

JUL 2022

Tai Chi by Bill Hunt



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
					Event Day AP	
3	4	5	6	7	8	9
single push 3 minutes each side grasp the bird's tail 5 minutes flood dragon 2 min	double push 6 minutes cloud hands 5 minutes flood dragon 2 min	single push 3 minutes each side grasp the bird's tail 5 minutes flood dragon 2 min	double push 6 minutes cloud hands 5 minutes flood dragon 2 min	single push 3 minutes each side grasp the bird's tail 5 minutes flood dragon 2 min	double push 6 minutes cloud hands 5 minutes flood dragon 2 min	single push 3 minutes each side grasp the bird's tail 5 minutes flood dragon 2 min
10	11	12	13	14	15	16
cloud hands 5 minutes grasp the bird's tail 5 minutes flood dragon 2 min	cloud hands 5 minutes snake and crane 3 minutes each flood dragon 2 min	cloud hands 5 minutes grasp the bird's tail 5 minutes flood dragon 2 min	cloud hands 5 minutes snake and crane 3 minutes each flood dragon 2 min	cloud hands 5 minutes grasp the bird's tail 5 minutes flood dragon 2 min	cloud hands 5 minutes snake and crane 3 minutes each flood dragon 2 min	cloud hands 5 minutes grasp the bird's tail 5 minutes flood dragon 2 min
17	18	19	20	21	22	23
single push 3 minutes each side grasp the bird's tail 5 minutes snake and crane 3 minutes each flood dragon 2 min	double push 6 minutes cloud hands 5 minutes snake and crane 3 minutes each flood dragon 2 min	single push 3 minutes each side grasp the bird's tail 5 minutes snake and crane 3 minutes each flood dragon 2 min	double push 6 minutes cloud hands 5 minutes snake and crane 3 minutes each flood dragon 2 min	single push 3 minutes each side grasp the bird's tail 5 minutes snake and crane 3 minutes each flood dragon 2 min	double push 6 minutes cloud hands 5 minutes snake and crane 3 minutes each flood dragon 2 min	single push 3 minutes each side grasp the bird's tail 5 minutes snake and crane 3 minutes each flood dragon 2 min
24	25	26	27	28	29	30
single push 3 minutes each side grasp the bird's tail 5 minutes cloud hands 5 minutes snake and crane 3 minutes each flood dragon 2 min	double push 6 minutes grasp the bird's tail 5 minutes cloud hands 5 minutes snake and crane 3 minutes each flood dragon 2 min	single push 3 minutes each side grasp the bird's tail 5 minutes cloud hands 5 minutes snake and crane 3 minutes each flood dragon 2 min	double push 6 minutes grasp the bird's tail 5 minutes cloud hands 5 minutes snake and crane 3 minutes each flood dragon 2 min	single push 3 minutes each side grasp the bird's tail 5 minutes cloud hands 5 minutes snake and crane 3 minutes each flood dragon 2 min	double push 6 minutes grasp the bird's tail 5 minutes cloud hands 5 minutes snake and crane 3 minutes each flood dragon 2 min	single push 3 minutes each side grasp the bird's tail 5 minutes cloud hands 5 minutes snake and crane 3 minutes each flood dragon 2 min

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double push
6 minutes
grasp the bird's tail
5 minutes
cloud hands
5 minutes
snake and crane
3 minutes each
flood dragon 2 min

NOTES: Let your breath direct your pace, stay rooted down, move slowly.
Do the exercises outdoors whenever possible. Enjoy!