

Dr Paul Lam's T'ai Chi For Arthritis

Based on Sun Style T'ai Chi



When I met Dr Paul Lam in 2001 in Oxford on my first Tai Chi for Arthritis Course, little did I know the huge impact this meeting was to have on my life. Not only as a Tai Chi enthusiast but also because I have Arthritis myself.

There are many different forms of Tai Chi, but I found Dr Lam had created a simple, safe and effective program for arthritis based on the Sun style. Further to this he was eager to promote safe instruction of this program by training Instructors who understand and take special care for people with arthritis. This program is now being taught to many thousands of people worldwide in many countries since 1997.

Paul Lam promotes this safe form during weekend workshops that are made accessible to all. His encouraging approach ensures that everyone who attends the course achieves their goals whether that is to learn a new form, to progress and further refine their skills and knowledge or to become an instructor.

During the four years that followed I worked with Paul Lam presenting workshops in the UK, America and Australia during which time my training led me to become Master Trainer for the UK Tai Chi for Health Programmes. From 2005 to present dates I have been working as the sole Master Trainer for the UK taking instructor workshops to various venues around the UK.

This experience has enriched my Tai chi practice and brought me great joy through movement even with the restrictions of arthritis.

Tai Chi for Arthritis 31 Movement Form

1. Commencement Form
2. Opening and Closing Hands
3. Single Whip Right
4. Waving Hands in the Clouds
5. Opening and Closing Hands
6. Brush Knee and Twist Step Left
7. Playing the Lute
8. Step Forward To Deflect Downwards, Parry and Punch
9. Apparent Closing Up
10. Embracing the Tiger and Pushing the Mountain
11. Opening and Closing Hands
12. Closing Movement

The Reverse Side

12. Single Whip Left (replace 12. Closing Movement)
13. Waving Hands in the Clouds to Left
14. Opening and Closing Hands
15. 15. Brush Knee and Twist Step Right
16. Playing the Lute
17. Step Forward To Deflect Downwards, Parry and Punch
18. Apparent Closing Up
19. Embracing the Tiger and Pushing the Mountain
20. Opening and Closing Hands
21. Closing Movement

Additional Moves

21. Brush Knee Twist Step to Right (to replace 21. Closing Movement)
22. Leisurely Tying Coat right side
23. Opening and Closing Hands
24. Single Whip Left
25. Punch Underneath Elbow
26. Repulse Monkey Left
27. Repulse Monkey Right
28. Brush Knee Twist Step Left
29. Leisurely Tying Coat Left side
30. Opening and Closing Hands
31. Closing Movement

