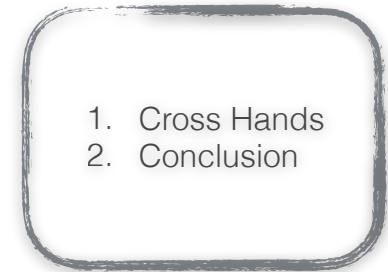
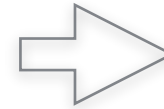
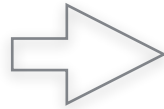


The “Grasp the Sparrow’s Tail” Routine (short form)

Tai Chi for Well-being



The routine begins with these two postures. These postures face the front upon completion.

This group of four postures is repeated as often as desired, alternating between right and left directions.

These two postures conclude the routine after the desired number of repetitions of the group of four postures. These postures face the front upon completion.

- THE ALIGNMENTS -

Knees slightly bent
Hips gently tucked under
Chest hollow and relaxed
Shoulders down and relaxed
Chin lightly tucked
Top of head gently pushing up

For questions and comments, please email Kurt at:
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For videos, please visit: www.facebook.com/TaiChiWellBeing,
or go to YouTube and search for “Kurt Swanson”.

Tai Chi for Well-Being website: www.tcwellbeing.com.