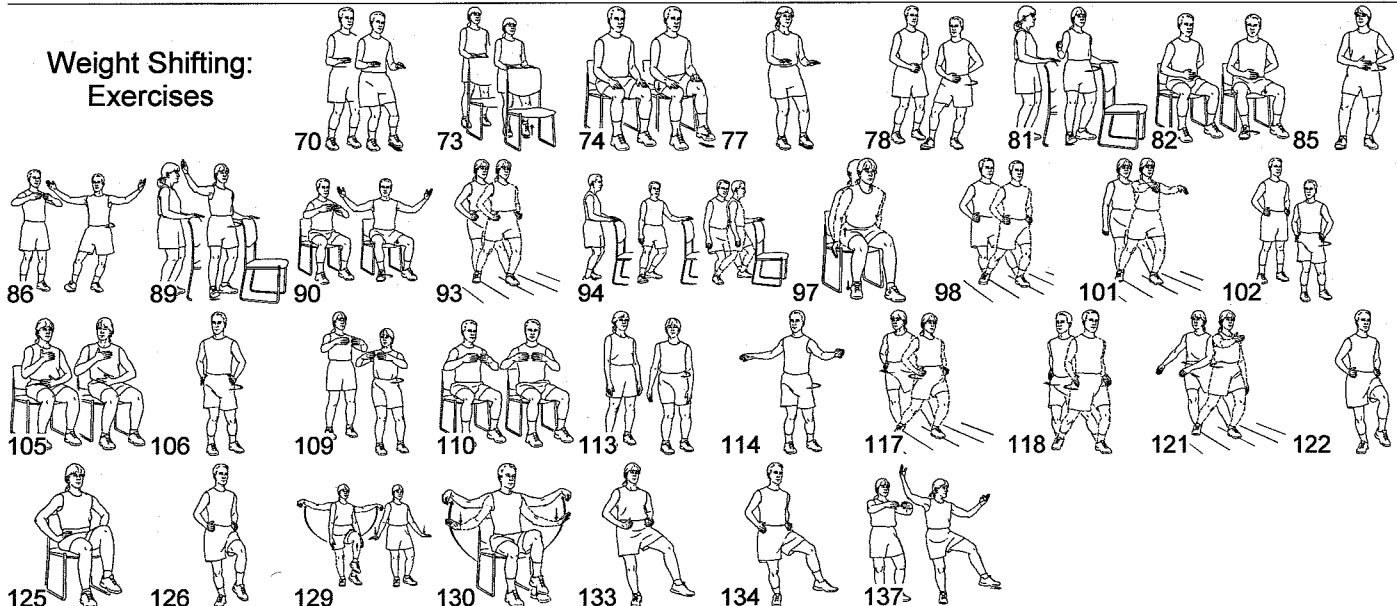
## Relaxation: Exercises



## Weight Shifting: Start Positions

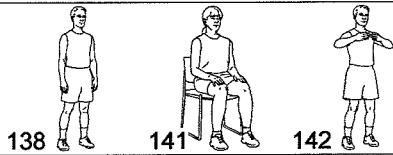


## Weight Shifting: Exercises

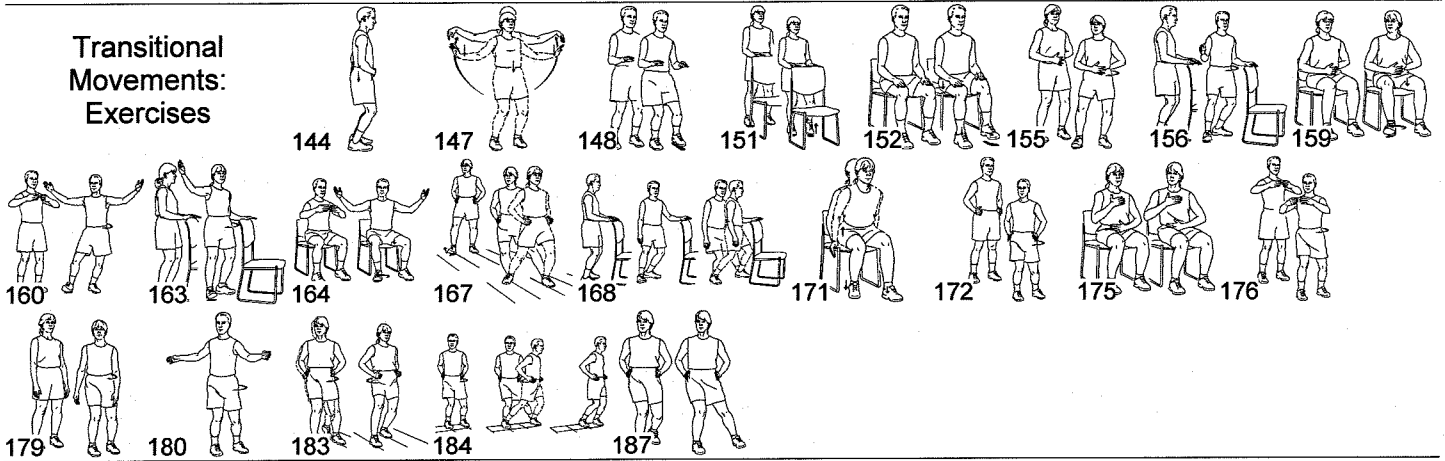


# Tai Chi Kit

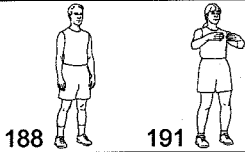
## Transitional Movements: Start Positions



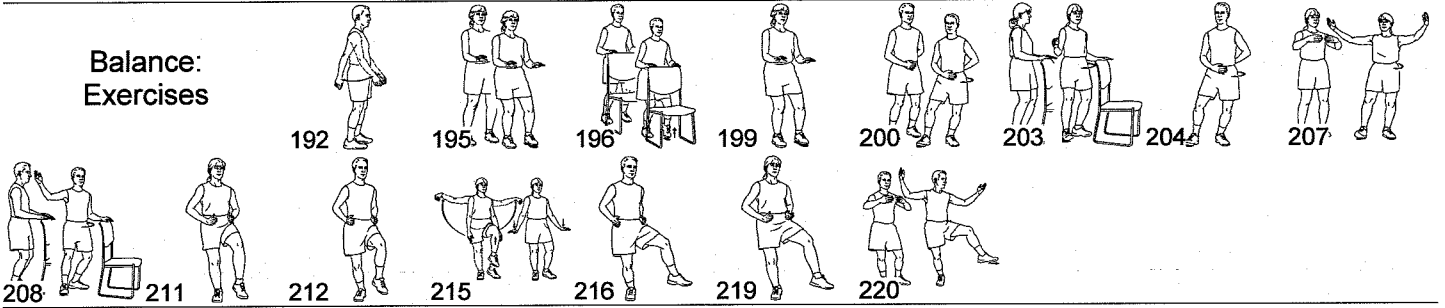
## Transitional Movements: Exercises



## Balance: Start Positions



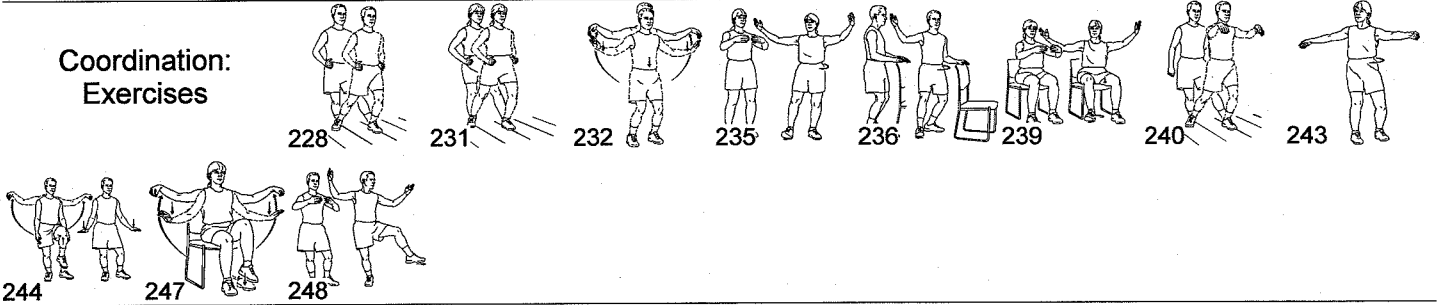
## Balance: Exercises



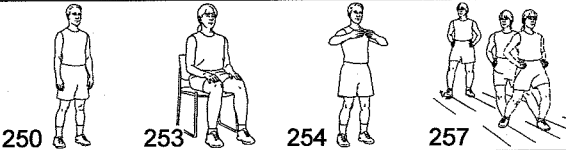
## Coordination: Start Positions



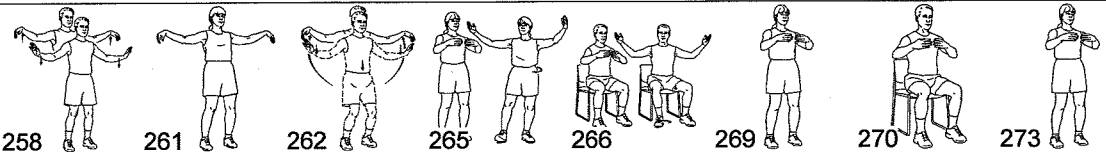
## Coordination: Exercises



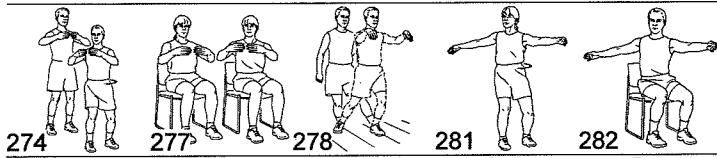
## Upper Extremity: Start Positions



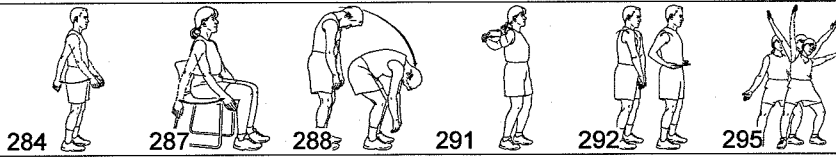
## Upper Extremity: Strength



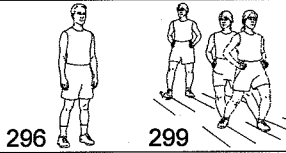
# Tai Chi Kit



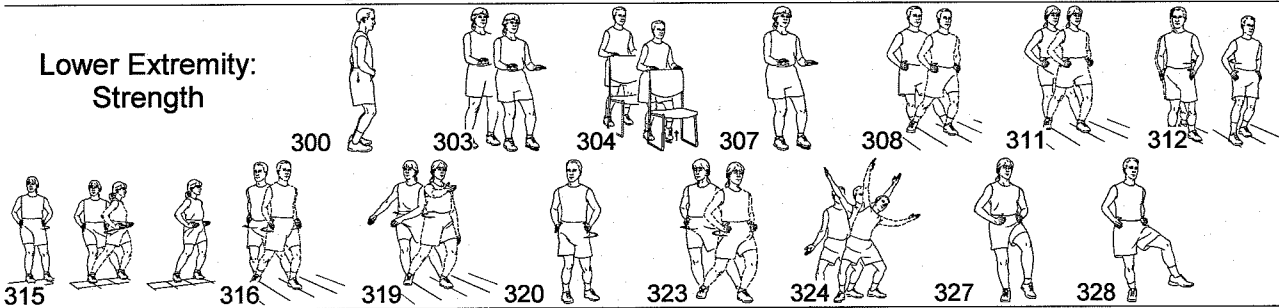
## Upper Extremity: Flexibility



## Lower Extremity: Start Positions



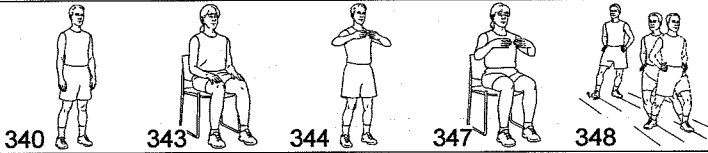
## Lower Extremity: Strength



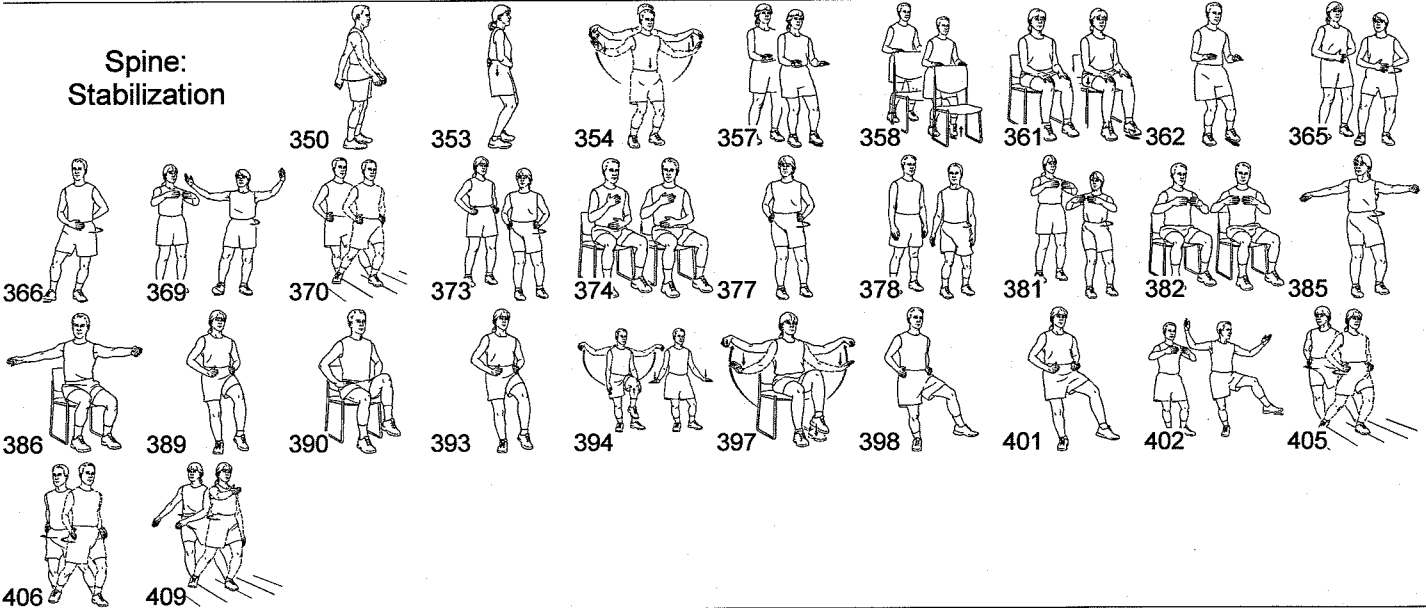
## Lower Extremity: Flexibility



## Spine: Start Positions



## Spine: Stabilization

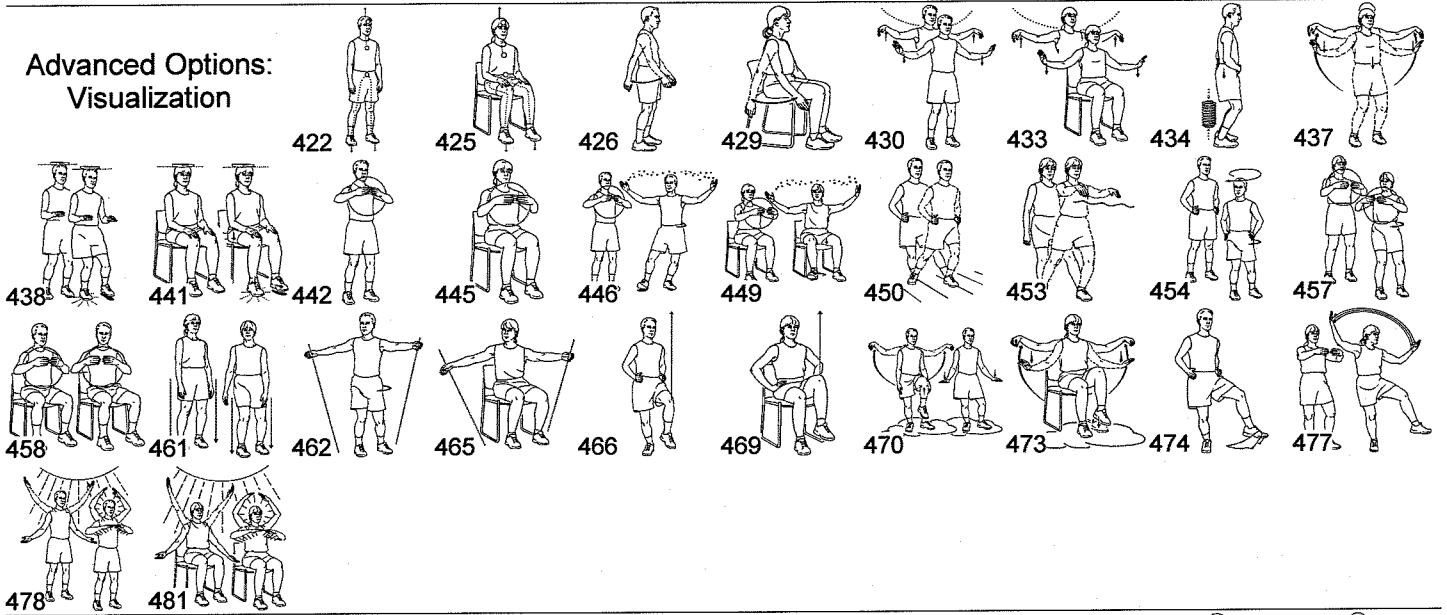


## Spine: Flexibility

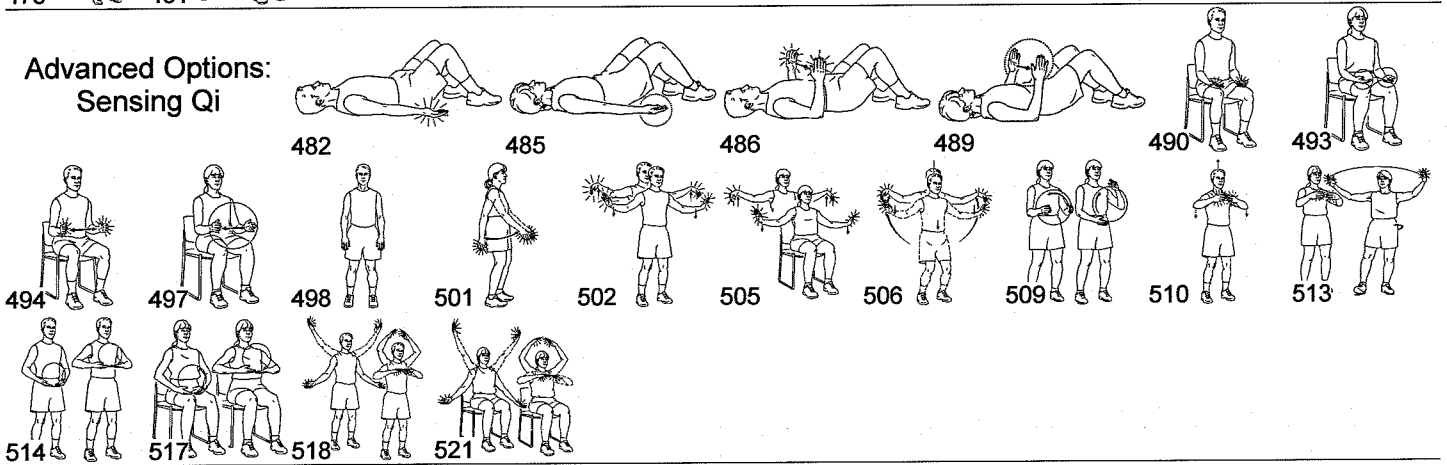


# Tai Chi Kit

## Advanced Options: Visualization



## Advanced Options: Sensing Qi



## Traditional Guidelines / Images: Guidelines

No Picture	No Picture	No Picture	No Picture	No Picture	No Picture	No Picture
522	523	524	525	526	527	

## Traditional Guidelines / Images: Images

No Picture	No Picture	No Picture	No Picture	No Picture	No Picture	No Picture	No Picture	No Picture
528	529	530	531	532	533	534	535	

No Picture	No Picture	No Picture	No Picture	No Picture	No Picture	No Picture	No Picture	No Picture	No Picture
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