

# TAI CHI for OSTEOPOROSIS & FALL PREVENTION

1. Commencing Tai Chi  
*Step to the Left & Raise Hands, Bend Knees*
- 2a. Opening & Closing  
*Open Chest to Open Hands, Close Chest to Close Hands*
- 3a. Cloud Hands (x3)  
*Step to Left*
- 2b. Opening & Closing
4. Brush Knee Push (x4)  
*Shift Left, Turn Right to Start*
- 2c. Opening & Closing
5. Kick with Toe or Heel (x2)  
*Left 1<sup>st</sup>, then Right*
- 2d. Opening & Closing
6. Step Back Repulse Monkey (x4)  
*Shift Left, Turn Right to Start*
- 2e. Opening & Closing
- 3b. Cloud Hands (x3)  
*Step to Right*
- 2f. Opening & Closing
7. End Tai Chi  
*Extend then Lower Hands, Step Left Foot in, Rise & Bow*