

Name: _____

Date: _____

Tai Chi on the Beach 2019

G	G	S	D	N	A	H	G	N	I	V	A	W	D	M	G	V	E	R	T	V	F	W	O
A	B	G	P	E	C	M	C	K	V	O	P	E	N	A	N	D	C	L	O	S	E	K	U
D	L	N	M	E	S	R	O	H	R	E	H	G	I	H	N	F	T	D	G	J	T	Y	N
U	E	I	D	B	R	U	S	H	K	N	E	E	S	K	W	T	N	E	X	X	E	V	S
P	S	W	O	I	J	E	I	E	T	O	E	K	I	C	K	R	I	G	H	T	S	M	D
E	S	G	P	U	N	C	H	U	N	D	E	R	N	E	A	T	H	E	L	B	O	W	N
T	U	N	Q	C	P	I	H	W	E	L	G	N	I	S	E	X	T	S	N	Q	L	E	A
S	R	I	Z	C	H	S	I	J	G	X	X	E	L	Y	T	S	N	U	S	H	C	O	H
W	E	H	V	C	E	H	C	A	R	R	Y	T	H	E	B	A	L	L	C	Q	D	Z	G
O	L	S	I	T	T	D	Y	L	T	Y	G	N	A	Y	D	N	A	N	I	Y	N	J	N
L	Y	A	Y	N	U	B	V	Q	Y	O	L	O	Q	Y	H	D	U	B	C	Z	A	I	I
L	T	L	E	E	L	P	A	D	W	A	E	N	T	B	K	P	V	L	T	M	K	N	T
O	Y	F	K	M	E	Z	Q	D	R	P	R	K	O	P	D	X	O	N	O	X	C	G	F
F	I	E	N	E	H	V	M	F	O	R	M	B	I	N	E	U	W	K	O	Y	O	P	I
T	N	N	O	C	T	A	Z	X	Q	U	L	X	A	C	D	T	G	H	Q	S	L	P	L
O	G	A	M	N	G	U	M	D	Y	D	T	Y	B	H	K	N	S	A	R	Y	B	F	G
I	C	R	Y	E	N	D	M	W	R	Q	R	M	A	F	O	L	Z	W	J	S	S	X	Q
Q	O	C	K	M	I	N	C	P	C	R	U	N	D	G	O	W	E	I	O	O	M	C	Q
B	A	E	N	M	Y	C	A	C	A	W	D	U	I	L	N	X	A	F	N	L	W	R	F
V	T	T	U	O	A	U	F	P	X	S	M	Q	V	W	Y	T	Y	G	T	U	L	O	G
H	Z	I	H	C	L	P	U	S	H	T	H	E	M	O	U	N	T	A	I	N	O	O	I
D	F	H	C	L	P	Z	Y	E	K	N	O	M	E	S	L	U	P	E	R	R	X	R	H
Q	O	W	A	M	G	U	Z	C	L	O	S	I	N	G	M	O	V	E	M	E	N	T	R
F	S	M	E	K	M	Y	P	U	G	N	I	S	O	L	C	T	N	E	R	A	P	P	A

white crane flashing wings
push the mountain
parry and punch
open and close
yin and yang
hollow step
single whip
tai chi
jing

punch underneath elbow
closing movement
carry the ball
lifting hands
higher horse
follow step
brush knee
qigong

leisurely tying coat
playing the lute
toe kick right
toe kick left
waving hands
dr paul lam
sun style
form

apparent closing up
block and close
repulse monkey
chunky monkey
commencement
cloud hands
Dan Tien
song