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Will Include The Following: Warm-up Deep Breathing  
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Thirdly, Break Down The 108 Moves Of The Taoist Tai  
Chi Set To A Number Of Sections. I Looked At This And  
Have Now Broken It Into 6 Sections, Of Which Most Of  
The 2nd And 5th Are The Same Moves. The 1st  
Section, 17 Moves Many Of These Are Repeated,  
Totalling 50 May 1th, 2024

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The Complete Taoist Tai Chi Set (he Never Wanted It To Be The Master Moy Set), Comprises Of 108 Moves, Here Are The Names Of The First 7 Of The 108 Moves  
1. Commencement Of Tai Chi ( Finishing In Brush Knee Left) 2. Left Grasp Birds Tail 3. Grasp Bird's Tail (3 Pushes) 4. Single Whip 5. Jun 2th, 2024

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