

## **FORM #2: Tai Chi for Diabetes by Dr. Paul Lam**

**This form is a combination of both Sun and Yang style movements designed to stimulate the metabolism, provide a safe and effective avenue of exercise for diabetics and bring greater awareness of yin/yang in regards to balance. Fortifies Lung and Spleen meridians.**

take a deep breath and check your posture

1. Commencement
2. Opening & closing hands
3. Wave Hands Like Clouds 3X to the left
4. Opening & Closing hands
5. Fair Lady Works the Shuttle to left then right
6. Opening & Closing hands
7. Toe Kick left & right
8. Opening & closing hands
9. Wave Hands Like Clouds 3X to the right
10. Opening & Closing hands
11. Closing or continue on with

Extension Movements – skip the Closing (11.) when doing the extensions

11. Wave Hands Like Clouds 3X to the left
12. Opening & Closing Hands
13. Stroke Bird's Tail left (ward off left, roll back, press & push)
14. Open & Close Hands
15. Stroke Bird's Tail right (ward off right, roll back, press & push)
16. Open & Close Hands
17. Wave Hands Like Clouds 3X to the right
18. Open & Close Hands
19. Closing Movements