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## 太極氣功十八式 Tai Chi Qigong 18 movements

### Wuji Stance

1. Commencing form
  2. Broadening one's Chest
  3. Dancing with the Rainbow
  4. Circling Arms.
  5. Twisting Waist and swing Arms
  6. Rowing a Boat
  7. Holding a Ball
  8. Carrying the Moon
  9. Twisting Waist and Pushing hands
  10. Playing with Clouds
  11. Scooping from the Sea
  12. Playing with the Waves
  13. Spreading your Wings
  14. Punching
  15. Flying like a Goose
  16. Spinning Wheel
  17. Bouncing a Ball
  18. Pressing the Palms
- Holding an Energy Ball Stance