

## Subtitle specific information

(Beginning): Both hands separate and slowly rise to chest level, with the left palm facing downward and the right palm facing upward, as the body lifts upward.

(Cloud Hands): Both hands separate to the left and right, then move forward in a flowing and slow motion, with the left and right hands alternating in movement.

(Single Whip): Step the right foot to the right, while the left hand presses down and the right hand extends to the right.

(Raise Hands): The right hand rises upward from the right side, and the left hand follows upward, with both hands extending straight.

(White Crane Spreads Its Wings): The left hand turns to the left from chest level, while the right foot steps to the left, and the right hand extends from the chest, with the palm facing downward, as if a white crane spreads its wings.

By practicing Tai Chi, one can adjust the flow of Qi and blood, strengthen muscles, enhance flexibility and balance, making it a suitable form of exercise for people of all ages.