

**Calming the Mind,  
Developing the Qi (Energy),  
Nourishing the Body and Mind**

**By Practicing**

**Master Chen Bing  
Chen Style Taiji Harmony 13 Form**

- 1. Preparation**
- 2. Lazily Tying the Coat**
- 3. Six Sealing and Four Closing**
- 4. Single Whip**
- 5. Hands Moving Like Clouds**
- 6. Jade Girl Works her Loom**
- 7. White Crane Spreads its Wings**
- 8. Kick Right and Left**
- 9. Kick with the Right Heel**
- 10. Splitting**
- 11. Cover Fist and Punch**
- 12. Warrior Attendant Pounds the Mortar**
- 13. Closing**