

Tai Chi in the Time of Covid

Monday. Breathe. Monday. Begin. Monday. Tuck. Monday. Step. Monday. Center. Monday. Raise arms. Monday. Shift weight. Monday. Form a ball. Monday. Turn. Monday. Part wild horse's mane. Monday. Part wild horse's mane. Monday. Part wild horse's mane. Monday. Half step in. Monday. Half step back. Monday. White Crane spreads its wings. Monday. Brush knee, twist, push. Monday. Brush knee, twist, push. Monday. Brush knee, twist, push. Monday. Half step in. Monday. Half step back. Play the pipa. Monday. Repulse the monkey. Monday. Repulse the monkey. Monday. Repulse the monkey. Monday. Repulse the monkey. Monday. Protect high and low. Monday. Look up. Monday. Grasp swallow's tail. Monday. Bring it down. Monday. Almost touch. Monday. Clean off. Monday. Send bird back to nature. Monday. Form the ball. Monday. Turn. Monday. Protect high and low. Monday. Look up. Monday. Grasp the swallow's tail. Monday. Almost touch. Monday. Clean off. Monday. Send bird back to nature. Monday. Single whip. Monday. Wave hands like clouds. Monday. Wave hands like clouds. Monday. Wave hands like clouds. Monday. Single whip. Monday. High pat the horse. Monday. Kick with right heel. Monday. Box opponent's ears. Monday. Turn, kick with left heel. Monday. Serpent in the grass. Monday. Golden rooster stands on left leg. Monday. Serpent in the grass. Monday. Golden rooster stands on right leg. Monday. Beauty weaves at shuttles. Monday. Turn. Monday. Beauty weaves at shuttles. Monday. Needle at sea bottom. Monday. Half step back. Monday. Push the moon away. Monday. Sit. Monday. Turn. Hidden fist. Monday. Flash arms like a fan. Monday. Sit. Monday. Turn. Monday. Deflect. Monday. Parry. Monday. Punch. Monday. Clean it off. Monday. Shut the door. Monday. Scoop up energy. Monday. Cross hands. Monday. Half step in. Monday. Tuck. Monday. Close. Monday. Breathe.